

Dear \_\_\_\_\_ ,

You have been chosen as a Grown-Up Buddy in my Trusted Triangle. Being in my Trusted Triangle is an important and special job because you are responsible for helping me stay safe. I chose to put you in my Trusted Triangle because you are a trusted adult in my life. I can tell you anything and I know you will help me. I promise to tell you about anything that makes me feel afraid, threatened, or icky. Please promise me that you will both hear me and help me when I need you.

Thank you,

\_\_\_\_\_

