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1. **Always tell your parents or a trusted adult where you are going**, how you are getting there, whom you are going, and when you will return.
  2. **Buddy System** - When you go somewhere, always try to go with a partner or buddy.
  3. **Open Communication** - Tell your parents or someone you trust if someone is talking to you or touching you in a way that makes you feel uncomfortable. Tell mom or dad if someone is touching you on the parts of your body that a bathing suit would cover.
  4. **Learn to say No** - Remember, it is okay to say "NO!" when someone is making you feel uncomfortable, even it's an adult, a family member, or a teacher. It's okay to be rude to an adult who makes you suspicious or uncomfortable. Then tell mom or dad.
  5. **Don't keep secrets**. You can keep surprises (like not telling mom what dad got her for Christmas), but don't keep secrets, especially if an adult asks you to keep a secret from your parents. Tell immediately!
  6. **Family code word** - Have a family code word that only you and your family knows. If someone is sent by your parents to pick you up they must know the code word or you don't go with them. Keep your distance until they give you the code word.
  7. **Never open the door** to anyone if you are home alone.
  8. **Phone Safety** – Never answer the phone and tell the caller that you are home alone.
  9. **Know all of your information** - Make sure you know your full name, address, and telephone number.
  10. **Learn about 911** - Make sure you know how to dial 911 on a phone. You can call it if you are in danger or if there is an emergency.
  11. **I'm lost** - If you are separated from mom and dad in the mall, store, or festival simply stop where you are and **DO NOT GO ANYWHERE WITH ANYONE**. The plan is for mom or dad to come back and find you. If someone wants to help simply ask them to wait with you.

12. **Scream for attention** - If someone grabs you, fight, kick, punch, scream, bite... do everything you can to escape. Yell "This is not my daddy (mommy), help!" and people will help you.
13. **Learn how to escape** - If someone wants you to get in his or her car and they don't know the Code Word run in the opposite direction that the car is pointing. Even if the person has a gun or a knife, RUN!
14. **Adults don't need a child's help** – If an adult asks for your help, they may be trying to trick you into going with them. Some tricks they use are, "I'm lost, can you give me directions?" or "I've lost my puppy (or kitten). Can you help me find him?" The answer when any adult, whether you know them or not, asks you to do something should always be, "I have to check first".
15. **Avoid nametags** - Don't wear clothes or carry a backpack with your name on the outside where everyone can see it.
16. **Always be aware** of your surroundings and the people around you. Pay attention!
17. **Don't take shortcuts** off the regular path. For example, avoid alleys, wooded areas, and construction sites.
18. **Ask first** - If you're not absolutely sure about something or someone, check with your parents first.
19. **Believe your instincts** - Trust your feelings. If something or someone seems scary, or makes you feel uncomfortable trust your feelings, and go somewhere safe.

***“Fear is simply not knowing what to do...”***

Teach your child what to do by reviewing these safety rules carefully together. Practice different scenarios to educate your child on how to recognize and react to potentially dangerous situations. Reinforce the messages at every opportunity. You will definitely find it helpful to download the "Parent Edition" of our safety rules available for free on our web site.

1.877.209.KIDS <sup>(5437)</sup>

[www.ChildRescueNetwork.org](http://www.ChildRescueNetwork.org)