AGES 4–12 | PRINTABLE WORKSHEET

My Safe People



WHAT THIS IS

A safe person listens, helps, and keeps you safe. It is always okay to ask for help.

HOW TO USE IT

1. Think of 5 grown-ups you trust.
2. Write one name on each finger.
3. Share your hand with a parent or teacher.

EXAMPLE

"1. Mom. 2. Grandpa. 3. Ms. Lee at school. 4. Coach. 5. Auntie."

1	2	3	4	5
Name	**Name**	**Name**	**Name**	**Name**
_____	_____	_____	_____	_____
How they help me	How they help me	How they help me	How they help me	How they help me
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

At home

_____

_____

At school

_____

_____

In my community

_____

_____

If I feel unsafe or someone hurts me, I tell a safe person right away. It is never my fault, and I will not get in trouble for telling.

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