

# My 8 Rules for Safety

1. Before I go anywhere I always check first with my parents or the person in charge. I will tell them where I am going, how I will get there, who will be going with me and when I will be back.
2. I check first for permission from my parents before getting into a car or leaving with anyone; even someone I know. I check first before changing plans or accepting money, gifts, rides or drugs without permission.
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 or confused. Then I go and tell a grownup that I trust what happened.
5. I know it is not my fault if some touches me in a way that is not OK. I don't have to keep secret about those touches.
6. I trust my feelings and talk to grownups 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 until I get the help I need.
8. I am a special person and I deserve to feel safe.

## My rules are:

- I check first
- I use the buddy system
- I say NO then go and tell
- I listen to my feelings
- I talk with grown-ups I trust about my problems and concerns
- I am not alone
- I ask for help
- I deserve to feel safe

My Name \_\_\_\_\_ Date \_\_\_\_\_