



# Protecting God's Children™

## Safe Friends and Safe Adults Worksheet for Parents

This worksheet is for (child's name): \_\_\_\_\_

**Note:** This worksheet was created to help parents and guardians develop a comprehensive list of the *safe friends* and *safe adults* who regularly interact with this child, and to establish general boundary guidelines applicable to the people on the list. This is only a worksheet and should be handled with an appropriate level of discretion. It can help you and your child to see that most of the people in your child's life are safe.

**Safe friends and safe adults** are people who (1) won't hurt the child without a good reason (e.g., if a nurse gives a child a shot, it will hurt—but, the shot is for a good reason); (2) won't confuse or scare the child intentionally without a good reason (e.g., if someone alerts you that there's a fire in your building helps you escape—but, alerting you to a fire and helping you escape is a good reason to scare you); and (3) are sure to respect the child's wishes and the wishes or rules of the child's parents, guardians, and caretakers when it comes to personal safety—including touching safety.

**Please Note:** You'll likely discover that your child's life is filled with *safe friends and safe adults*. If you need additional space to write, please use the back of the sheet to continue your list.

### Names of Safe Friends and Adults

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1. \_\_\_\_\_
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40. \_\_\_\_\_



# Protecting God's Children™ Unsafe Friends and Adults Worksheet for Parents

This worksheet is for (child's name): \_\_\_\_\_

**Note:** This worksheet was created to help parents and guardians develop a comprehensive list of the *unsafe friends and adults* who may have an opportunity to interact with this child, and to establish general boundary guidelines applicable to the people on the list. This is only a worksheet and should be handled with an appropriate level of discretion.

**Unsafe friends and adults** are those people who present a *known risk* to a child. Depending on your own expectations and the child's unique characteristics, the risks may vary significantly. For example:

- Leaving a child with asthma in the care of someone who smokes.
- Allowing a known reckless driver to transport a child.
- Leaving a child in the care of someone known to be a substance abuser.
- Leaving a child in the care of someone with a history of emotional, physical, verbal, or sexual abuse.

Again, these are only examples, and the circumstances surrounding each child have an impact on the specific risks in the child's life.

**Note:** Because you entrust so much power to the *special safe adults* in the child's life, it is important for your child's *special safe adults* to know the identities of anyone you consider to be an *unsafe friend or adult*. After all, you wouldn't want a *special safe adult* to unknowingly give an *unsafe* person access to your child. However, all such communications should be handled with an appropriate level of discretion.

**Please Note:** If you need additional space to write, please use the back of the sheet to continue your list.

Names of <i>Unsafe Friends and Adults</i>	Reason(s) for Concern
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____



# Protecting God's Children™ Special Safe Adults Worksheet for Parents

This worksheet is for (child's name): \_\_\_\_\_

**Note:** This worksheet was created to help parents and guardians develop a comprehensive list of the *special safe adults* who may interact with each child, and to establish general boundary guidelines applicable to the people on the list. This is only a worksheet and should be handled with an appropriate level of discretion.

**Special safe adults** are people who may see or touch a child's private body parts, but only for the purpose of keeping the child clean or healthy, and only under the circumstances that you, as a parent or guardian, dictate. *Special safe adults* have permission to help the child when bathing, going to the restroom, putting on clothes, or when the child is sick. Not everyone has this permission and not every special safe adult has unrestricted authorization. Some adults are *special safe adults* for specific occasions or reasons. For example, a doctor's permission to touch the child's private body parts is limited to specific examinations for a specific purpose, and only when a parent or nurse is also present.

Parents must begin by identifying your child's special safe adults. Establish the criteria for determining your child's special safe adults by asking yourself these two questions:

1. "Who, other than myself, would respect my child's physical safety and respect my wishes regarding my child's safety—including the safety of his or her private body parts?"
2. "Of these people, who might ever be put into a position to see or touch my child's private body parts for the purpose of helping keep my child clean or healthy?"

After identifying your child's special safe adults, list the circumstances in which each special safe adult may have a reason to see or touch your child's private body parts. It is important that you carefully and clearly define these boundaries for each *special safe adult* who interacts with your child. And, once you've filled in the details on this worksheet, discuss the information with each individual on the list and with your child. Be very clear and very specific when you discuss this with your child. For example:

- "Grandma Phelps—when you need her help in the bathroom, when you are taking a bath, or when you need her help putting on your clothes."
- "Dad—when you need him to help you get clean or to teach you about using the bathroom."
- "Your teacher—if you need help going to the restroom while you're at daycare or Mother's Day Out."

**Please Note:** If you need additional space to write, please use the back of the sheet to continue your list.

Names of <i>Special Safe Adults</i>	Specific Circumstances for Having Access to this Child
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____