



## I Deserve to Be Safe

**Personal Safety:** Keeping your feelings and your body safe if others act mean, scary or dangerous

1. **Be Together** - Take a friend.
2. **Be Aware** - Listen and watch what is going on around you.
3. **Be Informed** - Know your parents' names and cell numbers.
4. **Be Responsible** - Check with an adult before you go anywhere, change your plans, or accept a gift.
5. **Be Calm** - Know your body's early warning signs of danger – sweating, racing heart, or upset stomach.
6. **Be Strong** - Shout 'no' and move away to safety if someone makes you feel uncomfortable or scared. Bite, hit, or kick if you need to. Tell an adult if this happens.
7. **Be Supported** - Know your safety network, three people with whom you can share anything.
8. **Be Smart** - Polite is important, but being safe is more important. Adults do not need help from children.
9. **Be Persistent** - Keep telling until you get help.