









# Who Are The Trusted Adults In Your Child's Life?

Let children know that you want them to make safe decisions and they can come to you with questions about any difficult decisions they might face. Sometimes though, you may not be available to answer their questions. This is a great opportunity for you and your children to create a list of trusted adults they can call in an emergency or if they have a question and can't reach you. By the way, do your children know your phone number by memory if they need to reach you? (Do you know theirs?)

Start early having these conversations with your child. The more you talk about these topics, the easier it will be to discuss the tougher subjects as your child grows up! With your child, make a card that lists the names of people whom your child can:

-  Get into a car with
-  Tell your child their name, address, and phone number
-  Who has permission to enter your home if you are not home
-  Who they can give information to over the phone
-  Call if your child needs help
-  On the back of the card, draw a plan for getting out of the home in an emergency