

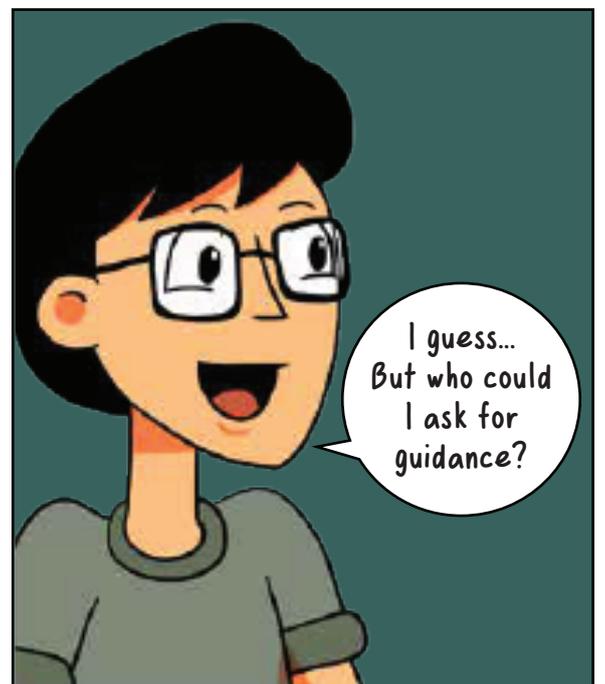
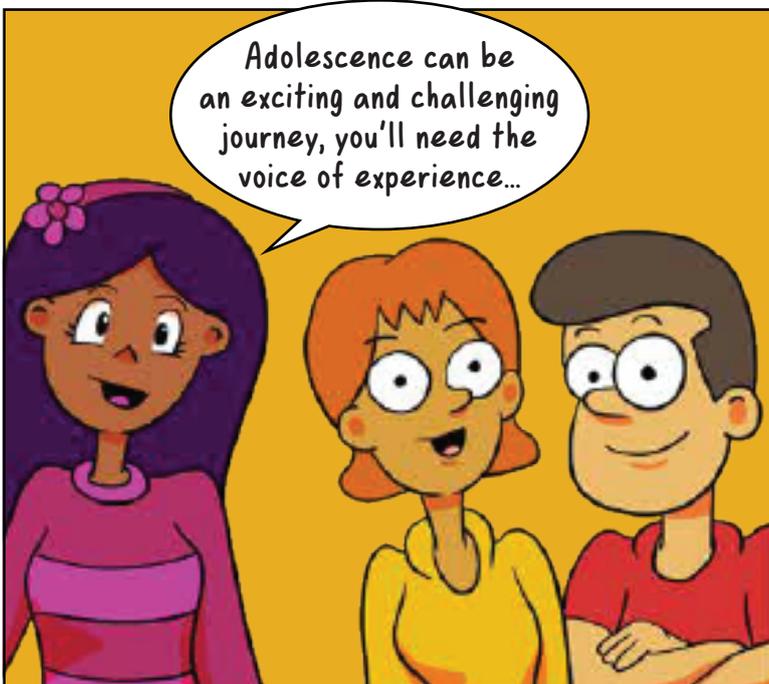
amaze COMICS



**FINDING AN ADULT
THAT YOU CAN
TRUST**



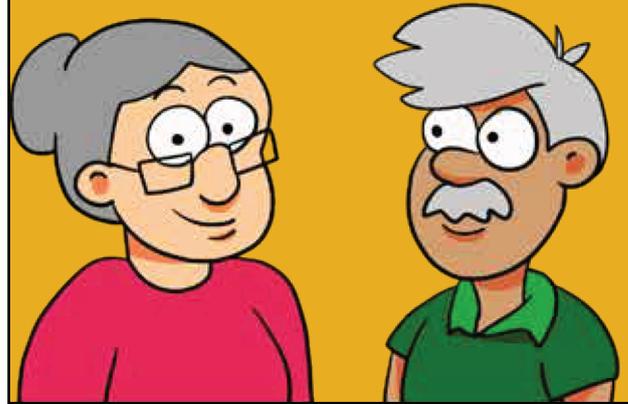
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Having at least one trusted adult you can talk to about what's going on or how you're feeling can be really helpful!



