



WELCOME TO JUST 4 KIDS

8 SIMPLE RULES FOR STAYING SAFE

— from *The National Center for Missing and Exploited Children* —

1. Before you go anywhere, always check first with your parents or the person in charge. Tell them where you are going, how you will get there, who else will be going and when you'll be back.
2. Always ask your parents/guardian for permission before getting into a car or leaving with anyone — even with someone you know. Also ... be sure to check again before changing plans.
3. Check with your parents/guardian before accepting money or gifts.
4. Always use the "buddy system." It is safer for you to be with other people when going places or playing outside.
5. Say "NO" if someone tries to touch you in ways that make you feel scared, uncomfortable or confused. Tell a grown-up if something like that happens. It is not your fault if someone touches you in a way that makes you uncomfortable. You don't need to keep secrets about those touches.
6. Trust your feelings and talk to grown-ups about problems that you feel are too big for you to handle on your own. A lot of people care about you who will listen and believe you. You are not alone.
7. It is never too late to ask for help. Keep asking until you get the help you need.
8. You are a special person, and you deserve to feel safe. Your rules are:
 - Check first.

- Use the buddy system.
- Say NO, then Go and Tell.
- Listen to your feeling and talk with grown-ups you trust about your problems and concerns.