



# Trusted Adults

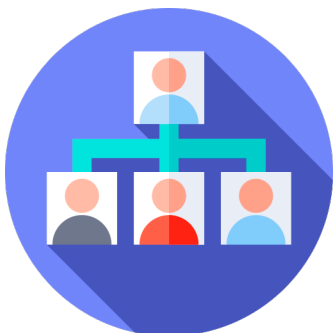
Safeguarding You: Information, Advice and Guidance for Students

## What does 'trust' mean?

Trust is the strong feeling that you can rely on someone and that they will help make sure you are safe and protected. If you trust someone, you will feel comfortable and able to tell them things..

## Who or what is a 'trusted' or 'safe' adult?

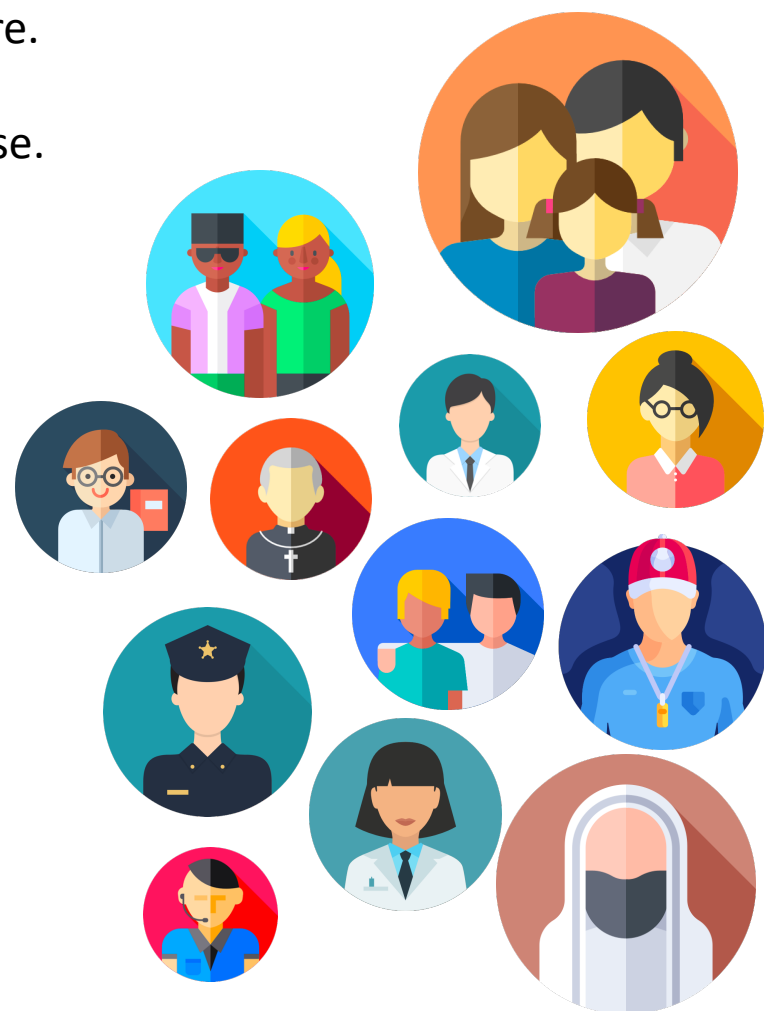
Someone you trust, feel safe with and can talk to



- A **trusted adult** is someone you trust and feel safe with, and someone you believe will act in your best interest. They might be someone you feel close to, or have helped you with something before.
- A **trusted adult** can be anyone you choose.

Here are some examples:

- a parent or carer
- or another family member such as an aunt, uncle or grandparent
- friend's parent or carer, or a neighbour
- Teacher or another member of staff at your school
- Youth Worker from a Youth Club or a Sport's Coach
- doctor, nurse, school nurse or a school counsellor
- religious leader, for example a priest, imam or rabbi
- Police Officer
- someone else you look up to and trust



See ['Asking an adult for help'](#) from childline for more information and advice

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

If you can't think of a 'trusted' or 'safe' adult to speak to, you can always talk to childline