



Safe Adults

We all have feelings. Sometimes we feel really happy! Sometimes we feel sad. Sometimes, we are not really sure how we feel. This is called feeling confused! It is important to talk about our feelings with adults we love and trust so they can be happy with us, support us when we are sad, or help us to not feel so confused.

The adults we talk to about our feelings are called safe adults. We can also ask safe adults for help with things, like riding a bike or reading a book. Safe adults are in lots of different places. We may have safe adults at home, at school, at daycare, or at a friend's house! Safe adults are the ones who make us feel happy and, well, safe! Safe adults never ask us to keep secrets from other adults, make us feel scared, and they ALWAYS listen to us.

Who do you talk to about your feelings? Who do you go to for help? Who are your safe adults?

Contact Umbrella: If you have any questions or concerns about a relationship that you are in, an advocate would be more than happy to hear from you. Contact us in Caledonia & S. Essex counties at **(802)748-8645** and in Orleans & N. Essex counties at **(802)334-0148** or email an advocate at Advocate@umbrellanek.org



Safe Adults

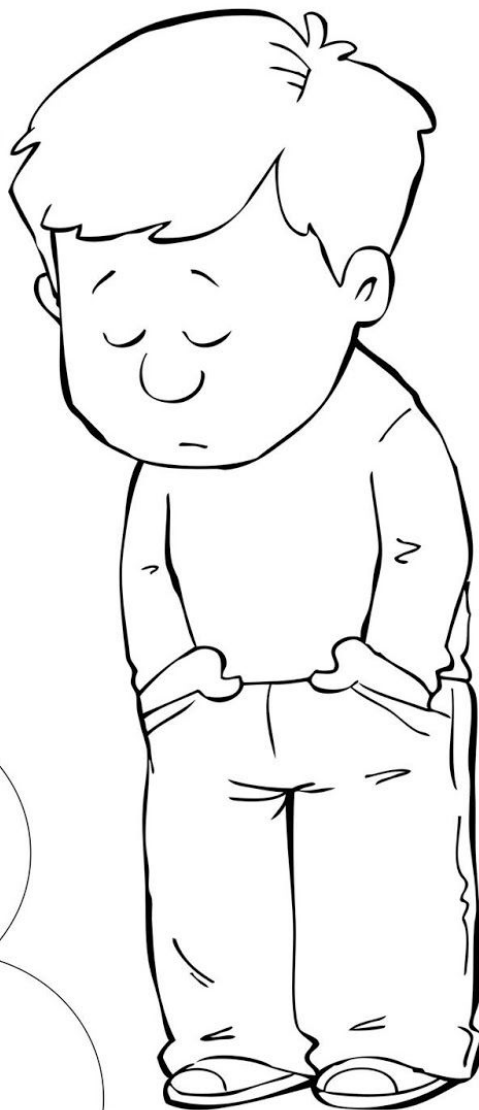
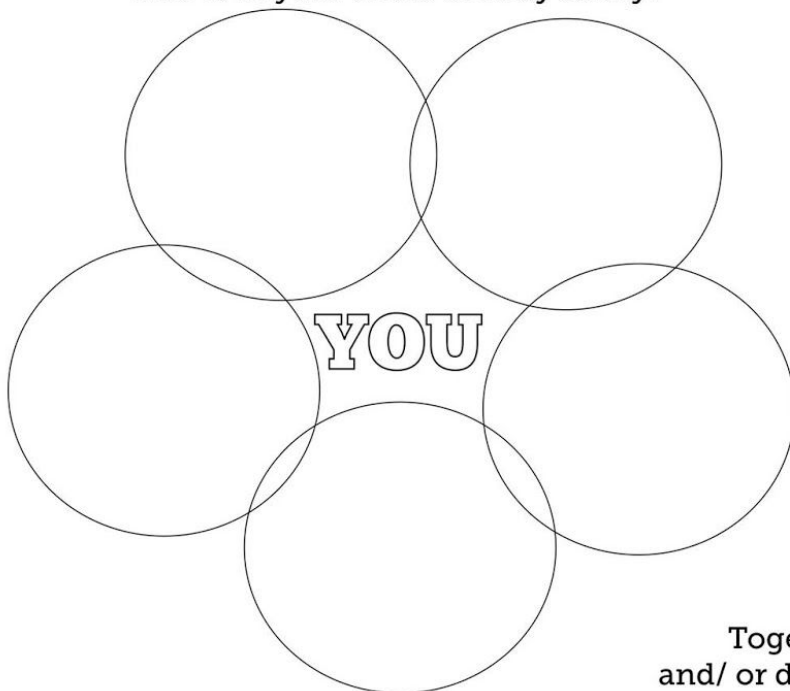
Who Would You Tell?

If you ever feel sad and blue,
and need someone to talk to,
you'd need someone to lend an ear,
who'd let you talk - who'd want to hear.

Even if it was really hard to say,
they'd never turn you away.
No matter what you had to tell,
they'd stay calm - they wouldn't yell.

They'd be there to help you out,
they'd stand by you - without a doubt.

It is a big person's job to keep
your body safe & sound,
so if you ever need a helping hand
to come around,
Who would you tell? Who would it be?
who is in your circle of body safety?



Lets talk about who you
could trust to help you if
you ever needed help
keeping your body safe.

Together, write their names,
and/ or draw their faces in the circles.

For more information visit TheMamaBearEffect.org





Safe Adults

Life is full of surprises! A surprise is something fun and happy, like a field trip or a party! Surprises might be kept quiet at first, but the best thing about surprises is that everyone eventually finds out and gets to enjoy the surprise together.

A **surprise** is not scary. A surprise should never involve going somewhere or doing something that makes us feel uncomfortable. The safe adults in our lives will always know about the surprise and be in on the fun!

Secrets and surprises are different. Adults should never ask kids to keep secrets from other adults. If something makes us feel unsafe, scared, or uncomfortable, we should never keep it a secret. We should tell our safe adults!



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A Surprise is Fun That's Shared!

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A surprise is something happy or fun like a family trip, a party. It may be kept quiet for a little while, but eventually everyone knows!

A surprise is not scary or sad and shouldn't involve going somewhere or doing anything that makes you feel uncomfortable.



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