



AGE: \_\_\_\_\_



**GIVING  
HEARTS  
DAY**

# Breaking Through the Silence Starts with a Conversation

Silence doesn't keep kids safe—conversations do.

At the Red River Children's Advocacy Center, we believe that by encouraging open, honest, and safe conversations, we can help kids feel protected, heard, and supported.



## Let's Talk About Safety

On a separate piece of paper, write the names of 5 adults who you trust and can talk to if you feel worried, scared or sad!

## Spark a Conversation

Ask your child the questions below to start meaningful conversations about safety, trust, and confidence. Starting small conversations now can build trust and confidence that lasts a lifetime:

- What makes someone a trusted adult?
- If you were at school and felt scared, who could you talk to?
- What does it feel like when something doesn't seem right?
- What's the difference between a safe secret and an unsafe secret?
- What does "standing up for yourself" look like?

## It Takes a Village

We can't do this work alone. It takes a whole community working together to keep children safe. Thank you for being part of the village. You can continue the conversation by learning more about our prevention training, Stand to Protect, and by following us on social media.



Scan to Learn More

## Coloring Contest Details

### Age Categories:

- Under 5
- Ages 5–10
- Ages 11–18

Prizes generously donated by SCHEELS

Winners will be announced on Giving Hearts Day, February 12th!

CHILD NAME: \_\_\_\_\_

CONTACT INFO: \_\_\_\_\_

## How to Enter

Submit by February 9, 2026:

- Drop off at a participating business **OR**
- Print and upload at [rrcac.org/coloring-contest](http://rrcac.org/coloring-contest)

Visit [rrcac.org/coloring-contest](http://rrcac.org/coloring-contest) for details

Support the Mission for Giving Hearts Day



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**GIVING HEARTS DAY**