

## Instruction Sheet

Hello Leaders,

These are the resources for the **'My Trusted People'** activity.

It is good to do this activity with your Unit every year.

You can choose to do the activity by just giving the girls a blank piece of paper and some crayons/pencils/textas and talking them through the instructions.

This together with setting **Unit Rules** (see *Guidance Note in the CSCF Wheel*) and an activity focused on **No Go Tell** (see *CSCF for Leaders and Managers eGuiding Module*) and an activity focused on digital safety are minimum annual activities for all Units. The **GGA 'Early Warnings' Poster** and activities from the website of the eSafety Commissioner should supplement these activities.

All our best wishes

GGA Child Safety Leads



# MY TRUSTED PEOPLE

## Let's think about who our trusted people are:

We all need to have people that we can trust. We might need them to help us, to listen to us, to help us change something, to believe us or to help keep us safe.

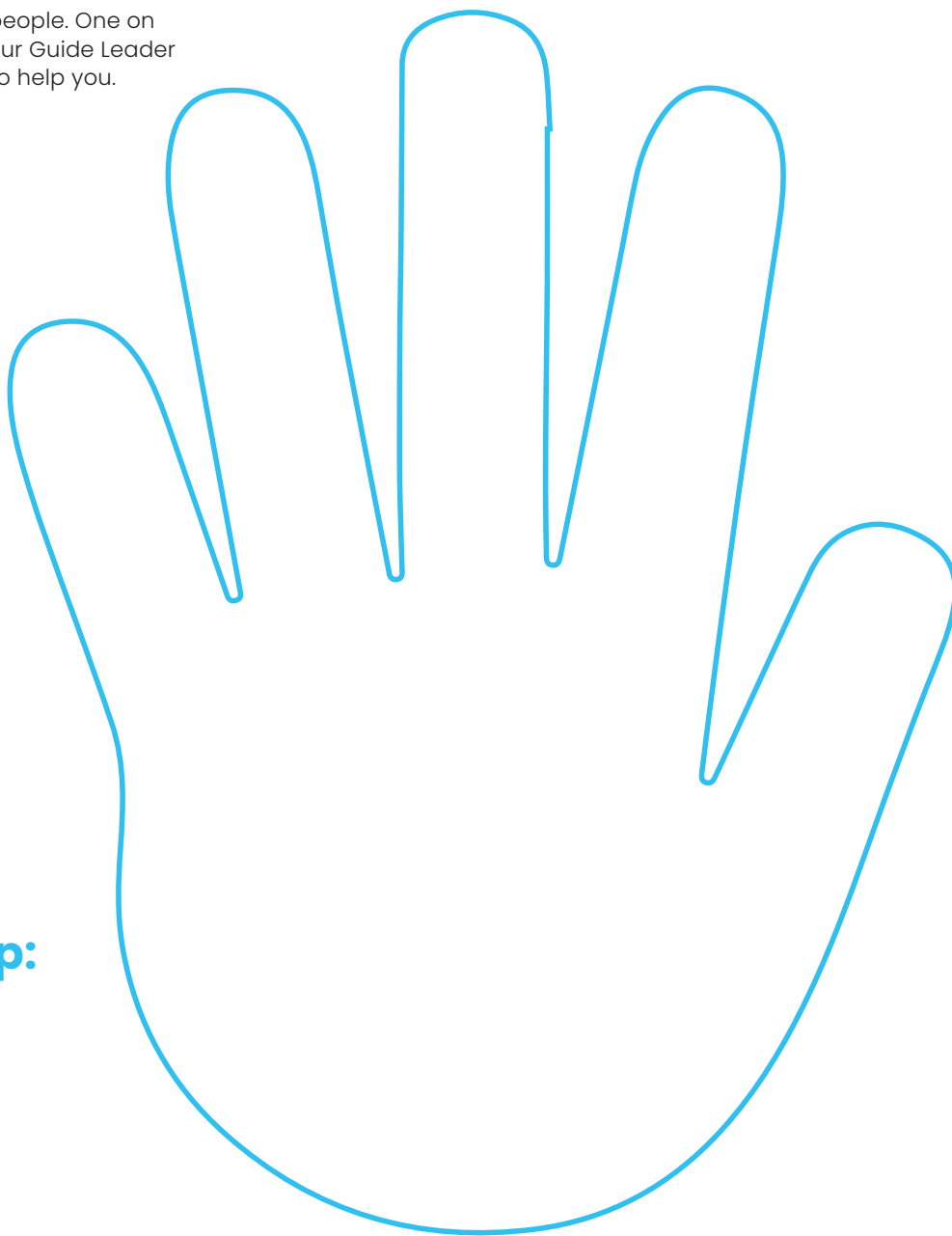
Let's think about people we trust in our own lives so we can find one of them quickly when we need them.

Can you think of 5 people you trust. These are the special people in your life that you can talk to about anything - no matter how small or big, how happy or sad, how good or bad.

Keep this hand to remind you who you can talk to when you need someone you can trust.

## Here we go:

1. Draw around your hand in the blank space below.
2. Number each finger from 1 to 5.
3. Think about who are your trusted people.
4. Write down your 5 trusted people. One on each finger. You can ask your Guide Leader or another girl in your Unit to help you.
5. Decorate your hand.



## If you need help:

**Kids Helpline**  
**1800 55 1800**

**Emergency**  
**000**

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