

PARTNERS IN PREVENTION: ACTION STEPS FOR PARENTS



Make a list of trusted adults with your child

TIPS FOR IDENTIFYING TRUSTED ADULTS

To be most effective, making the list should be a collaborative process with your child. With the youngest kids, this may just involve asking them who are some safe adults. Once a child can write, have them help you write a list. With older kids and teens, it's important to make sure they have an active role in choosing their adults because these need to be adults they can actually talk to.

After making the list, have a conversation with each person on your child's list to let them know and get them on the same page about privacy. If possible, have these conversations with at least one guardian, the trusted adult, and the child present. *(See reverse side for adult worksheet).*



Try to spend time with your child every day

TIPS FOR CONNECTING WITH YOUR CHILD

- Any time is better than no time. If you only see your children when you drive them to school in the morning, make the most of that time together.
- Make sure to create time dedicated to connection.
- Not all connection needs to be about safety for it to be effective.
- Connect over their interests. Ask them to teach you to play their favorite video game or do a craft.
- Manage expectations. If you haven't been focusing on this previously, it will take time to build trust, especially in older kids.
- If you're struggling to connect with a teenager, it may be helpful to let them choose a "main" trusted adult to facilitate the ongoing, consistent connection. This may be them preferring one parent over the other or choosing another trusted family member like an aunt or uncle.



Get curious and encourage conversations with your child

REACH OUT IF YOU NEED SUPPORT. YOU ARE NEVER ALONE.

24/7 Crisis Hotlines

English: (203) 329-2929

Spanish: (888) 568-8332

Toll-Free: (888) 999-5545

Text and Chat Line

Available M-F, 9 a.m. - 5 p.m.

Text: 888-999-5545

Chat: therowancenter.org/chat

AS YOU'RE MAKING THIS LIST, ASK:



- Do both of us agree on all the people on this list?
- Is everyone on this list an adult?
- Does this list include at least one teacher or other school staff?
- What conversations with adults who are not guardians will have to be shared with guardian(s), and what can be kept private?

