A message I can practice

You can tell a safe adult what you hear or see. You do not need perfect words or proof before you ask for help.

“When the arguing happens, I feel…”

“I need help with…”

“The adult I can tell is…”

If the first adult does not help, I can tell another safe adult.

My safety comes first

Threats, hitting, throwing things, or being afraid someone will be hurt need help from a safe adult.

“I do not feel safe with what is happening. I need help now.”

Do not get between people who are fighting. Move away if you safely can. Immediate danger? Call 911.

A safe adult I can contact:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support. Immediate danger? Call 911.

Progress is Progress LLC

www.progresscounselingprograms.com

When Grown-Ups Argue

I can have big feelings. I can get help with them.



Grown-up behavior is not my responsibility.

Progress is Progress LLC

Mile or a Millimeter

01 / DRAW IT OR WRITE IT

I do not have to be the fixer

Grown-ups are responsible for their words and actions. Even if an argument mentions you, their behavior is not your fault.

A feeling I notice when adults argue:

Something I wish a safe adult knew:

Help I want for myself:

I do not have to pick a side or make grown-ups stop arguing.

02 / SOMETHING TO TRY

What helps afterward?



When you are somewhere safe, you can ask for comfort. A calming activity does not replace safety help.

A comforting thing I could do:

A person who helps me feel heard:

What I could tell that person:

I can draw, write, or leave a space blank.

03 / MY SMALL PLAN

A plan with a safe adult

Fill this in with a safe adult.
The adult can help you work out what is safest for your situation.

- ☐ Name an adult I can tell.
- ☐ Identify a safer place with help.
- ☐ Practice asking for help.
- ☐ Learn how to call for urgent help.

My safe adult:

A safer place we planned:

I do not have to manage a dangerous situation myself.