

# MY TRUSTED CIRCLE: FRIENDS EDITION

A worksheet to help kids think clearly about friendships, influence, and who helps them make safe choices.

## WHAT IS A TRUSTED CIRCLE?

Your Trusted Circle includes friends who make you feel safe, respected, and supported—not pressured or trapped.

Not every friend belongs in your trusted circle—and that’s okay.

### A trusted friend:

- Respects your boundaries
- Does not pressure you to do things you’re uncomfortable with
- Does not ask you to keep secrets from your parents or caregivers
- Helps you feel more confident and safe, not anxious or stuck

## STEP 1: FRIENDS I FEEL SAFE WITH

These are friends who respect my boundaries and help me make good choices.

Write the names of friends who feel safe and supportive:

---

Why I feel safe with them:

---

## STEP 2: FRIENDS I’M STILL FIGURING OUT.

These friends aren’t bad—they just make me pause and think

Sometimes these friends:

- Ask me to do things I’m not sure about
- Make jokes that don’t feel good inside
- Say I should keep things secret
- Leave me feeling worried, confused, or quiet afterward

When I feel this way, it helps to slow down and talk to a trusted adult.

### Question to think about:

👉 How do I usually feel after spending time with this friend—calm and happy, or uneasy and unsure?

## STEP 3: RED FLAGS IN FRIENDSHIPS

If any of these happen, it’s important to talk to a trusted adult.

Check any that sound familiar:

- "Don't tell your parents"
- "If you don't do this, you're not really my friend"
- Pressure to send pictures or messages
- Being isolated from other friends or family
- Feeling scared to say no

If I notice these signs, I will talk to:

---

## STEP 4: ASKING FOR HELP AND GETTING TO SAFETY

God gives me people who can help me when I feel unsure or uncomfortable.

If something doesn’t feel right, I don’t have to figure it out alone.

### I CAN:

Pray and ask Jesus for peace and wisdom.

Text or call: \_\_\_\_\_

Use this code word or phrase:

---

## STEP 5: GROWN-UPS GOD GAVE TO HELP ME

God gives me safe adults who care about me and want to protect me.

These adults listen, help me feel calm, and take me seriously.

Trusted adults I can talk to:

---

---

---