

Identifying People Children Can Go to for Help

When it comes to personal safety, children need to know who to go to for help, particularly if they're having a problem with someone touching their private body parts. Whether it be a parent, teacher, neighbor, or an adult family friend, identifying who's a safe person to go to in a time of need is important and can help kids be confident in uncertain situations.

In this free activity, which has been adapted from the Child Protection Unit, teachers, parents, and guardians help students name the people in their lives they can go to when something's not quite right.

Activity

Preparation

- On 8.5×11 sheets of paper, print this PDF or an outline of a leafless tree and pass them to your students (one per student)
- Give students, or have them cut out, leaves on which they will write the names of trusted adults

Instructions

Addressing the class, give examples of scenarios that may be unsafe and that should be reported to a trusted adult. These can be:

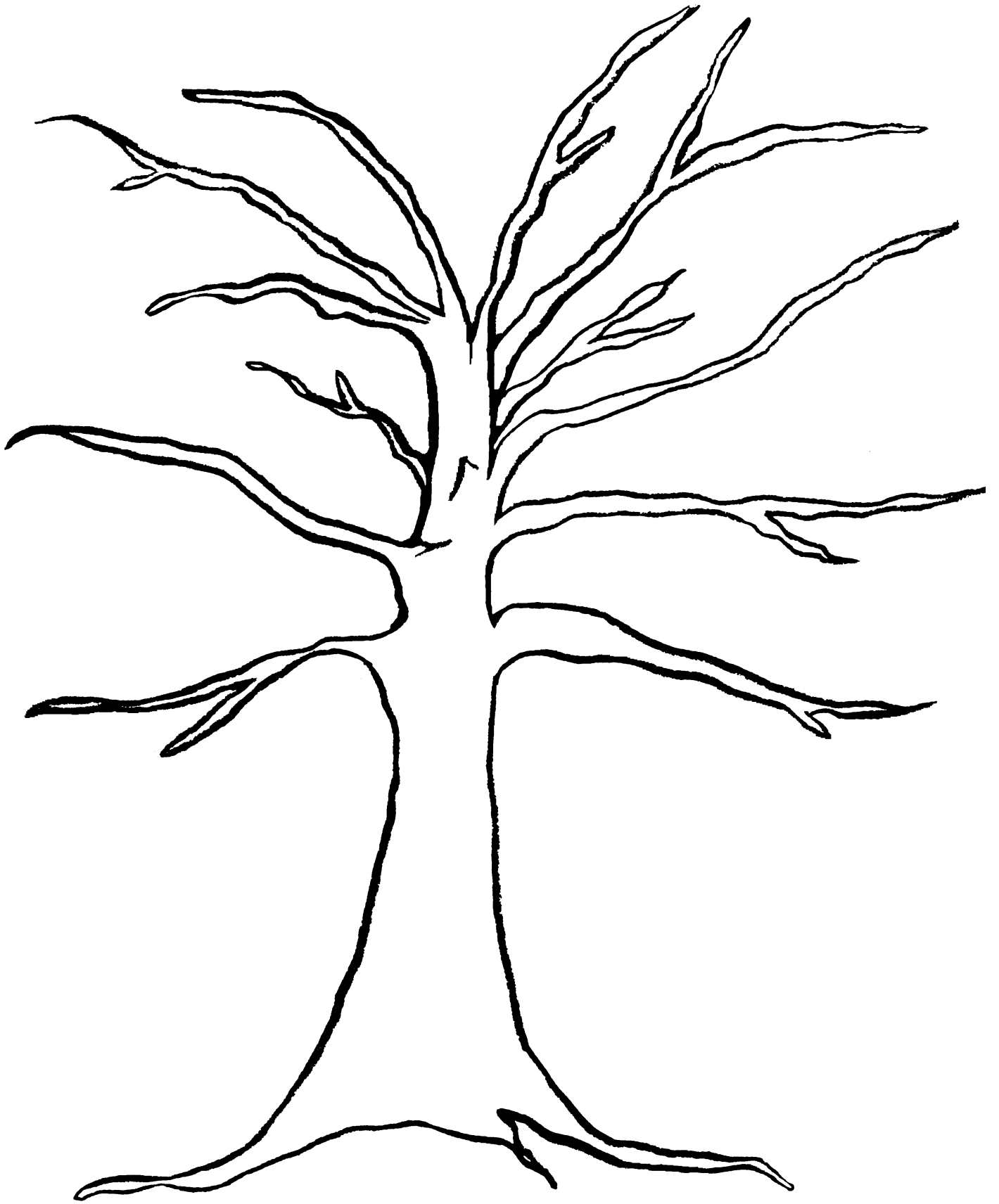
- **A stranger with a cute puppy calling you over**
- **A family member touching your body in a way that makes you uncomfortable**
- **An adult or other child showing their private body parts to you**

Then discuss with your students whom they might be able to talk to.

Afterward, have students:

- Write on their leaves the names of adults they can go to for help
- Glue the leaves to the branches of their trees

This is an excellent activity to send home with your students so they can ask their parents to help add names to the tree.



Support Tree