



Safety Check-Points for Kids

Most of the people in the world are good and helpful!

- 1. Check First** before you go anywhere with anyone (for any reason at any time)! Check with the adult who is in charge of you at the time. If you cannot check, then the answer is NO!
2. Adults can get help from other adults. You do not need to help anyone find a lost puppy, unload a truck, etc., unless you **Check First**.
3. Know your full name, address (including state), and telephone number with the area code. Know your parents' or guardians' names, too.
4. If you are separated or lost from your parent or buddy, *freeze* and *yell* your parent's or buddy's first and last name. You may ask a clerk or a parent with children to go get help for you, but stay where you are.
5. If anyone tries to move or hurt you, make sure you scream, kick, fight, and yell, "You're not my dad (or mom)!"
6. Use the buddy system; go in groups.
7. You are in charge of your body. No one has the right to touch you or talk about your body in a way that is wrong or makes you feel uncomfortable. Use the **Power NO**, and then tell someone.
8. If you find a gun, do not touch it. Get away from it and tell someone. If a friend wants you to touch or hold it, use the Power NO!
9. Use the Power NO (and other Refusal Skills) for bullies, dares, and drugs, too.
10. When you are home alone, keep the door locked and closed for everyone. Let the phone ring, use caller ID or the answering machine, or work out a system with your parents so that no one realizes you are home alone.
11. On the Internet, keep personal information to yourself! Ask your parents which sites you can visit.
12. Be Kind and Caring Kids! Control your anger, don't be a bully, and use non-violent actions and words.
13. Be a **STAR** and tell an adult if you think that something is wrong or someone could get hurt. It is not snitching—it is **Responsible Reporting!**

Make good choices. Follow these Check-Points and you'll stay safe!