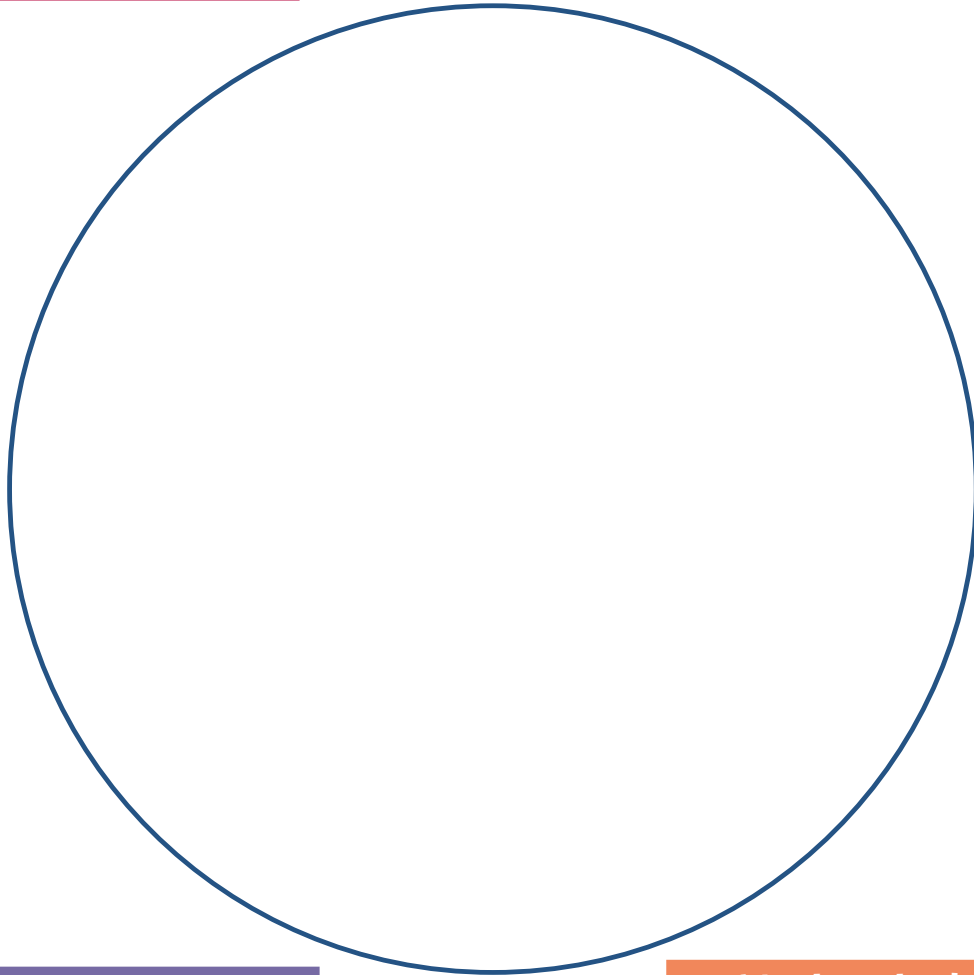


# Who can I ask for help and support?

Draw your trusted adults in the circle and write their names in the boxes. You can draw a line to them if you want.

**My trusted adult is...**

**My trusted adult is...**



**My trusted adult is...**

**My trusted adult is...**