

@DerbyshireYouthFocus

# Who is a trusted adult?

A trusted adult is someone who will always believe you.

If you are scared, worried, sad or unsure about something you can tell them how you are feeling and why you feel that way. A trusted adult is someone who is there to look after you and who you feel safe around.

**Write down or draw a picture of your trusted adults below**

NAME

NAME

NAME

There are lots of different people who can be a trusted adult. This means that if you are talking to your friends about who their trusted adults are they may have different ones to you and that's okay.

The important thing to remember is that whoever you choose to be on your list as a trusted adult it is someone that you could tell anything to.

 **101** in an emergency  
always call 999  
[www.derbyshire.police.uk](http://www.derbyshire.police.uk)

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