DIRECTIONS:

Use the Trusted Triangle below to identify three or more Grown-Up Buddies that you can talk to about anything – whether it’s a bad dream, a fight with a friend or a touch that makes you feel not quite right. Be sure your Grown-Up Buddies are old enough to drive a car, and that you include at least one person in the Trusted Triangle who is not a family member.

If something or someone makes you feel unsafe or not quite right, tell someone in your Trusted Triangle of Grown-Up Buddies. It’s important to remember to keep telling someone how you feel until you get the two “H’s”: Heard and Helped.

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For more information on how to stay safe, visit www.LaurensKids.org.
Parents, for more information on how to talk with your child about safety, visit our Safer, Smarter Kids interactive parent toolkit: www.parenttoolkit.laurenskids.org