

Who are 5 adults that you can trust?

Write their names on each of the fingers below.

You might even like to add a photo.



It's the job of these people to listen to you and to help you feel safe again. If they don't do their job, then keep on telling until someone helps. Kids Helpline is there to help. You can call them at any time in the day or night on 1800 55 1800