Childhelp | **PREVENTION EDUCATION**

SAFE ADULTS ARE KEY

Protecting children from abuse and other types of interpersonal harm is a shared responsibility between children and the adults in their life. Because it's often trusted adults who cause harm, it's essential to teach children that safe adults are defined by their actions, not by who they are or how they look. It's also critical that adults make protecting children an everyday priority. One way to do this is by being a SAFE adult. This brief guide explains what a SAFE adult is and how to become one.



A **SAFE** adult:

Supports children by being trustworthy and available whenever a child has questions, feels unsure or unsafe, or needs to share that they have been hurt. A safe adult doesn't just listen. They act, connecting the child with help when it's needed.

Acts in ways that are healthy and safe with children, protecting them from harm rather than putting them at risk. A safe adult respects rules and boundaries and never creates situations that make a child vulnerable.

Fosters relationships built on trust and respect, and models healthy boundaries and consent. This not only protects children, but also teaches them, and other adults, what respectful relationships look like.

Ensures environments are safe for children. A safe adult also holds other adults accountable, challenging boundary violations or inappropriate behavior and ensuring organizations do the same.

It's important for adults to understand this framework and strive to be a SAFE adult for the children in their lives. It's equally important to teach children how to identify SAFE adults and to talk to one if they have been hurt or feel unsure if a person or situation is safe. Every child should be able to name at least one SAFE adult at home and in other places they spend time.

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