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!

Use Your Words

Get Away

Stay Away

1 (800) 422-4453  
1 (800) 4-A-CHILD®

www.childhelp.org/SpeakUpBeSafe
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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!

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)

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I am Special