

# STEPS TO ASSIST A CHILD IN CHOOSING A TRUSTED ADULT

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Helping a child pick a trusted adult involves guiding them to identify individuals in their lives whom they can rely on for support, guidance, and protection.

Here are some steps to assist a child in choosing a trusted adult:

**Explain the concept:** Discuss the importance of having trusted adults in their lives. Explain that trusted adults are people they can trust and feel safe with, who will listen to them and help them in challenging situations.

**Discuss different roles:** Talk about the various roles trusted adults can have, such as parents, grandparents, teachers, coaches, family friends, or other responsible adults in their community. Emphasise that trusted adults can be anyone they feel comfortable with and who shows care and respect towards them.

**Identify characteristics:** Help the child identify specific characteristics of trusted adults. Encourage them to think about qualities like being a good listener, being supportive, providing guidance, and keeping information confidential.

**Encourage open communication:** Emphasise the importance of open and honest communication with trusted adults. Teach the child that they can share their concerns, fears, or uncomfortable situations with these individuals without fear of judgment or repercussions.

**Discuss boundaries and consent:** Teach the child about personal boundaries and consent. Explain that trusted adults should respect their boundaries and not make them uncomfortable. Encourage the child to trust their instincts and seek help if someone crosses those boundaries.

**Guide the selection process:** Prompt the child to think about the adults in their lives and reflect on their relationships with them. Ask questions like, "Who do you feel safe with?" or "Who do you think would believe and support you if you had a problem?" This helps the child identify potential trusted adults.

**Reassure confidentiality:** Ensure the child understands that trusted adults will respect their privacy and keep their conversations confidential unless there is a concern for their safety. Assure them that sharing important information with trusted adults is not tattling or betraying anyone.

**Regularly reassess:** Remind the child that their trusted adult relationships can evolve over time. Encourage them to re-evaluate their choices periodically and seek help from other trusted adults if needed.

By guiding a child through these steps, you can help them identify the trusted adults in their lives who will provide support, guidance, and protection when they need it.