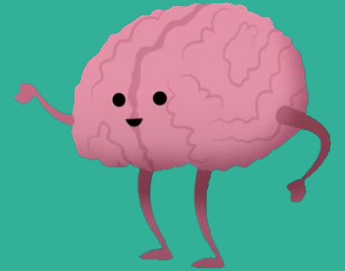
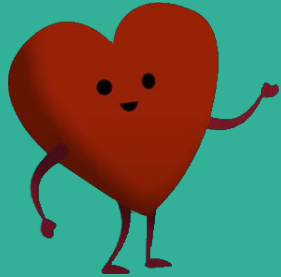


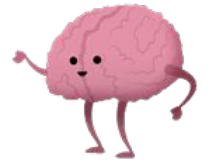
Lesson 4:
Help-Seeking



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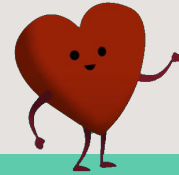
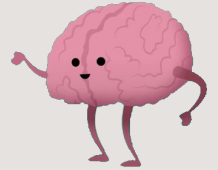
Where you are on the
feeling thermometer?



**How are you
feeling today?**

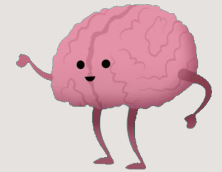


If you are concerned about yourself or a friend, talk to a **Trusted Adult** - someone who is reliable and dependable.

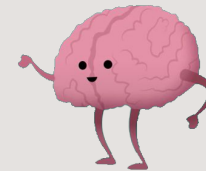




What does each characteristic look like in an adult?

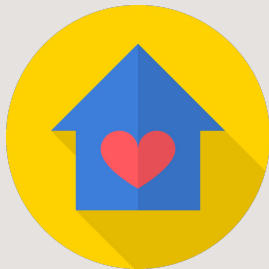


Reliable - Dependable - Trustworthy

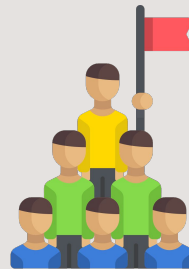


Who are they?

Identify Trusted Adults at:



HOME

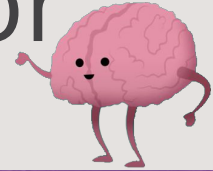


COMMUNITY



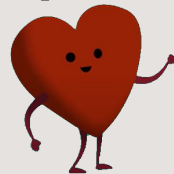
SCHOOL

Sometimes people feel ashamed to ask for help.
How do you ask for help for
yourself or a friend?

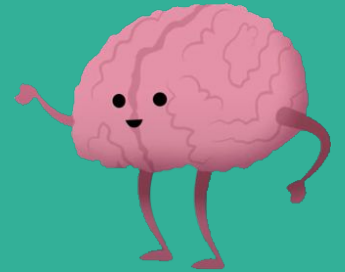
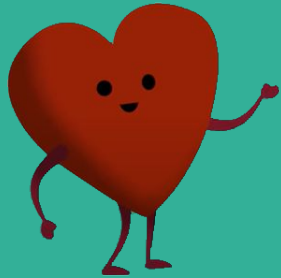


Tell a Trusted Adult:

- How you **Feel**
- What you've **Tried**
- What they can do to **Help**



Lesson 4: Help-Seeking



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