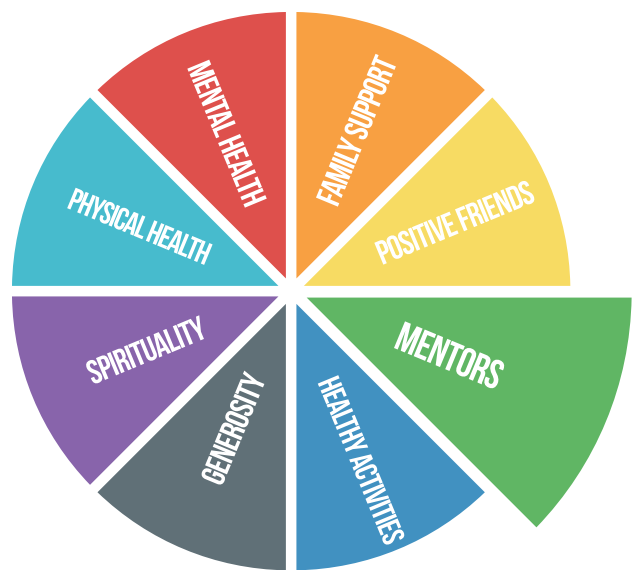


I AM A TRUSTED ADULT



**By displaying this for youth and adults to see,
I promise to:**

1. Acknowledge that reaching out for support is a strength
2. Listen and react non-judgmentally
3. Respond in a calm and reassuring manner
4. Reflect back the feelings, strengths and ideas I hear when listening
5. Ask how I can be helpful and respond as I am able
6. Do what I can to connect to other supports if asked
7. Maintain confidentiality and communicate if exceptions exist