

Adults I Trust



Children's Activity
(recommended for 4.5 - 9 year olds)

Who are adults you trust? Can you name 5?

A trusted adult is a grown-up that you always feel safe and comfortable around. They listen and you can tell them anything, anytime, always. Adults you trust may be your parents, grandparents, aunty, uncle, a friend's parent, your teacher at school...

In support of the Start By Believing campaign 2026, the author (Rosalind Harrison) and illustrator (Suzanne Simpson - www.sscreativestudios.com/illustration) of My Body My Taonga have kindly provided this excerpt from their educational children's book on body safety (www.mybodymytaonga.com). This resource is subject to copyright.

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