



Staying Safe

Empowering Young Minds to Stay Safe Every Day

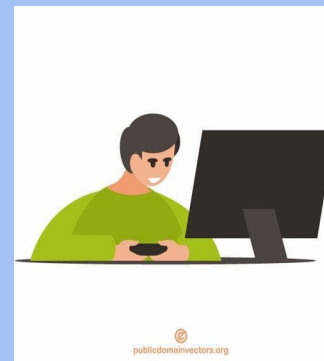




Let's learn about ways to keep
safe

My Body, My Rules

Safe Strangers vs. Tricky People



Online Safety

What to do if you get lost

How to call 911



My Body, My Rules

Your Body is YOURS!

- You decide who can hug you, hold your hand, or give you a high five.
- It's always okay to say "no" to a touch you don't want, even from someone you know.
- Your body is your special space, and you are the boss of it.

The Swimsuit Rule

- The parts of your body covered by a swimsuit are private.
- No one should touch your private parts unless it's to keep you clean and healthy, like a parent or doctor with a parent in the room.
- You should never touch anyone else's private parts.



Safe Touches vs. Unsafe Touches

Safe Touches

- A safe touch makes **YOU** feel happy, loved, and safe.
- For some, a high five, a hug from a trusted person or a pat on the back from their teacher is a safe touch.

Important Exception: getting a shot at the doctor's office is a safe touch, even if it hurts a little.

Unsafe Touches

- An unsafe touch makes **YOU** feel scared, confused, or uncomfortable.
- It might make your tummy feel funny or your heart beat fast.
- If someone touches your private parts or anywhere else on your body that feels wrong, it's an unsafe touch.

Remember, you are the boss of your body and an unsafe touch is never your fault.





What To Do About Unsafe Touches

Say No!

Use a strong voice to tell the person to stop immediately. Saying "NO" loudly can help protect your personal space.

Get Away!

Run to a safe place or find a trusted adult nearby to be safe.

Tell a Trusted Adult

Tell a grown-up you trust right away. Keep telling until someone listens and helps you. Trusted adults could include parents, teachers, counselors, police officers, and family members.





Safe Strangers vs. Tricky People

What is a Stranger?

A stranger is someone you don't know. Many strangers are good, but it's important to be careful around people you don't know well.

What is a Tricky Person?

A tricky person tries to get you to do something you shouldn't, like breaking rules or going somewhere without permission.

What is a Safe Stranger?

A safe stranger is a person you don't know but can trust to help you, like police officers, firefighters, parents with children or store workers with a name tag.





Spotting a Tricky Person

- A tricky person may ask you for help. For example, they may say they lost their puppy and need you to help them look for it.
- They may ask you to keep a secret from your parents or family.
- They might offer candy, money, or toys to convince you to go with them.
- They could try to get you to go somewhere without asking your parents first.

Trust your feelings—if someone makes you feel uneasy, it's always okay to say 'NO!' and tell a trusted adult.



Finding a Safe Stranger

Safe strangers are adults you don't know but who have jobs to help people.

- Look for adults wearing uniforms, such as police officers or firefighters.
- Store clerks with name tags are safe strangers you can ask for help.
- Parents with their own children are also safe strangers to approach.
- Security guards are safe strangers who are there to keep people safe.



What To Do If You Get Lost

STAY IN ONE PLACE

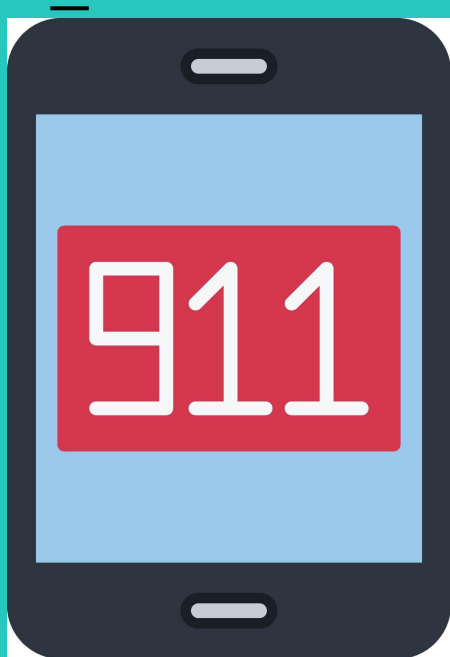
If you get separated from your family, don't run around looking for them.

Stay where you are so your family can find you more easily.

Take a deep breath and stay calm to feel safe.

LOOK FOR A SAFE GROWNUP

- Look for someone with a uniform, like a police officer or security guard.
- Find a store clerk with a name tag to ask for help.
- Approach a parent with children and say, 'I can't find my grown-up. Can you help me?'



When to Call 911

- 911 is a special number to call when you need help right away from police, firefighters, or an ambulance.
- Call 911 if there is a fire or if someone is seriously hurt or cannot wake up.
- Call 911 if you see a car crash or if a tricky person is trying to take you somewhere without permission.
- Never call 911 as a joke because it can stop people who really need help from getting it.
- Only call 911 in big emergencies where you or someone else is in danger or needs immediate assistance.



How to Call 911

Stay Calm

Take a deep breath and speak slowly and clearly. Staying calm helps you communicate better and makes sure the operator understands you.

Give Your Location

Tell the operator your exact address or the name of the place you are at, like a store or street name. This helps emergency responders find you quickly.

Describe the Emergency

Explain what is happening clearly and briefly. For example, say if someone is hurt, there is a fire, or you see danger nearby.

Wait for Instructions

Listen carefully to the operator's questions and directions. Do not hang up until they say it is okay. Follow their advice to stay safe.





Be a Smart Surfer! (Online Safety)

- When you are online, remember that what you share can stay on the internet forever, like footprints you leave behind.
- Never share your full name, home address, school name, or phone number with anyone online.
- Being careful about what you share helps keep you safe from strangers and protects your privacy.
- Always ask a trusted adult if you are unsure about sharing something online.





Online Friends vs. Real Friends

- Only talk to people you know in real life when you are online.
- Someone online might pretend to be a kid like you, but they might not be.
- If a stranger asks to be your friend or requests your information, say "NO!".
- Never agree to meet someone in real life that you only know from the internet.



What to Do If Something Feels Wrong Online

01

STOP!

If you see something that makes you feel yucky, scared, or confused, stop what you are doing immediately. Don't click on it or reply to any messages. Just pause and take a moment to protect yourself.

02

BLOCK!

Use the block button on the website or app to stop the person from contacting you again. This acts like a shield to keep you safe from unwanted messages.

03

TELL!

Tell a trusted grown-up right away about what happened. It's never your fault if something bad happens online, and adults can help you stay safe and fix the problem.



Questions + Review

