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