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Check First

Remember to always check first with your parent, guardian, or other trusted adult.

1 of 2

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before going anywhere, helping anyone, accepting anything, or getting into a car.

2 of 2

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Check First

1. Check First

1

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Let’s look closer at the first rule.
Check First

Check first with your parent, guardian, or other trusted adult
before going anywhere,
helping anyone,
accepting anything,
or getting into a car.
Your parents, guardians, teachers, and other adults
all have a very important job.
Check First to keep us safe.
They can’t do that job if they don’t know where you are.
They’ll be worried about you if they can’t find you.
That’s why it’s so important to check first before going anywhere,
even if it’s with someone you know.
Check First

You need to check first with the adult in charge.

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Check First

The End

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Take a Friend

I will take a friend with me when going places or playing outside.

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Take a Friend

1
Where are places you go that you should take a friend?
It’s important to know that some tricky people try to trick kids while they’re going to or from school.
Take a Friend

That’s why it’s very important to go to and from school with a friend or a trusted adult.
Take a Friend

Tricky people are less likely to bother you,
and if they do, you’ll have a friend there to help.
Another important thing to remember is that you should always stay with the group!
Take a Friend

Don’t wander off on your own to check something out

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Take a Friend

or walk away from the group if someone is making you mad.
Take a Friend

There’s strength in numbers.
Take a Friend

It may be dangerous to walk off on your own.
Take a Friend

Stay with the group!
You should also remember to stay on the main roads.
Take a Friend

Don’t take shortcuts through alleys or fields.
Take a Friend

You’re safer where more people can see you.

15

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Take a Friend

You’re safer with friends.

16
Take a Friend

The End

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Tell People “No”

I will tell people “NO” if they try to touch me or hurt me.

It’s OK for me to stand up for myself.
Tell People “No”
Tell people “NO” if they try to touch you.
Tell People “No”

Tell people “NO” if they try to hurt you.

3
Tell People “No”

It’s OK for you to stand up for yourself.
Tell People “No”

No one, not even an adult, has the right to make you feel unsafe.
Tell People “No”

Saying “NO” does not mean you’re “bad” or “disrespectful.”
Tell People “No”

It’s OK to say “NO” when anyone is hurting you or making you uncomfortable.

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Tell People “No”

It’s OK to say “NO” when someone wants you to go with them,
Tell People “No”

but you haven’t checked first with your parent, guardian, or trusted adult.
Tell People “No”

You can say “No!”

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Tell People “No”

You can say “Stop it!”

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Tell People “No”

You can say “Leave me alone!”
You can say "I don’t like that!"
Tell People “No”

You should be loud, be serious, and be confident.
Tell People “No”

Don’t worry about being rude.
Tell People “No”

Let’s practice saying “NO.”
Tell People “No”

The End

17
Tell My Trusted Adults

I will tell my trusted adult if anything makes me feel sad, scared or confused.

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Tell My Trusted Adult
Tell a trusted adult if anything makes you feel sad, scared or confused.
But what is a trusted adult?
A trusted adult is someone who listens to you and helps you.
A trusted adult makes you feel safe,
teaches you things,
helps you when you’re scared,
Tell My Trusted Adult

and doesn’t get mad when you tell them how you feel.
Sometimes adults you trust turn into adults you can’t trust.
Tell My Trusted Adult

If someone starts hurting you,

10

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Tell My Trusted Adult

won’t listen when you tell them to stop something that makes you uncomfortable,
Tell My Trusted Adult

or takes you away from your parent or guardian,

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Tell My Trusted Adult

they’re no longer a trusted adult.

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Sometimes the people who hurt us are people we know.
But just because we know them and we trusted them once, doesn’t mean we need to always trust them.
If there’s an emergency and you need help from a trusted adult but can’t find one,
you should call 911.
Tell My Trusted Adult

The End

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My Trusted Adults

A trusted adult is someone who listens to you and helps you.

1 of 2
<table>
<thead>
<tr>
<th>My Trusted Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mom</td>
</tr>
<tr>
<td>Dad</td>
</tr>
<tr>
<td>Brother</td>
</tr>
<tr>
<td>Sister</td>
</tr>
<tr>
<td>Friend</td>
</tr>
<tr>
<td>Teacher</td>
</tr>
<tr>
<td>Firefighter</td>
</tr>
<tr>
<td>Police officer</td>
</tr>
<tr>
<td>Grandpa</td>
</tr>
<tr>
<td>Grandma</td>
</tr>
</tbody>
</table>
What Is an Emergency?
If there’s an emergency and you need help from a trusted adult but can’t find one,
What Is an Emergency?

you should call 911.

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What is an emergency?
An emergency means you need help right now.
What Is an Emergency?

If the situation can wait and you can get help from a trusted adult later,
What Is an Emergency?

then it is not an emergency.
What Is an Emergency?

You should call 911 if:
You or someone else is in danger.
What Is an Emergency?

You should call 911 if:
You or someone else has been badly hurt.
What Is an Emergency?

You should call 911 if:
Someone tries to break into your house.

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What Is an Emergency?

You should call 911 if:
Someone tries to grab you and take you somewhere.
What Is an Emergency?

Never call 911 as a joke.
What Is an Emergency?

911 is for help right now with a very serious problem!

911
What Is an Emergency?

The End

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Fill-in the blanks to complete the sentence.

I will always ___________ or other ___________.

1. guardian, check with my parent, first
2. accepting anything, going anywhere, before or getting into a car, trusted

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Fill-in the blanks to complete the sentence.

I will always first with my guardian, or other trusted adult going anywhere, anyone, accepting anything, or getting into a

<table>
<thead>
<tr>
<th>helping</th>
<th>car.</th>
<th>l</th>
</tr>
</thead>
<tbody>
<tr>
<td>before</td>
<td>parent,</td>
<td>check</td>
</tr>
</tbody>
</table>

2 of 2
Take a Friend

You should always take a friend with you when going places or playing outside, especially when going to and from school. Can you trace the friend and get to school safely?
Tell People “NO” Crossword

Fill-in and complete the crossword puzzle below.

ACROSS

2  help
4  adult
6  loud
8  hit

DOWN

1  serious
3  stand
5  touch
7  no
Do you know what makes someone a trusted adult? Find the words below and circle them.

- Deceiving
- Reliable
- Honest
- Hurtful
- Kind
- Mean
- Appropriate
- Gentle
- Respectful
- Verbally abusive
- Caring
- Dishonest
- Physically abusive
- Generous
- Helpful
- Fair