



sexual assault & child abuse recovery

Three Personal Safety Rules For Children!

Parents, here are three safety rules you can teach your children to stay safe in any tricky or dangerous situation!



Safety Rule #1
SAY NO!!

If your instinct is telling you something is wrong or you feel pressured to do something you think is wrong, say **NO!!!**



Safety Rule #2
Get AWAY!

Do everything you can to get away from that person, and if you can't get away- **SCREAM!** and **SHOUT!** to draw attention to yourself!



Safety Rule #3
Tell Someone!

Tell someone you can trust like a family member, teacher, counselor, or coach about any tricky, or dangerous situation!