

# Ontario Dress Purple Day: Lesson 1



## Activity: Identifying Trusted Adults

**Grade Range:** Grades 7-12

**Task Time:** 30 minutes

### Activity Objective:

The purpose of this activity is to have youth identify two or more trusted adults in their lives they can talk to about a problem or worry.

### Activity Description:

1. Introduce the activity to the class and ask them to identify some key qualities of “trusted adults” (e.g., supportive, accepting, easy to talk to, open-minded, etc.). Write down some of these qualities on the board.
2. Tell the students that when they are experiencing a problem or worry or are in distress, it is important that they can get help from a trusted adult. Ask for some general examples of adults who can help.
  - e.g., family members, teachers, adults in the community (e.g., counsellors, police, child protection workers, etc.)
3. Have each student identify two trusted adults they can get help from.
4. For students who may have difficulty thinking of two, tell them that you will give them more time and come back to them. If they still have difficulty, make sure to check in with them one-on-one to talk about this after the activity (see Comments Section).
5. Tell the students that if they are having difficulty identifying trusted adults, it is also possible to turn to trusted organizations and resources. Ask the students for help in identifying helpful resources such as Children’s Aid Societies, Kids Help Phone, Black Youth Helpline, Naseeha Youth Helpline, LGBT Youth Line, and (see Handout of Organizations and Resources that Support Youth included with classroom resources.)
6. Ask the students why they had to identify at least two trusted adults to go to.
  - Make sure to point out that sometimes the first adult they choose may not be available or may not be able to provide the help they need, it is important to have a back up plan and another trusted adult to go to.
7. Conclude by emphasizing that youth need to keep telling trusted adults until they get the help they need. This applies to both circumstances when youth themselves need help or when they are seeking help for a friend.

**Comments and/or Additional Resources:**

- When checking in with students one on one who are having difficulty with identifying trusted adults:
  - Suggest that they think beyond immediate family and friends to relatives, community members, teachers, other school staff, etc.
  - Suggest helpful resources such as helplines (Kids Help Phone, Black Youth Helpline, Naseeha Youth Helpline, LGBT Youth Line), Children's Aid Societies
- This activity may lead individuals to disclose suspected instances of abuse. The facilitator has a legal obligation to report this information to a [Children's Aid Society](#).