

* Keep this card in a safe spot*

Trusted adult card

I CHOOSE YOU!

AS MY TRUSTED ADULT
I NEED YOU TO:

1. listen and try not to give advice so quickly
 2. try to understand how i am feeling and why
 3. communicate with me that you are here for me and listening
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Reach out / advocate for help if i am showing any of the red flags :



- 1. Sudden change in behavior, grades, sleeping, or eating habits**
- 2. Isolating myself**
- 3. Showing signs of anxiety/ depression**
- 4. Getting very angry/irritable**
- 5. Not eating enough/sleeping too much**
- 6. Engaging in any risky behavior**
- 7. Or whenever you are concerned about me**

Trusted Adult signature: _____ Date: _____

Student Name: _____ Date: _____

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