My people

A trusted adult listens, takes you seriously, and helps you stay safe. Think of a relative, teacher, school counselor, nurse, coach, or family friend.



Someone I can tell

_____



Someone I can tell

_____



Someone I can tell

_____

Need help choosing?
Ask a teacher or
school counselor.



You do not have to hold this alone.

When talking feels hard,
try these words:

"Something at home is hard."

"I need help from an adult."

"Can we talk somewhere private?"

You can show them this pamphlet.

Created by
Progress is Progress LLC

Mile or a Millimeter

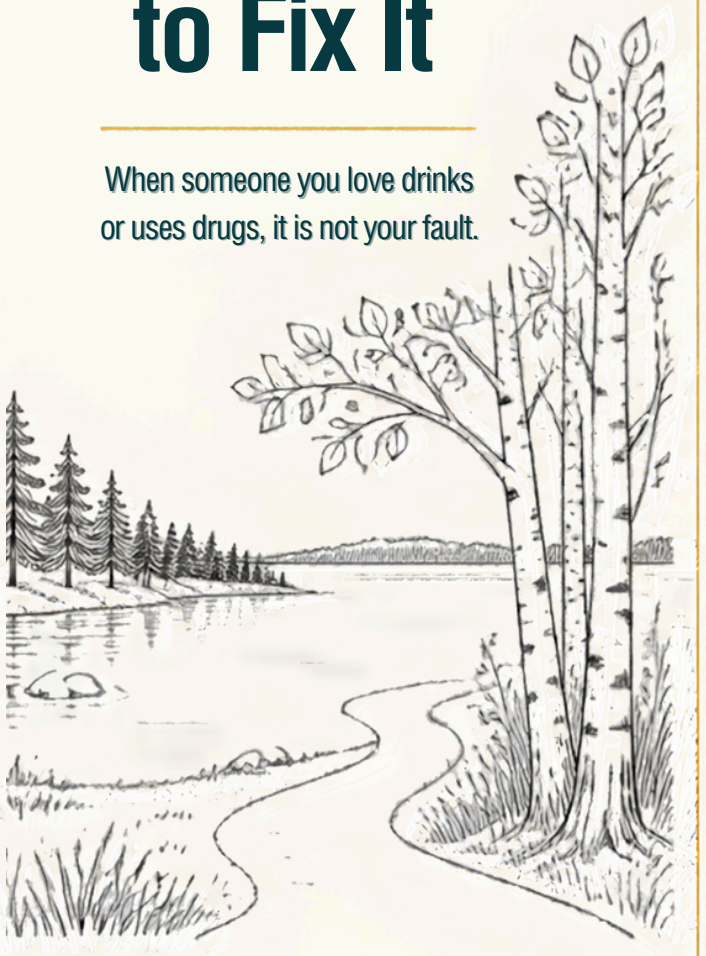
www.progresscounselingprograms.com



KIDS / AGES 8–12

It's Not Your Job to Fix It

When someone you love drinks or uses drugs, it is not your fault.



You deserve care. You get to be a kid.

Mile or a Millimeter

You didn't cause it.

When a grown-up's drinking or drug use causes problems, home can feel confusing. You might wonder, "Was it something I did?" No. It was not. Not because you were too loud. Not because you were too quiet. Not because you were not good enough. Grown-ups may need help from other adults and treatment. You cannot fix it by being perfect.

You can love someone and still need help for yourself.

A place I feel comfortable...

Draw it, write it, or leave this space open.

Big feelings are okay.

You can love someone and feel angry about what is happening. More than one feeling can be true.

What fits today?

Sad

Mad

Scared

Mixed up

Okay

My word

Choose more than one—or add your own.

Try this:

Put your feet on the floor. Notice three things you can see. Draw, move, listen to music, or spend time with someone safe.

One small step counts.

Tell a trusted adult: "Something at home is hard. I need help." You can write a note or show this pamphlet. If the first person does not listen or help, tell another adult. Keep asking. You deserve to be heard.

If you feel unsafe, go to a safe adult or a safer place if you can. Do not ride with someone who has been drinking or using drugs. You do not have to keep secrets about someone hurting you or putting you in danger.



Circle or color one small step.