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1. **Always tell your parents or an adult where you are going**, how you are getting there, and with whom you are going.
 2. **Buddy System** - When you go somewhere, always try to go with a partner or buddy.
 3. **Open Communication** - Tell your parents or someone you trust if someone is touching you in a way that makes you feel uncomfortable, especially the parts of your body that a bathing suit would cover.
 4. **Learn to say No** - Remember, it is ok to say "NO!" when someone is making you feel uncomfortable, even it's an adult, a family member, or a teacher. It's okay to be rude to an adult who makes you suspicious or uncomfortable.
 5. **Don't keep secrets**. You can keep promises (like not telling mom what dad got her for Christmas!), but don't keep secrets, especially if an adult asks you to keep a secret from your parents.
 6. **Family code word** - Have a family code word that only you and your family knows. If someone is sent by your parents to pick you up they must know the code word or you don't go with them.
 7. **Never open the door** to anyone if you are home alone.
 8. **Phone Safety** – Never answer the phone and tell the caller that you are home alone. Remember, it's ok to fib when it helps keep you safe.
 9. **Know all of your information** - Make sure you know your full name, address, and telephone number.
 10. **Learn about 911** - Make sure you know how to dial 911 on a phone.
 11. **I'm lost** - If you are lost in the mall, store, or festival stop where you are and **DO NOT GO ANYWHERE WITH ANYONE**. Chances are your parents will locate you quicker than you trying to find them.

12. **Permission always first** - Don't ever get in a car with someone without your parents' permission.
13. **Learn how to escape** - If someone wants you to get in his or her car, run in the opposite direction that the car is pointing. Even if the person has a gun or a knife, RUN!
14. **Scream for attention** - If someone grabs you, fight, kick, punch, scream, bite... do everything you can to escape. Scream "This is not my daddy (mommy)!"
15. **Adults don't need a child's help** – If an adult asks for your help, they may be trying to trick you into going with them. Some tricks they use are, "I'm lost, can you give me directions?" or "I've lost my puppy (or kitten). Can you help me find him?" The answer when any adult asks for help should always be, "I have to check first".
16. **Avoid nametags** - Don't wear clothes or carry a backpack with your name on the outside.
17. **Always be aware** of your surroundings and the people around you. Try to avoid anything or anyone that makes you feel nervous or uncomfortable.
18. **Don't take shortcuts** off the regular path. For example, avoid alleys, wooded areas, and construction sites.
19. **Ask first** - If you're not absolutely sure about something or someone, check with your parents first.
20. **Believe your instincts** - Trust your feelings. If something or someone seems scary, trust your feelings, and go somewhere safe.

“Fear is simply not knowing what to do”

Review these safety rules carefully with your child. Practice different scenarios to educate your child on how to recognize and react to potentially dangerous situations.