

Module 1 - My Safe Future Self

Tips and Tricks for Identifying Your Trusted Adult

In this module you learnt about the topic: help-seeking. This module introduced you to different help-seeking skills, and applying them to difficult situations, both for yourself and for others. You explored the below points on who your trusted adult could be, what it means to feel safe and unsafe and how to be a trusted friend.

To identify your trusted adult, take a moment to reflect on the below:

- Who are the adults in your life that you know you can trust?
- Who is a good listener and will be able to help you figure out what to do when times get tough?
- Who do you feel most comfortable talking about your feelings to?
- Who do you feel supported by?
- Would you be comfortable speaking to someone from an expert organisation?

Your trusted adult might be:

- Your parents/carers
- Your aunts/uncles
- Family friends/grandparents/adult siblings
- A teacher
- A wellbeing officer
- A coach
- A social worker
- A police officer
- A doctor

KIDS HELP LINE 1800 55 1800

LIFELINE 13 11 14

QLIFE 1800 18 4527



To Future Me would like to acknowledge the Traditional Custodians of the land on which we are gathered and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and future.



We celebrate and value diversity. To Future Me has the HEART for providing support to the community in the most inclusive manner.