

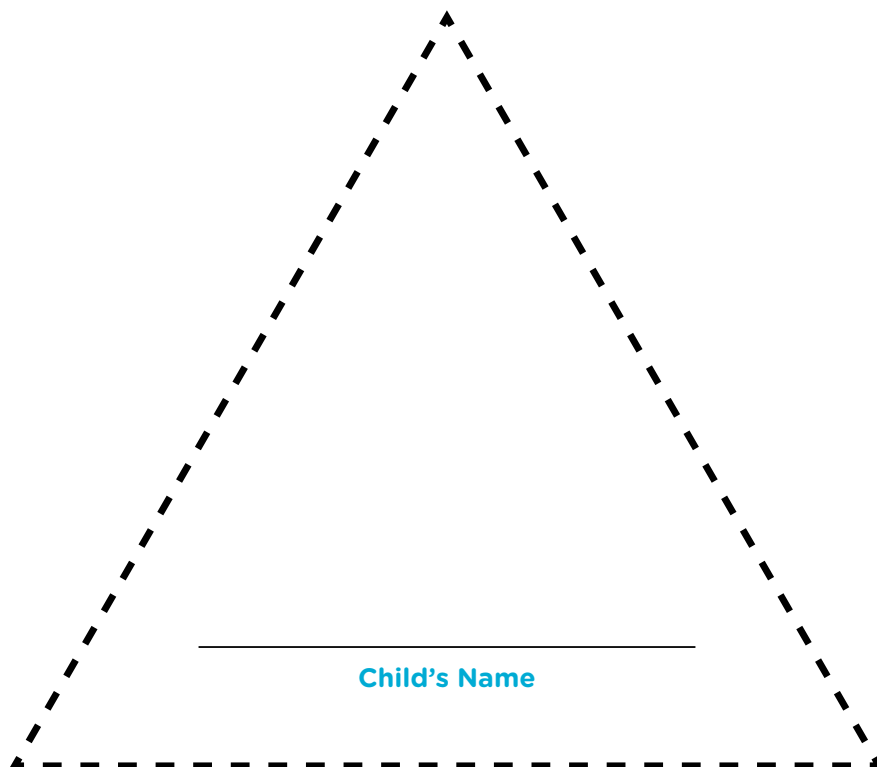
# MY TRUSTED TRIANGLE

**Directions:** Use the Trusted Triangle below to identify three or more Grown-Up Buddies who you can talk to about anything – whether it’s a bad dream, a fight with a friend, or a touch that makes you feel not quite right. Be sure your Grown-Up Buddies are old enough to drive a car, and that you include at least one person in the Trusted Triangle who is not a family member.

If something or someone makes you feel unsafe or not quite right, tell someone in your Trusted Triangle of Grown-Up Buddies. It’s important to remember to keep telling someone how you feel until you get the two **“H’s”**: **heard and helped**.

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Grown-Up Buddy #1



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Grown-Up Buddy #3

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Grown-Up Buddy #2