

YOUTH TOOL 03

Trusted Support

Know who you can contact when you need help thinking something through.

Trusted support is not about having all the answers. It is about having at least one person who will listen, respect your safety, and help you think through what comes next.

Who can be trusted?

- A trusted person listens without making you feel small.
- They respect privacy while taking safety concerns seriously.
- They help you make a plan instead of pushing you into a choice.

Start the conversation

- Try: "Can I talk with you about something?"
- You can say what you need: listening, advice, help leaving a situation, or help making a plan.
- If the first person is not available, contact another person on your support list.

Build your list now

- One adult at home or in your family:
- One school, program, or community contact:
- One person I can reach in a stressful moment:

GROW reminder: A thoughtful choice can protect your safety, your relationships, and your future.

Make it yours

Reflection and action page

Use this page to write down what stands out and choose a next step. Honest answers are useful answers.

What situation do I want to handle differently?

What choice would support my safety and my future?

Who can I contact if I need help?

My commitment: The person I can contact first is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.