

1. Before I go anywhere, I always **check first** with my parents 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 before getting into a car or leaving with anyone - even someone I know.
3. **I check first** before changing plans or accepting money, gifts, or medicine without my parents' knowledge.
4. It is safer for me to be with other people when going places or playing outside. **I always use the "buddy system"**.
5. **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 grown-up I trust what happened.
6. **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.
7. **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**.
8. It is **never too late** to ask for help. I can keep asking until I get the help I need.

I am a special person, and I deserve to feel safe. My basic rules are:

- * **CHECK FIRST**
- * **USE THE BUDDY SYSTEM**
- * **SAY NO, THEN GO AND TELL**
- * **LISTEN TO MY FEELINGS, AND TALK WITH GROWN-UPS I TRUST ABOUT MY PROBLEMS AND CONCERNS.**