Safe Secure Kids - Talking to Trusted Adults

1. Introduction

Visual Description:
Nighttime camping scene. Heart standing beside picnic table with s’more ingredients and s’mores. Heart is an illustrated heart with a face, legs and arms. Heart has a speech bubble that changes with the narration.

Audio:
Hi, friend! Heart here. If you haven't checked out part one, be sure to start there! In that activity, we learned all about what a trusted adult is, and in doing so, we were able to collect pieces to make these yummy s'mores!

As we sit here enjoying our s'mores we’re talking more about trusted adults, and some of my friends have shared that they're a little uncomfortable starting a conversation with the adults in their lives. While we enjoy our s'more, let's talk more about that.

Interactions:
None
2. Why talk to a Trusted Adult

Visual Description:
Three adults standing in a yard in front of a building. Text boxes load with text that correspond to narration.

Audio:
As a reminder, a trusted adult is someone you can talk to about anything. Maybe it’s someone you can talk to if you need help or someone who makes you feel happy when you’re around them. It could also be an adult who has helped you before. Talking to trusted adults about our feelings is a great way to feel less confused, get help with a situation we’re struggling with, share something important to us, and build connections with other people. You don’t have to wait for something bad, frustrating, scary, or confusing to happen to talk to a trusted adult. The trusted adults in your life care about you and want to talk to you when you’re feeling happy and excited or if you have good news to share, too!

Interactions:
None
3. What’s next

**Visual Description:**

Scene is an outdoor basketball court with a surrounding fence. Olivia is standing on the court holding a basketball. Her coach is standing beside her holding a clipboard. Text boxes load with text that correspond to narration.

**Audio:**

In part 1, you’ve identified the adults in your life that you feel like you can trust, which is an awesome first step! Once you have an adult identified, the next step is to start a conversation. But maybe you’re feeling hesitant to do that for a couple of reasons. Talking to adults about your feelings, whatever they may be, might seem overwhelming, embarrassing, or kind of scary. That can even be true with an adult you trust. You might also be concerned that what you have to say will worry or upset your trusted adult. But remember, the trusted adults in your life care about you. They want you to feel safe. If you let them know you have something important to talk about, they will take the time to listen.

**Interactions:**

None
4. Starting the Conversation

Visual Description:
Three images from part one: Olivia angry at lunch, Amelia sad at soccer practice and Jayden worried playing his video game. Text boxes load with text that correspond to narration.

Audio:
Having the courage to start the conversation can be the hardest part. Remember our friends from part one and the struggles they were having? Let’s look at some ways they could have started conversations with their trusted adults.

Interactions:
None

5. Help at Lunch
Visual Description:
Olivia is standing on the left side, her guidance counselor is on the right. Between them are the instructions and two speech bubbles from Olivia.

Audio:
Olivia decided to talk to her guidance counselor about her dessert being stolen at lunch. How could Olivia start the conversation with her trusted adult? Read through each response and then choose the one you like the best. Once you’ve made your decision, select Submit. Then, select next to continue.

Interactions:
Question: How could Olivia start the conversation with her trusted adult?

Answer choices:
• Hi, Miss Smith. Can I talk to you about something? I’ve been having trouble at lunch, and I was hoping you could help me.
• Miss Smith, there’s something I want to talk about, but I’m not sure how to say it.

Instructions: Select Olivia's response. Then, select submit.

Each speech bubble is selectable. When selected, a checkbox appears indicating selection. Submit button becomes available when speech bubble has been selected.

5.1 Help at Lunch- Feedback

Visual Description:
Heart standing beside Olivia and her guidance counselor. Text boxes with feedback appear.
Audio/Text Feedback:

Great choice! Both of these responses are good ways to start a conversation with your trusted adult.
6. Help at Practice

Visual Description:
Amelia is standing on the left side, her soccer coach is on the right. Between them are the instructions and two speech bubbles from Amelia.

Audio:
Amelia decided to talk to her soccer coach about those kids bullying her teammate at practice. Can you help Amelia choose how she should start the conversation with her trusted adult? Read through each response and then choose the one you like the best. Once you’ve made your decision, select Submit. Then, select next to continue.

Interactions:
Question: How could Amelia start the conversation with her trusted adult?
Answer choices:
• Coach Lopez, some kids have been picking on one of our teammates, and I think someone should say something. I’m not sure how I can help, so I wanted to talk to you about it first.
• Hey coach, have you seen those other kids coming to our practice? They’ve been picking on one of our teammates, and I don’t think she likes it.

Instructions: Select Amelia’s response. Then, select submit.
Each speech bubble is selectable. When selected, a checkbox appears indicating selection. Submit button becomes available when speech bubble has been selected.
6.1 Help at Practice - Feedback

Visual Description:
Heart standing beside Amelia and her soccer coach. Text boxes with feedback appear.

Audio/Text Feedback:
Good call! Amelia chose to start the conversation with her trusted adult in a way that felt most comfortable for her.
Visual Description:

Jayden is standing on the left side, his dad is on the right. Between them are the instructions and two speech bubbles from Jayden.

Audio:

Remember Jayden? He was feeling mixed up about some questions another player was making while they played video games. Jayden decided to go to his trusted adult, his dad. How can Jayden start this conversation? Read through each response and then choose the one you like the best. Once you’ve made your decision, select Submit. Then, select next to continue.

Interactions:

Question: How could Jayden start the conversation with his trusted adult?

Answer choices:

- Dad, I need your opinion on something that happened with one of my video game friends. Can we talk about it?
- Hey dad, do you have a minute? I have a question about something someone said on my video game.

Instructions: Select Jayden’s response. Then, select submit.

