Knowing My 8 Rules for Safety

1. I always check first with my parents or the person in charge before I go anywhere or get into a car, even with someone I know.

2. I always check first with my parents or a trusted adult before I accept anything from anyone, even from someone I know.

3. I always take a friend with me when I go places or play outside.

4. I know my name, address, telephone number, and my parents’ names.

5. I say no if someone tries to touch me or treat me in a way that makes me feel scared, uncomfortable, or confused.

6. I know that I can tell my parents or a trusted adult if I feel scared, uncomfortable, or confused.

7. It’s OK to say no, and I know that there will always be someone who can help me.

8. I am strong, smart, and have the right to be safe.

- CHECK FIRST
- TAKE A FRIEND
- TELL SOMEONE I TRUST IF SOMETHING IS WRONG
- STAY STRONG, SMART, AND SAFE