

Tool Box Tip #6 MY 8 RULES FOR SAFETY

- 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, "buddies", 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.**