

Tell a trusted Adult



When you feel unsafe, sad, angry or frustrated, tell an adult you trust—this is the key message for children in *Tell A Trusted Adult*.

But how can we help children recognise when they feel unsafe or who they can trust? Here are some simple ideas for using the cards to talk with children about protective behaviours and how to know which adults they can trust. Please note—any conversation about safety can trigger powerful emotions in children and adults. The booklet contains many activities and tips for creating safe conversations in diverse settings.

Body signals

Body signals include butterflies in the tummy, going weak at the knees, shaking, shivering or tensing our shoulders. Being able to recognise and interpret our body signals can help us stay safe as they act as 'early warning signals'.

- Choose a card that jumps out at you for any reason. What do you think the child in the card is feeling? What do you think their body is telling them? Do you think they feel safe or unsafe?
- Have you ever felt like that? How did it feel in your body?
- Choose a card where the child looks safe and happy. Write down ten words to describe the child.
- Choose a card where the child looks worried or sad. Write down ten words to describe the child.
- Have you ever misread a body signal, for example, you thought you were scared but actually you were excited? How can you tell the difference?



Tell A Trusted Adult

35 laminated, full-colour cards, 130mm x 190mm, polypropylene box, 60-page booklet.
(Also available as a kit with 10 lesson plans and 6 posters.)
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Good secrets and bad secrets

Secrets can be fun, like a surprise birthday party or a secret handshake. But secrets can also be scary and confusing. So, how do you know the difference?

- Choose a card where someone has a secret. Do you think it's a good secret or a painful secret? How can you tell?
- When someone tells you a fun secret, how does it feel in your body? Has anyone asked you to keep a secret that made you feel bad? How did it feel in your body?
- Find a pair of cards with adults on them. Which adult would you tell if you had a secret that made you feel bad? Why?
- Choose a card where the child feels uncomfortable or unsafe. What advice would you give them?
- Who could you tell if you had a heavy or scary secret?

Tell a trusted adult

- Pick out cards with adults on them. Do you think the child in each card trusts the adult? How do you know?
- Choose a card where the child feels safe with the adult on the card. What clues tell you that the child trusts the adult? How does your body tell you that you can trust someone? What are the clues that let you know can't trust someone?
- Think of an adult you trust. List some of the things that help you trust them. How do you feel when you are around them? Make a list of other adults you trust and the things they do that make them trustworthy.
- What could you do if you told a trusted adult and they didn't help? Who else could you tell?