

What does it mean to be a....

TRUSTED ADULT?



You may hear a lot of talk about students turning to a “trusted adult” if they’re worried about themselves or a friend. ***But what does that mean?*** Students describe trusted adults as:

- ✓ Being nonjudgmental;
- ✓ Making time to talk, even if your schedule is tight;
- ✓ Not telling me “it will be better tomorrow”;
- ✓ LISTENING! Recognizing you probably can’t fix what I’m worried about but that just listening to me talk about it can really help;
- ✓ Being someone who takes ACTION;
- ✓ Being honest if you think you have to tell someone else about my problem;
- ✓ Remembering what we talked about and asking me about it later.

Some adults seem to be naturally trusted by kids while others have to work at it, even though everyone may be challenged if a student wants to talk about suicide. If a student brings up a topic that is really uncomfortable to you, it’s totally okay to say something like: “You know, I’m not sure I’m the best person to talk with about this. But I know someone else who is a great listener.”



1-800-273-8255 (TALK)
suicidepreventionlifeline.org