

MY GROWN-UP BUDDIES

WHAT:

It is important for children to have a network of trusted adults or Grown-Up Buddies to whom they can turn anytime they feel scared, confused, or need help because they are in an unsafe situation. At this time children may need just a little more reassurance that things are going to be okay. Grown-Up Buddies need to be old enough to drive a car and will listen and act when a child asks for or tells them something that indicates the need for their help. One of a child's Grown-Up Buddies needs to be outside of the family.

When talking with your child about selecting their Grown-Up Buddies, it is important to

talk about why having Grown-Up Buddies helps them to stay safe. Stress to your child that sometimes, when they are in an unsafe situation, or they need help, they may need to tell more than one adult. Maybe one of their Grown-Up Buddies might not be able to help, doesn't really understand why the child needs help, or might just be too busy to help. What is important for them to remember is that It's OK to tell and they need to tell and keep telling until they get the 2 H's — Heard and Helped!

Your child may want to add their Grown-Up Buddies' phone numbers, addresses, or ever draw a picture of them on each of the handprints.

MATERIALS:

- Construction paper or copy paper in different colors
- Paper plate
- Crayons
- Markers
- Glue
- Scissors

HOW TO:

- Trace your child's hand on one color of paper
- Trace three adult hands on different colors of paper
- Cut out all of the handprints
- Ask your child to write the name of a Grown-Up Buddy on each of the 3 adult hand prints
- Ask your child to write their name on their handprint
- Glue the adult handprints on to the paper plate so that their names are visible
- Glue your child's handprint on top of all the adult handprints

