

Name: _____

My Safe Adult

Think about one of the adults you have chosen to be a safe person you can speak to if you're ever in an unsafe or uncertain situation. Answer the following questions about what makes this person a safe adult for you.

1. Who is your safe adult? _____

2. What are three characteristics that make this person safe? (Is he or she kind? A good listener? How do they show they care?)

3. Write 3-5 sentences inviting this person to be your safe adult.

