

# Trusted Network

## You Will Need:

- Coloured pencils or felt pens
- My Trusted Network Activity Sheet
- I Could Talk With... Activity Sheet
- Hand Network Activity Sheet
- White A3 paper (one sheet per child)
- White A4 paper (one sheet per child)

## Method:

1. Write the words: 'Nothing is ever that awful that we can't talk about it, especially with someone we trust' and discuss what it means. Discuss how there are certain people we trust and sometimes there may be people we don't trust. When we don't trust people, we may have a reason not to trust them or we may have noticed an 'early warning sign' that may make us feel uncomfortable or just not safe.
2. Explain to children that people we can confide in or speak with are called our 'trusted networks'. As a whole group, create a thought shower of types of people children feel they could talk with. Talk about the importance of liking and trusting these people. Explain that it is no good choosing someone you don't like or someone you get an 'early warning sign' around. Ask the children to write down who they feel they could confide in or talk too, complete the I Could Talk With... Activity Sheet.
3. As a class, create a thought shower of types of people children feel they could talk with. Explain that it is important for the children's network to consist of people from a variety of places where they spend their time. Explain that Mum and Dad are not always with them and so they need at least four other adults, as well as family, to be part of their trusted network. Instruct children to complete the My Trusted Network Activity Sheet.
4. Discuss the role of 'trusted network' people and what traits they may have in common. For example, they may listen to any problems you have, share good times with you, believe in you or help you feel safe.
5. Provide each child with a sheet of A3 white paper and ask them to draw a person who has big ears (to listen), a big heart (to believe) and a big brain (to come up with some possible plans of action). When children have finished their drawing, ask them to write 'a trusted network person will listen to me, believe me and do something to help me feel safe' on their picture.
6. Provide each child with the Hand Network Activity Sheet and an A4 piece of white paper and ask them to trace around their own hand, when complete, using the Hand Network Activity Sheet as a guide, ask them to fill their trusted network people onto their own hand outline. Other trusted network shapes could be a ladder, an umbrella, a heart or a sun.

# I Could Talk With...

If I get an early warning sign, I need to talk with someone.

If I get my early warning sign, I could talk with \_\_\_\_\_  
who is in my network.

If I get my early warning sign, I could talk with \_\_\_\_\_  
who is in my network.

If I get my early warning sign, I could talk with \_\_\_\_\_  
who is in my network.

If I get my early warning sign, I could talk with \_\_\_\_\_  
who is in my network.

If I get my early warning sign, I could talk with \_\_\_\_\_  
who is in my network.

