

Safety Rules and Safe Adults for TEENS (6th – 12th Grades)

SAFETY RULES:

- 1) **KNOW WHAT'S UP** – Knowing about all the possible threats to your personal safety.
- 2) **SPOT THE RED FLAGS** – Observing specific personal safety threats around you.
- 3) **MAKE A MOVE** – Avoiding and getting away from personal safety threats.
- 4) **TALK IT UP** – Talking to a Safe Adult about personal safety threats, unsafe situations, or unsafe people.
- 5) **NO BLAME / NO SHAME** – Understanding there is no blame or shame on you if you experience something hurtful or someone hurtful.

SAFE ADULTS:

A SAFE ADULT is an adult of good character who can listen to you and help you.

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

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

A SAFE ADULT is an adult you can talk to honestly about difficult things.

It's best to have 2 SAFE ADULTS, one in your family, and one outside your family.

WHO ARE YOUR 2 SAFE ADULTS?