What youth need to know about

TRUSTED ADULTS



How do trusted adults behave?

- A trusted adult is someone whose words and actions make you feel safe. Trusted adults...

  Listen to you without judging or interrupting

  Believe you and take your concerns seriously

  Respect your boundaries, your body, and your personal space

  Explain things clearly, including what they can and cannot keep private

- Trusted adults should behave like this in real life *and* on the Internet.

How do trusted adults NOT behave?



- Trusted adults do **NOT** want you to do anything that makes you feel uncomfortable or unsafe.
- They **don't insult** you.
- They **don't threaten** you.
- They **don't hurt** you.

Common questions

If I need help, how can I tell a trusted adult?

Ask to speak **privately.** Explain your concerns to a trusted adult.

If you'd rather not talk in person, send a **text message**, send an **email**, or write a **letter** and give it to the trusted adult.

What if that person doesn't believe me when I say I need help?

You still deserve support. If this happens, it's okay to talk to a different adult whose job is to support you, like a teacher, case manager, or counselor. You can tell as many people as you need until you receive support.



10 types of trusted people



Adults whose job it is to keep you safe and supported

- Social workers & case workers *
- Teachers, principals, & other school personnel *
- Law enforcement officials, such as police officers *
- Doctors, nurses, & other healthcare workers *
- Counselors, therapists, & other mental health professionals *

Trusted adults in your community

These are adults you may know from your family life, neighborhood, school, sports, faith community, or other activities.

- Adults in your family
- Neighbors
- Coaches
- Adults in a place of religious worship
- Adults in families of your friends



Should you automatically trust all of these adults?



Not always. A trusted adult is someone who makes you feel safe, listens to you, and respects your boundaries. Trust is built over time, and it's okay if you don't trust someone right away, or ever.

Use the list of adults above to think about the adults you trust in your own life.

* Some adults are required by law to help keep young people safe. These adults are called **mandated reporters**. This means that if you tell a mandated reporter about serious harm, abuse, or danger that you are experiencing, they are required to share that information to help protect you.

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