# My Trusted Network

## My Home Network

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## My School Network

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## My Neighbourhood Network

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## Other Important People

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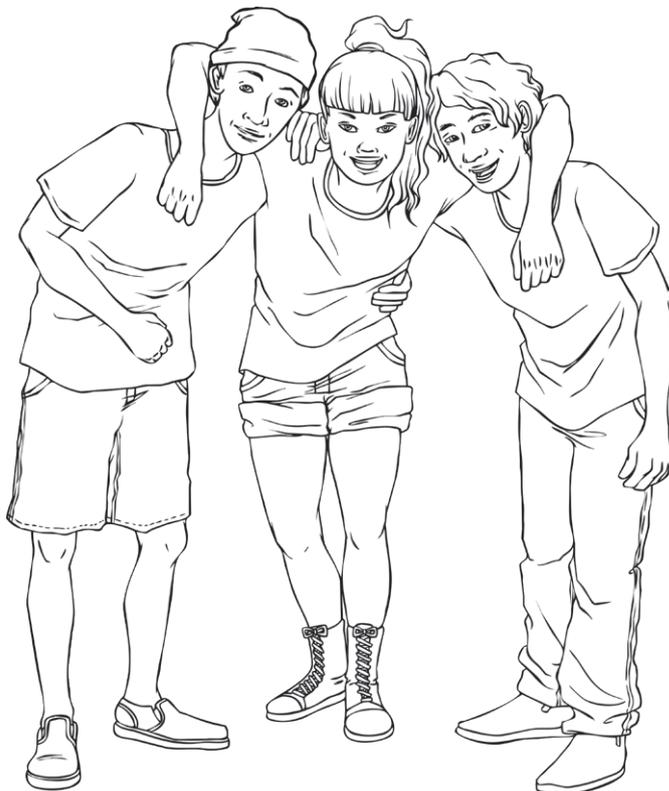
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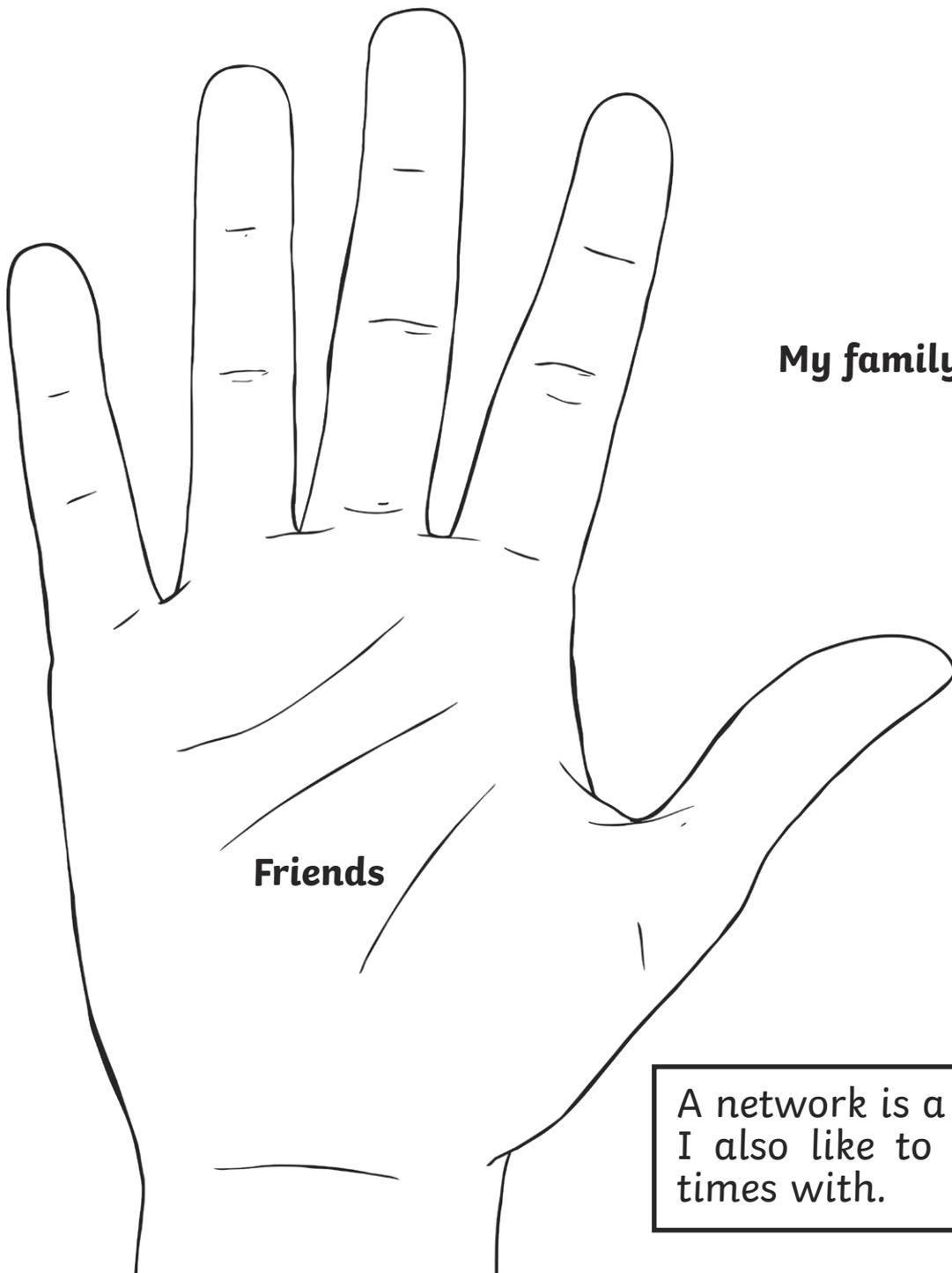
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# Hand Network

A network is a group of people I trust who I can talk with if I have a problem. They will listen to me, believe me and do something.

**Adults I trust**



A network is a group of people I also like to share my good times with.