

Name _____

LESSON 7 Trust and Secrets

Listen to Your Emotions

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 our emotions and what they may be signaling.

Adults should not have to be told that certain interactions with young people are harmful. 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 and then write it in the second column. In the third column, write what you might do or say next.

An adult . . .	My Emotions	My Response
buys you something you want that your parents can't or won't buy for you.		
offers you a special privilege or reward in return for touching of some kind.		
tries to wrestle with you or rub your neck and back.		
contacts you through an app or online game.		
sends you pictures of himself or herself without clothes or partially clothed.		
says you will make him or her sad if you don't do something that makes you feel uncomfortable.		
threatens to tell something private you shared if you don't do what he or she says.		
asks you to send him or her a picture of yourself without clothes.		



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 the person worthy of your trust.

(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.