



## Who Is Your Trusted Adult?

A **trusted adult** is an adult with whom you are comfortable discussing problems and scary or uncomfortable situations. They should be willing to listen to you first and then help guide you to a positive solution.

Your trusted adult should respect your feelings and opinions even if they are different from their own. A trusted adult should be someone you see and interact with regularly, like a parent, guardian, teacher or counselor.

It is important to decide who your trusted adult is at school and outside of school. You may have multiple trusted adults, especially if you are involved in many out-of-school activities or sports.

### Review these criteria when identifying your trusted adult(s).

- ◆ I am comfortable sharing a problem I have even if I think I might get in trouble.
- ◆ I am comfortable talking about something that scares me or makes me uncomfortable.
- ◆ They will listen to my whole story or problem.
- ◆ They will help and guide me toward a solution rather than getting mad or telling me what to do.
- ◆ They won't mind if I have a different opinion or idea than they do.
- ◆ I see them at least 3-5 times a week.
- ◆ They will make the time to sit down and talk to me about my problem.
- ◆ They do not hurt me verbally, physically or emotionally.

If you believe that you or someone you know is being bullied online, please call **1-888-414-7678** or email [e-info@atg.state.il.us](mailto:e-info@atg.state.il.us) to contact an Internet Safety Specialist.



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