

Staying Safe



At some time, you may come into a situation that is unsafe, or even dangerous. Here are some tips to help you stay safe. Talk over these tips with your parents, or another grown-up you respect.

- Trust your feelings. If a situation or person is making you feel uncomfortable, it's O.K. to say "NO", and leave. Remember it is all right to say "NO" to anyone who wants you to do something you know is wrong.
- Tell your parent or an adult you trust if something happens that bothers you. It's not your fault if something bad happens. You don't have to keep it a secret, no matter what anyone says.
- If it really seems too hard to talk about, write a note. Or call the Kid's Help Phone number: 1-800-668-6868. It's a special phone line for children who need help or advice.



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Some situations invite danger. Play it smart and avoid them!

- Avoid hanging around lonely parks, woods, parking lots or even school yards late after school.
- Work out the best route to school or other places you go to often. Check the route with a parent for possible unsafe places, and then stick with this route.
- Go places with buddies when possible.
- Say NO if a grown-up invites you alone into his or her home or car, unless your parent has given permission and knows where you are. If a grown-up you don't know asks for directions, step well back before answering. Or just leave.
- Never take gifts or candy from a stranger or anyone else without asking your parents first.
- Never open the door when you are home alone.
- Never say you're home alone if you answer the phone. Tell whoever is calling that your parents can't come to the phone and to call back later or leave a message.

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Sometimes you may need the help of other adults. Talk to your parents or another adult you trust about how to handle these situations. Here are some ideas:

- You choose the person you want to help you. People to choose to ask for help are:

- Police officers and Firefighters
- Block Parents
- Mothers or Fathers with children
- Uniformed bus or subway drivers
- Teachers
- People who work in stores.

- Tell the grown-up you choose what has happened and ask them to phone your parents, or to wait with you until they arrive.

- If you happen to find a needle (the kind doctors use to give people injections), pills, or something you think is not safe, don't touch it. Go tell your parents, teacher, or a police officer what you have found and where.

- If someone tries to force you to go with them, here is a way to protect yourself:

- Scream, "Help! Kidnapper!" and scatter your belongings. Keep screaming.
- Fall to the ground, spin, and kick. Keep kicking until help comes or you can run away.



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