

# Knowing My 8 Rules for Safety

**1.** I always **check first** with my parents or the person in charge before I go anywhere or get into a car, even with someone I know.

**2.** I always **check first** with my parents or a trusted adult before I accept anything from anyone, even from someone I know.

**3.** I always **take a friend** with me when I go places or play outside.

**4.** I know my name, address, telephone number, and my parents' names.

**5.** I **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 or a trusted adult if I feel scared, uncomfortable, or confused.

**7.** It's **OK** to say **no**, and I know that there will always be someone who can help me.

**8.** I am **strong, smart, and have** the right to be safe.

- **CHECK FIRST**
- **TAKE A FRIEND**
- **TELL SOMEONE I TRUST IF SOMETHING IS WRONG**
- **STAY STRONG, SMART, AND SAFE**

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