



# Basic Safety Rules

- 1) Young children should not go places or play outside without being supervised by a parent or trusted adult. Older children should always use the Buddy System if given permission to go somewhere without an adult.
- 2) Get permission from your parents or the person in charge before going anywhere, even with a friend or adult.
- 3) Never get into a car with anyone without your parent's or the person in charge's permission.
- 4) Always buckle up for safety while riding in a car.
- 5) Check with your parents or a trusted adult before accepting gifts or talking to people, even if you know them.
- 6) Yell "Get away from me! I don't know you!" in a loud voice if someone approaches you in a way that makes you feel scared or uncomfortable while you are alone or with a friend. Then, run away to tell your parents or a trusted adult.
- 7) Know which homes in your neighborhood you may run to if you feel scared or need help.
- 8) Know who to go to for help if you are lost, such as police officers.
- 9) Know these four things: \*your first and last name \*your address with city and state \*your home phone number with area code\*your parent's full names.
- 10) If you are home alone, never answer the door or telephone unless you have permission from your parents.
- 11) Know the phone numbers of trusted adults and do not be afraid to call them if you feel scared when home alone or out with a friend.
- 12) The telephone is not a toy. Know how and when to dial 911 in an emergency.
- 13) Body parts that are covered by a swimsuit are private.
- 14) If touched or treated in a way that makes you feel uncomfortable, yell "stop," even to an adult. Then, run away to tell your parents or a trusted adult.
- 15) It is okay to say "no" to an adult who makes you feel scared or uncomfortable.
- 16) If someone threatens to hurt you, a sibling, or a parent, you should tell your parents, even if told not to.
- 17) Never keep secrets from your parents even if the person asking you to keep a secret is a friend.
- 18) Don't be afraid to talk with your parents about topics that may make you nervous or uncomfortable.
- 19) Do not look at anything on the internet that makes you uncomfortable. Discuss your feelings with your parents.
- 20) Do not agree to meet with or exchange personal information (such as your address or telephone number) with someone on the internet.
- 21) Always wear a helmet, knee and elbow pads, and wristguards when riding a bike, scooter, or skateboard.
- 22) Do not play around swimming pools.
- 23) Every family should have monthly fire drills to practice getting out of the home quickly using pre-planned escape routes. Practice staying low to the ground and meeting up with the rest of your family in a safe place outside the home and away from danger.
- 24) If you see a gun, run away to tell an adult.

***Believe in yourself and be confident! You have the right to be safe!***

\_\_\_\_\_ / \_\_\_\_\_ ***have learned all the Basic Safety Rules together!***  
Child's Name                      Parent's Name

