### Access Valid & Reliable Resources
Grades PreK-2

**Language of Health Literacy:**

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Step 2</th>
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| **Step 1:** Identify Trusted Adults  
Sub Skills:  
- Define trust and safety  
- Describe trusted adults  
- Pick a trusted adult based on need |
| **Step 2:** Find a Trusted Adults  
Sub Skills:  
- Know “go-to” trusted adults  
- Ask for help  
- Call a trusted adult  
- Go directly to a trusted adult  
- Have a trusted adult help find a trusted professional or other adult who can help |

| Trust means ____.
I trust people when ____.
I trust people who ____.
I trust ____.
They help me with ____.
| I would go to ____.
They would help me ____.
I go to ____ when ____.
I can go to ____ for ____.
I will call that trusted adult.
I will go to ____.
I will ask ____ to help me find ____.

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I trust ____.
I trust people when they help me with ____.
I trust people who they help me.
I trust ____.
They help me with ____.
I would go to ____.
They would help me ____.
I go to ____ when ____.
I can go to ____ for ____.
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