Each speech bubble is selectable. When selected, a checkbox appears indicating selection. Submit button becomes available when speech bubble has been selected.
7. Help at Home - Feedback

Visual Description:
Heart standing beside Jayden and his dad. Text boxes with feedback appear.

Audio/Text Feedback:
Excellent! Jayden might have been feeling hesitant to talk to his dad, but he got up the courage to start the conversation.
8. Good Job

Visual Description:
Nighttime camping scene. Heart standing beside campfire with tents in the background. Text boxes that changes with the narration are to her right.

Audio:
Good job helping our friends choose how to start a conversation with their trusted adults. All of your choices were great examples of how you can start a conversation with your trusted adult. Knowing ways to get the conversation started can help you feel more confident and give you the courage to begin the conversation. Remember, there’s no wrong way to start a conversation. The important thing is to just get started!

Interactions:
None
Visual Description:
Nighttime camping scene. Jayden, Amelia and Olivia standing with walking sticks and backpacks. Text boxes with corresponding text.

Audio:
Maybe you were able to confidently help our friends, but you’re still feeling a little nervous about doing it on your own. Fear not! Here are some other tips to having a successful conversation with your trusted adult. Before you begin, think about what it is that you need or want from the trusted adult. Also, take time to think about what you’ll say to them. Select each of these tips to learn more about them. Then, select next to continue.

Interactions:
Each tip is a button. When selected the screen changes.
9.1 Tip 1

Visual Description:
Heart standing beside text box with text that corresponds to narration.

Audio:
It might be helpful to decide what it is that you need or want from the trusted adult as a result of your conversation.
Remember Olivia? She knew she wanted help at lunch so that kids would stop stealing her dessert.
But when Jayden decided to talk to his dad about his video game conversation, he didn’t necessarily want anything specific to happen, but he did need a trustworthy person to talk to.
When you find yourself seeking out a trusted adult to talk to, maybe you want a specific outcome, or maybe you just need someone to listen.
There’s no right or wrong reason for seeking out a trusted adult. Someone who cares about the wellbeing of you and your peers will care about your thoughts and feelings.

Interactions:
When audio is finished, screen automatically returns to Tips screen to select another tip or continue to next page.
9.2 Tip 2

Visual Description:
Heart standing beside text box with text that corresponds to narration.

Audio:
Planning for what you want to say can make having a conversation feel easier. You can practice in your head or even out loud. Like anything else, the more you practice, the easier it will be, and feeling prepared will give you the confidence you need to talk to your trusted adult. When you’re preparing what to say, it always helps to provide honest details and facts. For example, instead of Amelia saying to a teacher, “A ton of kids have been stealing my lunch forever!” it would be more helpful to say, “The same 2 or 3 kids have been taking the dessert from my lunch. This has happened at least 4 times.” When an adult has all the facts, it allows them to make better decisions when it comes to helping you get the result you want or need.

Interactions:
When audio is finished, screen automatically returns to Tips screen to select another tip or continue to next page.
10. Still Unsure?

Visual Description:
Heart standing beside text box with text that corresponds to narration.

Audio:
If you followed all the tips and you’re still not sure what you want to say, that’s alright! It’s perfectly acceptable to start the conversation with your trusted adult simply by saying, “I don’t know how to say this, but I need your help” or “I need someone to talk to.” The adult can ask some questions to help better understand what you need.

Interactions:
None
11. Troubleshooting

Visual Description:
Heart standing beside text box with text that corresponds to narration.

Audio:
So, let’s say you’ve identified the adult you want to talk to, gathered the confidence to talk that person, followed the tips, and you still don’t get the results you hoped for? Most of the time, you’ll be able to talk to your trusted adult and have a good conversation with them, but there is a possibility your conversation won’t go as planned. Maybe the adult seemed distracted, or maybe this person didn’t understand how important the issue was to you. Adults have a lot going on in their lives, too, and aren’t always available in the ways we need them to be. If this happens to you, know that their reaction has nothing to do with the way you approached them. The fact you tried to talk to them means you did everything right! Here are some things you can do if the conversation didn’t go the way you planned. Wait and try talking to the person again. You could try finding a time when they might be less distracted. Remind them that you have something important you’d like to share with them. You could also seek out another trusted adult. There are many adults in your life that care about you and will be willing to listen.

Interactions:
None
12. Support System

Visual Description:
Heart standing beside text box with text that corresponds to narration.

Audio:
Remember, adults are responsible for keeping us kids safe and healthy! If you need to talk to someone or want help with something and the first adult you talk to doesn’t help, ask another adult you trust. Having a support system in your life will help you feel safe and secure - and having multiple adults you can rely on is best.

Interactions:
None
13. Wrap-Up

Visual Description:
Heart standing beside text box with text that corresponds to narration.

Audio:
Talking to adults can be hard. It can feel even harder when we want to talk about something that is important to us. The next time you want to have a conversation with your trusted adult, think about the tips you just learned. Think about what it is that you want or need from your trusted adult. Practice what you’ll say to them! Practice always helps me feel prepared and more confident. If your trusted adult isn’t very helpful when you DO try to talk to them, try talking to them again, or try engaging a different trusted adult.

The important things to remember are:
• The trusted adults in your life care about you. They want you to feel happy and safe.
• There’s no wrong way to start a conversation. The important thing is to just get started! And,
• It’s the adults’ responsibility to keep us kids safe!

Interactions:
None
14. Conclusion

Visual Description:
Heart standing beside text box with text that corresponds to narration.

Audio:
Thanks again for all your help! I hope to see you again soon. In the meantime, grab a trusted adult and continue to explore the other learning activities on safesecurekids.org.

Interactions:
None