

Name _____

LESSON 7 Trust and Secrets

What Am I Feeling?

Our **emotions** are a gift from God that can help us know how to respond to potentially unsafe situations. They can also help us recognize whether someone is worthy of our trust. Even if what we are feeling is unclear, we can still try to pay attention to what our emotions may be signaling.

It is never your fault if an adult hurts you or puts you in a situation that is unsafe. Secrets about these interactions are **unsafe secrets** and should be told to a trustworthy adult as soon as possible.



Read each interaction in the first column. Consider what emotion you might feel in that situation. Then write it in the second column.

An adult . . .	My Emotions
buys you something you want that your parents can't or won't buy for you.	
encourages you to lie to your parents about your interactions with him or her.	
watches you while you are changing your clothes.	
texts or messages you directly and asks you not to tell anyone.	
contacts you through an app or online game.	
says you will make him or her sad if you don't do something that you know isn't right.	
threatens to tell something private that you shared about yourself if you don't do what he or she says.	
tries to wrestle with you or rub your neck and back.	



Scripture

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

Psalm 28:7

Worthy of Trust

Tell a **trustworthy** adult as soon as you can about harmful interactions 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 that person trustworthy.

(name of a trustworthy adult)

is trustworthy because he or she

- _____
- _____
- _____
- _____



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.