

Safety Check-Points for Kids

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

- 1. Check First before you go <u>any</u>where with <u>any</u>one (for <u>any</u> reason at <u>any</u> 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. <u>No one</u> 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 <u>everyone</u>. 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!