

Who is a Trusted Adult?

Whether you have had good news or bad news, feeling happy 😊 or sad 😞, it's always important to have an adult you trust to tell these things to.

Sometimes we have things that we don't feel we can talk about:

- Is something making you **giving you butterflies** in your stomach?
- Have you been told **not** to tell someone something?



You should **always** talk to a **trusted adult** if something is bothering you or making you upset. A trusted adult will **help you**.

Who is a Trusted Adult?

A trusted adult is someone you feel comfortable with and can tell things to.

They could be;



You don't always have to be close. It is actually some people's job to be a 'trusted adult' for example your school principal, your doctor or a policeman.

No matter what there will ALWAYS be someone to listen.

Someone else you can talk to is **Childline**. They can be contacted anytime, even in the middle of the night!

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

It is **really important** to sort problems out, it's better than having something that makes you feel sad.

Whilst it may be scary telling someone for the first time it is really **important** to sort problems out. It's better than having something that makes you feel sad, nervous or afraid.

The person who is making you sad or scared may be making other children feel that way too so it is a very **brave** thing to speak up and tell an adult.



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