



My 8 Rules for Safety*

1. Before I go anywhere, I **always check** with my parents/guardians or the person in charge. I tell them where I am going, how I will get there, who will be going with me, and when I'll be back.
2. I **check first, for permission**, from my parents/guardians before getting into a car or leaving with anyone – even someone I know. I check first before changing plans or accepting money, gifts, or drugs without my parents'/guardians' knowledge.
3. It is safer for me to be with other people when going places or playing outside. I always use the **"buddy system."**
4. I say **"NO"** if someone tries to touch me in ways that make me feel frightened, uncomfortable, sad, or confused. Then I **go and tell a trusted adult** what happened until someone believes me.
5. I know it is **not my fault** if someone touches me in a way that is not O.K. I don't have to keep secrets about those touches and will tell a trusted grown-up until the touches stop.
6. I **trust my feelings** and **talk to grown-ups** about problems that are too big for me to handle on my own. A lot of people care about me and will listen and believe me. I am not alone.
7. It is never too late to **ask for help**. I can keep asking for help until I get the help I need.
8. I am a special person and I deserve to feel safe. My rules are:
 - a. **Check first.**
 - b. **Use the buddy system.**
 - c. **Say "NO", then, go tell until someone believes me.**
 - d. **Listen to my feelings and talk with grown-ups I trust about my problems and concerns.**

*Adapted from the National Center for Missing and Exploited Children; Kids and Company Together for Safety; and Teen Safe
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