



Facilitator Guide: Trust Team Tale



AT A GLANCE

Participants hear a story that helps them describe the difference between a normal adult and a trusted adult. Following the story, participants complete the “My Team of Trusted Adults” worksheet. This worksheet gives participants practice with listing the trusted adults in their lives.

Medication Safety Rules Emphasized:

1. **Ask trusted adults for help with medicine.**
2. Only take medicine that is meant for you.
3. Keep medicine in safe places.
4. Share what you learn today with family and friends.

WHAT YOU DO

1. **Introduce the facilitators.** We encourage you to share your name and one fun fact about yourself. Connect the purpose of this activity with your larger program.

2. **Complete the activity** by reading the story.

When you reach an emotion in **bold and underlined**, encourage the children to act out that emotion in the story.

When the story changes settings (home, doctor’s office, or school), show the corresponding setting printout.

3. **Wrap up the activity** by engaging participants in a brief discussion using the listed questions as a guide. Within the story, words or phrases that are in *italics and underlined* are traits of trusted adults. You can refer to these traits when answering questions.

After this activity, ask participants to complete the **"My team of Trusted Adults" Worksheet**. Encourage participants to share their work if time allows.

Suggested Ages

Children in Grades K-2

Suggested Group Size

25 or fewer children

Time Required

15- 20 minutes

What you need

- This facilitator guide (print 1 copy/facilitator)
- The collection of “settings” resources within this guide (print 1 copy of each setting)
- The participant worksheet “My Team of Trusted Adults” (print 1 copy/participant)
- Crayons/Markers



Facilitator Guide: **Trust Team Tale, continued**

WHAT YOU SAY

1 Introduction

“Our first medication safety rule is to ask trusted adults for help with medicine. But, what is a trusted adult and how are they different from regular adults? In this activity, we will read a story to help us answer these questions.

The story is about a child named Alex who feels sick and learns who their trusted adults are when it comes to their health. While I read the story, I want you to **help act out Alex’s feelings**. Can you do that?

Encourage participants to sit on the floor near you as you read the story.

2 Activity

Story

Once upon a time in a little blue house, there lived a brave child named Alex. One chilly winter morning, Alex woke up feeling sick. Their head hurt, they had a fever, and they felt very **tired and scared**.

Alex's mom noticed and asked, "Alex, are you feeling okay?" Alex shook their head and said, "No, I don't feel good." Alex's mom gave them a big hug and said, "We'll figure out what's going on together and go see Dr. Brutus." Alex felt **glad** knowing their mom listened to them and was there to help.

At the doctor's office Alex felt **nervous** but Dr. Brutus was very nice and carefully explained what they were doing. Alex felt **calm** knowing Dr. Brutus was there to help. First, Dr. Brutus took Alex's temperature and then looked in his ears. Dr. Brutus decided Alex was sick and would need to take medicine to get healthy. Alex asked, "How does the medicine work?" Dr. Brutus explained, "The medicine attacks the germs to make you healthy again. You take it two times a day, and only trusted adults like your mom should give you medicine. Alex felt better knowing Dr. Brutus would help them with their health and answer any questions they had.

Back at home, Alex's mom measured the correct amount of medicine. Alex said, "Do I really have to take it? It looks **yucky**." Alex's mom nodded and said, "Yes, but I promise it will help you get better." She hugged Alex and stayed with them while they took the medicine. Alex felt **brave** and took their medicine.

The next day, Alex felt well enough to go back to school but still had to take their medicine. Alex's mom talked to the school nurse, Mrs. Bennett, and shared the medicine instructions with her. Mrs. Bennett said to Alex, "I will help you with your medicine at school. If you ever feel unwell during school, know that you can always come to me." Alex felt **happy** knowing Mrs. Bennet would care for them at school.

And so, Alex learned an important lesson - that even when things were tough, they were never alone. They had many trusted adults in their life to listen to them and help care for their health and safety.

Facilitator Guide: **Trust Team Tale, continued**

3 Wrap-Up

After reading the story, engage participants in a discussion using the following questions. After the discussion, encourage participants to complete the “My Team of Trusted Adults” Worksheet.

Q1. In the story we learned who Alex’s trusted adults were that helped them with their health and medicine. Who were Alex’s trusted adults in the story?

Mom, Dr. Brutus (Doctor), Mrs. Bennett (School Nurse).

Q2. How did the trusted adults make Alex feel?:

Mom - Helped Alex feel safe, brave, and cared for.

Doctor - Made Alex feel calm by explaining things clearly.

School Nurse - Made Alex feel cared for and happy knowing Mrs. Bennett was there to help

Q3. What is the difference between a trusted adult and a regular adult?

Prompt the group:

“What is a regular adult?” (a grown-up that has not shown they care for you)

“What is a trusted adult?” (Someone who cares, listens, and helps you feel safe. Key traits include helping you when you are scared or have a problem, listening to you and answering your questions, and making you feel safe and cared for.)

