



MY TRUSTED TRIANGLE

DIRECTIONS:

Use the Trusted Triangle below to identify three or more Grown-Up Buddies that you can talk to about anything – whether it's a bad dream, a fight with a friend or a touch that makes you feel not quite right. Be sure your Grown-Up Buddies are old enough to drive a car, and that you include at least one person in the Trusted Triangle who is not a family member.

If something or someone makes you feel unsafe or not quite right, tell someone in your Trusted Triangle of Grown-Up Buddies. It's important to remember to keep telling someone how you feel until you get the two "H's": **H**eard and **H**elped.

Grown-Up Buddy #1

Child's Name

Grown-Up Buddy #3

Grown-Up Buddy #2

For more information on how to stay safe, visit www.LaurensKids.org.
Parents, for more information on how to talk with your child about safety,
visit our *Safer, Smarter Kids* interactive parent toolkit:
www.parenttoolkit.laurenskids.org

