

Name \_\_\_\_\_

## LESSON 7 Trust and Secrets

### Worthy of Trust

No one should ever ask you to keep a secret about touching. A secret about touching is one kind of **unsafe secret**. Unsafe secrets should not be kept even if someone you know or love asks you to keep them.

Tell a **trustworthy** adult as soon as you can about unwanted touching or other unsafe secrets. A person's job or the fact that he or she is trusted by others is not the best way to know if that person is trustworthy. Instead, you can decide whether someone is trustworthy by how he or she acts.



Write the name of an adult you could tell if you were being harmed or made to feel confused or unsafe. Under the name, list behaviors that make this person trustworthy.

(name of a trustworthy adult)

is trustworthy because he or she

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Scripture

*The LORD is my strength and my shield,  
in whom my heart trusts.*

Psalm 28:7

## What Am I Feeling?

In addition to giving us trustworthy people who can help us when we need them, God gives us **emotions**. Emotions can provide clues that help us know how to respond to situations and judge whether someone is trustworthy.

Think of a time when you felt a strong positive emotion. In the space below, write a note to a trustworthy person about the memory, experience, or person that sparked the emotion. Include in your note the name of the emotion and what that emotion prompted you to do or feel. (This worksheet is for you to keep. You may share it if you wish.)

Dear \_\_\_\_\_,

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### Prayer

*Heavenly Father, I know you love me always and your love for me is unchanging and unconditional. Thank you for the people in this world who can be trusted.*