

# Grown-ups I trust

Think of the grown-ups you know and trust, then write their names or draw their pictures on each finger of the handprint.

Grown-ups are trustworthy when:

- They tell the truth
- They respect other people's bodies.
- They respect privacy.
- They don't ask children to keep their secrets.
- They ask other grown-ups for help, not children.
- They give you a safe, warm feeling - not a scary "uh-oh" feeling.
- They follow your family's rules
- They'll ask you to check with a parent to get permission.

**Grown-ups you trust are grown-ups you can ask for help.**

