**Knowing My Rules for Safety**

**I** **CHECK FIRST with my parents, guardians, or other trusted adults before going**

1.

**anywhere, doing anything, helping anyone, accepting anything, getting into a vehicle, or leaving with anyone.**

2.

**I TAKE A FRIEND with me when going places or playing outside.**

3.

**I TELL someone NO if they try to touch me or do things in ways that make me feel sad, scared, or confused, because it’s OK for me to stand up for myself.**

4.

**I TELL my parents, guardians, or other trusted adults if anything happens to me.**

**Sometimes there are people who trick or hurt others. No one has the right to do that to you. So use these rules, and remember you are STRONG, are SMART, and ALWAYS have the right to be SAFE**

* **CHECK FIRST**
* **TAKE A FRIEND**
* **TELL PEOPLE “NO” IF THEY TRY TO TOUCH OR HURT YOU**
* **TELL AN ADULT YOU TRUST IF ANYTHING HAPPENS**

