

Who to Talk To?



Play “Who To Talk To?” to help children identify who they can trust, discuss problem solving skills, and talk about things that may be frightening. Use as a planned activity or spontaneously when a subject comes up. Use these as examples - make up others that are appropriate to the child’s age and environment.

Draw lines to all the people you could talk to.

IF YOU ARE:

- angry with a friend
- having trouble with homework
- proud of something you did
- upset because you told a lie
- feeling sick
- curious about your body
- alone at home a lot
- afraid of someone at school
- the first one at a fire
- excited about something you read
- just feeling sad
- locked out of your house

Can you think of other times you might want to talk?

PEOPLE TO TALK TO:

- a neighbor
- your best friend
- your Mom or Dad
- a teacher
- your brother or sister
- your friend’s parents
- a doctor
- a policeman
- your sister or brother
- 9-1-1
- your grandparent
- the school counselor

Who else do you talk to?



For more Fact Sheets please go to www.ParentHelpNH.org

Children’s Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org