Q4. Who are the trusted adults in your life that make you feel safe and cared for you when you don't feel well?

For most participants, two examples that everyone may share are a parent or guardian at home, and a pharmacist in the community.

Alternative questions If children say a friend or someone that is not a trusted adult:

Is your friend an adult?

Would you trust them to care for you if you are sick?

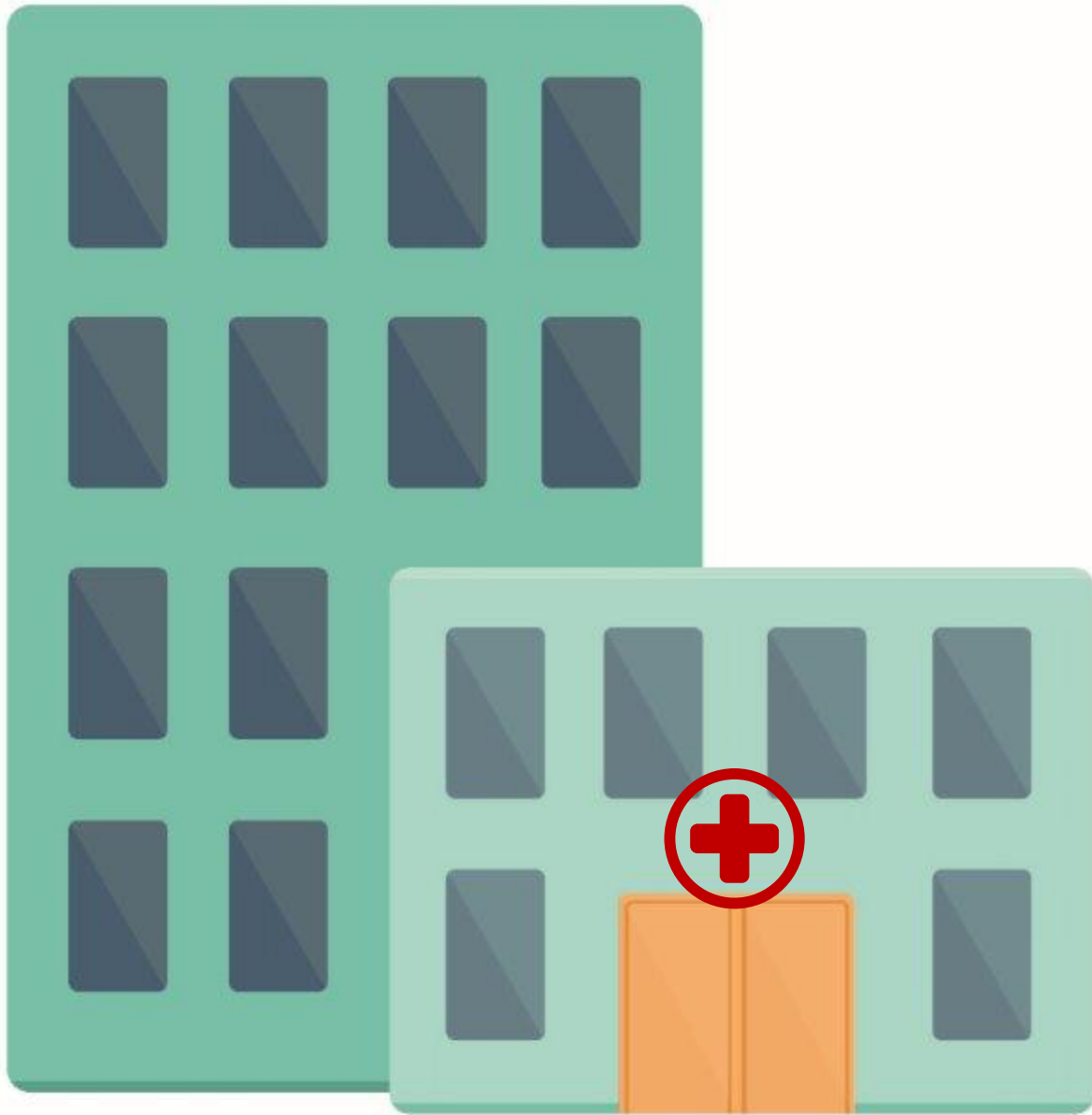
Emphasize: Trusted adults are grown-ups who care for you and help keep you safe.

We encourage you to use this discussion to transition to completing the **participant worksheet, “My Team of Trusted Adults”**. After reading the directions, emphasize the key message of this activity - a trusted adult is someone who makes you feel safe, listens and answers your questions, and cares for your health and safety. It is important to follow medication safety rule #1: ask trusted adults for help with medicine.

Setting 1 - Home



Setting 2 - Doctor's Office



Setting 3 - School

