

# 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**