

## Who are Trusted Adults?

A trusted adult is someone who you and your parents can trust. It is someone who will take care of you and not hurt you. A trusted adult can be your parents, teacher, principal, counselor, aunt, uncle, grandparent, police or a good neighbor. You should discuss with your parents who the trusted adults are in your life.

## Safety Guidelines to Review with Younger Students

### Safety at Home

- If you are afraid of being alone or staying alone at home, tell your parent that it makes you feel uncomfortable.
- If you are going to be alone at home, be sure you have phone numbers of someone you can call if you can't reach your parents.
- Know the rules of being alone. Know what you can and cannot do such as watching TV, using the computer, talking on the phone, inviting friends over, making snacks.
- If you are home and your parents are not there and someone comes to the door, don't answer it. Only answer the door **if** the person is a trusted family friend or relative, **if** you feel comfortable being alone with that person, and **if** the visit has been pre-approved by your parent.
- Never tell anyone who calls on the phone that you are home by yourself. If someone calls, tell the caller, "My mom/dad can't come to the phone right now, she/he asked me to take a message."

### Safety on the Way to or from School

- When walking or riding a bike to and from school, always take a brother, sister or friend. It is safer and more fun.
- Walk or ride in well-lit areas and never take shortcuts.
- Stay aware of your surroundings and observe all traffic rules.
- Talk to your parents about your route to and from school.
- If anyone bothers you or follows you on your way to or from school, get away from that person and tell a trusted adult.
- Do not walk or play alone on the way home. Know the "safe places" that you can go along the way to and from school.
- Once you are in the house, lock the doors behind you.
- Check in with your parents to let them know you have gotten home safely.

## Safety at School

- If you see a stranger hanging around school, tell a trusted adult.
- Never leave school or class area without telling someone.
- If your parents don't come to pick you up after school or an activity, stay there. Know what to do; discuss this with your parents before hand. Stay with your teacher or another trusted adult until they come to get you. Don't start walking home.

## Safety in your Neighborhood and your Town

- Never leave your home or yard without telling someone.
- Never go places alone. Always go with a friend.
- Never go into a public restroom by yourself.
- If you are separated from your parents at the mall, a store or some other large place, go to a clerk or someone who works there and say you have lost your parents.
- Be careful where you play. Stay away from pools, canals and other bodies of water
- Don't play near busy streets or deserted areas.
- If you see a stranger hanging around your neighborhood, tell a trusted adult.
- If a car pulls up near you, walk away quickly in the opposite direction that the car is traveling. Run away from danger, never toward it.
- If someone you don't know or someone who makes you feel uncomfortable offers you a ride, say "No!" Never accept a ride from someone unless your parents have told you that it is okay.
- Yell, scream and kick if someone tries to take you somewhere. Shout, "This is not my mom/dad!"
- It is okay to say "No" to an adult who makes you feel scared, uncomfortable or confused. Tell your parents or another trusted adult if anything happens that makes you feel that way. Trust your feelings.
- Just because someone calls you by name, does not mean that they know you. Your name could be somewhere on your jacket, bag or shirt.
- Never accept gifts from anyone until you have checked first with your parents. Tell someone immediately if someone gives you a gift, especially if it supposed to be a secret.
- Let someone know if someone tells you a secret and doesn't want you to tell anyone. A good secret is one that will eventually be told like giving a surprise party.
- Your body is special and private. No one should ever touch you on the parts of your body that your underwear covers. If anyone ever does this tell a trusted adult right away.
- Never give personal information over the internet and never agree to meet someone in person that you met on the internet.
- Share this paper with your parents and ask them to help you identify three adults you can go to when needed. Write these names and their phone numbers and put them on the refrigerator at home.