

How Do I Feel?



Happy



Sad



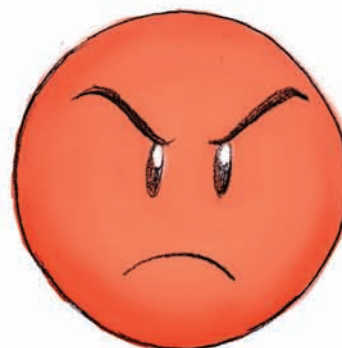
Scared



Nervous



Mixed up



Angry



Surprised

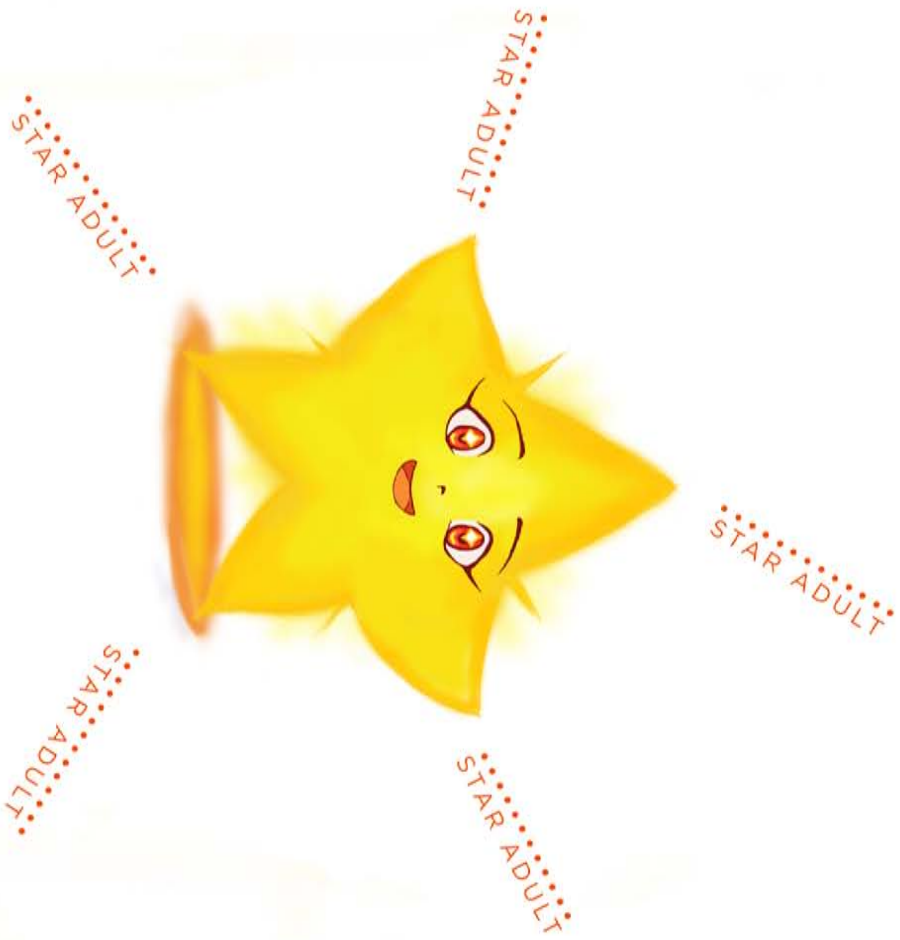


Excited



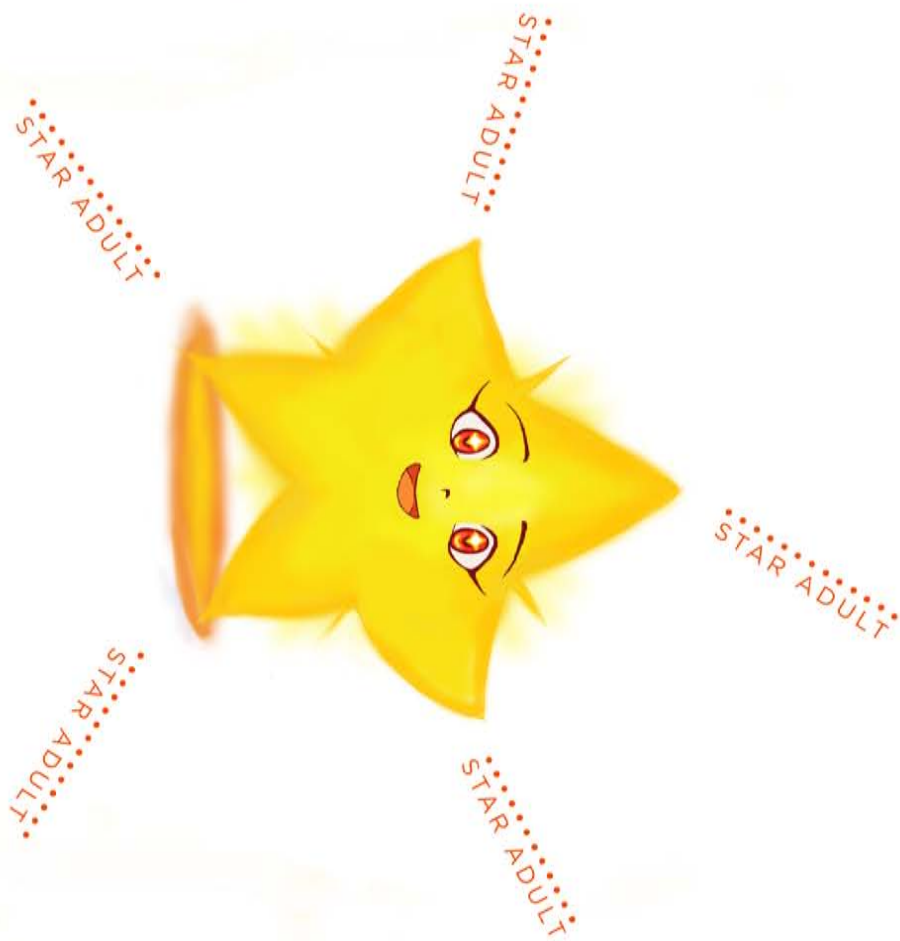
Embarrassed

SAFETY STAR CHART



Fill in the names of your **Star Adults**, then hang in a prominent place.

SAFETY STAR CHART



Fill in the names of your **Star Adults**, then hang in a prominent place.



Dear Caregiver,

Work with your child to fill out his or her Safety Star Chart. Help your child brainstorm names of people that he or she considers a Star Adult. Your child should write the names or draw the pictures of the five adults he or she feels safe to tell anything to. As you complete this homework with your child, make sure the names written down are also people that you feel comfortable having your child confide in.

After filling out the chart, hang it in a prominent place that's easily accessible to the child, such as next to his or her bed, in the playroom, or on the refrigerator. Putting the Safety Star Chart in a place for everyone to see will reinforce the Star Adult concept with your child and help others see that your child has a system set up to stay safe.

It's important that you and your child pick at least one trusted adult on the Safety Star Chart who isn't a family member. All Star Adults must be old enough to drive a car. Inform the adults that are chosen that they are individuals your child feels are trustworthy. Explain that their responsibilities may include the child sharing positive aspects of his or her life, as well as things that the child finds upsetting. Ensure that the Star Adults are aware of the safety rules and how to handle a disclosure, if chas v'shalom it occurs.

Explain to your child that he or she can change any of the adults listed on the Safety Star Chart if your child no longer feels comfortable sharing with them. Remember to help your child update his or her Safety Star Chart at least once a year to make sure the adults listed are still active in the child's life and are in a position to help.

For more child safety tips visit us at: www.Magenu.org

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