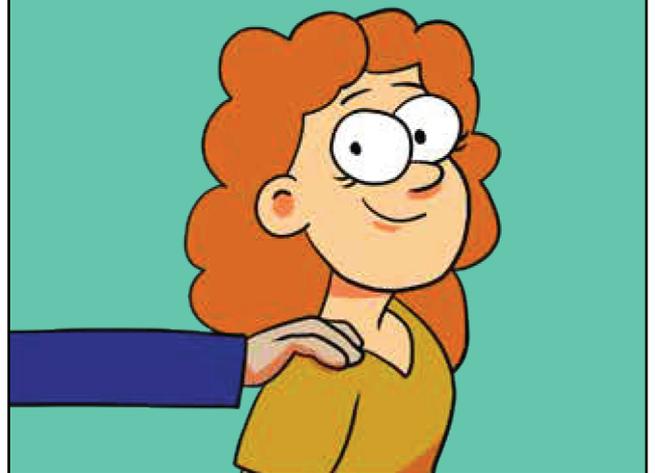
Some people find it helpful to talk to a parent, grandparent, older sibling, or aunt. But, opening up to family about personal stuff can feel pretty uncomfortable.



So if that's the case, a teacher, coach, school counselor, or a friend's parent might be a good person to talk to.



What matters is that you navigate through adolescence safely!



But some adults aren't very good listeners. Sometimes they like to talk and tell young people how to feel and what to think.

Sometimes adults don't believe young people when they say they're depressed, angry, or even in love.



You deserve an adult who actually listens and respects what you have to say.



Someone who can remember what it's like to be young and can help you without judging you or trying to always tell you what to do.



Finding the right adult isn't always easy. Start by thinking about who you trust.

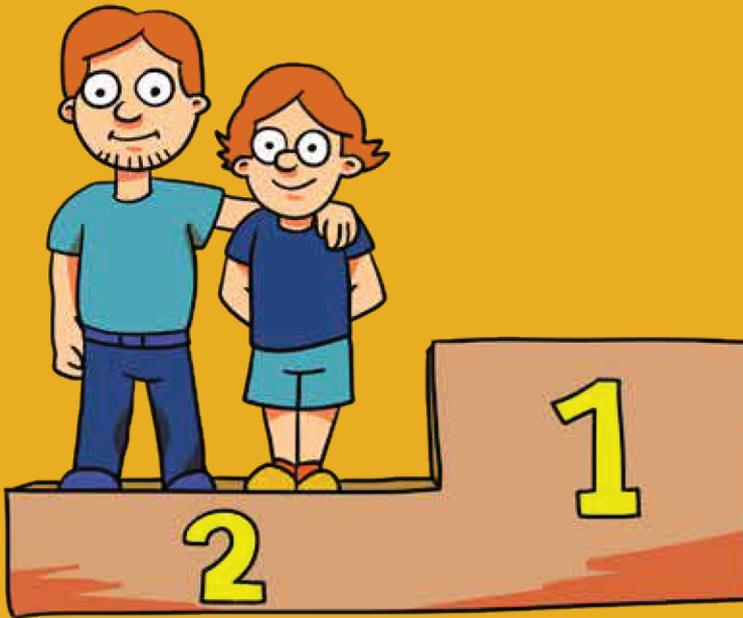


Have you heard any of them give good advice to someone else?

Try talking to them about something small first to see if they're the right person for you.



A trusted adult will be there for you and can help you through your teen years.



If you're an adult looking to offer support, try practicing active listening, promoting respectful communication, and encouraging dialogue rooted in empathy and trust.

Avoid interrupting if they're in the middle of a conversation, and remind them that they can always count on you, no matter the situation, because you believe and trust them.



It's important to create an environment where everyone feels confident and respected when speaking.





Let me take a wild guess, Jim... we're talking about feelings, right?

That's right... I think I'm in love for the first time!

Aww, your first love! I remember mine like it was yesterday... Well, technically, it was two months ago.



Hahaha, you're funny!



Let's go get some ice cream and you can tell me all about it...

Bye guys! See you next time!



ACTIVITY

Do you know of any good ways to practice active listening?

- Listen attentively to what the person is saying.
- Do more than just listen: pay attention to their gestures and tone of voice.
- Keep an open mind, avoid jumping to conclusions or passing.
- Approach everyone's emotions and feelings with empathy and respect.
- Encourages genuine connections built on trust.

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for Youth**
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GRUPO
**MONO
COMICS**

**Sexualidad
Sin Misterios**

