



Who is a "SAFE ADULT"?

A safe adult can be any grownup whose actions and words make you feel safe; a teacher, a mentor, a parent, a coach-anyone who loves you and respects you. Safe adults act this way both online and offline. It is always OK to ask for help from a safe adult and to keep asking the same person or another safe adult if they don't understand or if you don't get the help that you need. Take a few moments to sit down with your family and name five (5) safe adults in your life. Write the name of one (1) adult on each finger.