



8 Rules for Safety

1. Always check first with the person in charge before going anywhere-*even with someone I know.*
2. I will check with my parents before I accept anything from anyone- *even if I know them.*
3. I take at least one friend with me when I go places or play outside.
4. I know my full name, mailing address, telephone with area-code, and my parents names/work/cell numbers.
5. I will 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 if I feel afraid, uncomfortable or confused.
7. It's okay to say "NO" sometimes, and I know how to find someone to help me.
8. I am strong, smart and I have the right to be safe!

X _____

Signature