

How To Be An Askable Adult



Health & Physical
EDUCATION

Askable adults support curiosity and honest conversation by being caring, reliable, and available to listen.

A

Anyone: Any caring adult can be a trusted source of support, guidance, and positive influence.

S

Start Early: Building trust from a young age lays the foundation for open, healthy conversations later in life.

K

Kindergarten: Stay connected with teachers to learn what's taught in health class and reinforce those lessons at home.

A

Anywhere: Use everyday moments for short, natural talks that build comfort, trust, and understanding over time.

B

Brush Up: Keep learning about sensitive topics and practice sharing accurate information with care and respect.

L

Listen and Stay Calm: When kids ask tough questions, stay calm, listen, and respond with honesty and empathy.

E

Explore: It's okay not to know everything! Seek out reliable resources and learn together.

Did you know?

Trusted adults are key protective factors that help prevent youth violence, substance use, and mental health challenges.

