

MY 5 SAFETY RULES

1

**It's
MY
body**



2

**Ask an
adult if
I'm safe**

3

**I have
choices**



4

**Tell
someone**

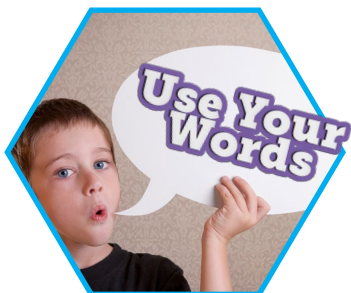
5

**It's NEVER
my fault**



CHILDHELP®
Speak Up Be Safe
PREVENTION EDUCATION CURRICULUM

**I HAVE CHOICES
WHEN I FEEL UNSAFE!**



1 (800) 422-4453

1 (800) 4-A-CHILD®

www.childhelp.org/SpeakUpBeSafe

MY 5 SAFETY RULES

1

**It's
MY
body**

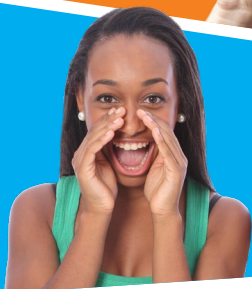


2

**Ask an
adult if
I'm safe**

3

**I have
choices**



4

**Tell
someone**

5

**It's NEVER
my fault**



I HAVE CHOICES WHEN I FEEL UNSAFE!

R
E
S
I
S
T

Run (if possible, or as soon as possible, run to some place that is safe)

Escape (if you cannot get away immediately, do so as soon as safely possible)

Scream (scream “no” or “stop” and threaten to tell)

Ignore (if someone is trying to engage you in conversation or calling you over to a car or house, ignore them and move on)

Stay Away (avoid all future contact or at least contact where you would be alone with the person who is threatening or harmful)

Tell (tell a safe adult)

3

**I have
choices**



1 (800) 4-A-CHILD®
(1-800-422-4453)

www.childhelp.org/SpeakUpBeSafe



Speak Up Be Safe

PREVENTION EDUCATION CURRICULUM

MY 5 SAFETY RULES

1

**It's
MY
body**

2

**Ask an
adult if
I'm safe**

3

**I have
choices**

4

**Tell
someone**

5

**It's NEVER
my fault**

1 (800) 4-A-CHILD®

(1-800-422-4453)

www.childhelp.org/SpeakUpBeSafe



I HAVE CHOICES WHEN I FEEL UNSAFE!

- R** **Run** (if possible, or as soon as possible, run to some place that is safe)
- E** **Escape** (if you cannot get away immediately, do so as soon as safely possible)
- S** **Scream** (scream “no” or “stop” and threaten to tell)
- I** **Ignore** (if someone is trying to engage you in conversation or calling you over to a car or house, ignore them and move on)
- S** **Stay Away** (avoid all future contact, at least contact where you would be alone with the person who is threatening or harmful)
- T** **Tell** (tell a safe adult)

1 (800) 4-A-CHILD®
(1-800-422-4453)

www.childhelp.org/SpeakUpBeSafe

I am
Special

