

# Safety Rules and Safe Adults for CHILDREN (Pre-K – 5<sup>th</sup> Grades)

## SAFETY RULES:

### 1) CHECK FIRST

- a. Before going into a house
- b. Before getting into a car
- c. Before accepting a gift
- d. Before letting someone take your picture
- e. Before helping an adult
- f. Before changing your plans

### 2) NO SECRETS

- a. It's not okay for someone to ask you to keep a secret from a parent or the person taking care of you.
- b. Secrets can make us feel scared or worried.
- c. Surprises are different than secrets.

### 3) WE TALK ABOUT TOUCHES

- a. Your body is your own and the parts covered by your swimsuit are private.
- b. We tell if someone wants to touch or look at our private parts or wants you to touch or look at their private parts.

### 4) WE TELL IF SOMEONE IS BEING HURT

- a. Tell one of your Safe Adults if you or someone you know is hurt by another person.

## SAFE ADULTS:

A SAFE ADULT is an adult you can go to when you feel unsafe or hurt.

A SAFE ADULT is an adult you can go to when someone else is unsafe or hurt.

A SAFE ADULT is an adult who practices safety too.

A good SAFE ADULT may be in your family.

A good SAFE ADULT may be outside of your family, like a school teacher, a school counselor, a church teacher, a coach, or a police officer.

It's best to have 5 SAFE ADULTS in case one or more can't help you right away.

## WHO ARE YOUR 5 SAFE ADULTS?