



These are eight simple rules to help keep your kids safe without making them afraid – DCAC suggests discussing these rules with even the smallest children and then finding opportunities to regularly reinforce the message. Try quizzing your kids on the rules, and make sure that all of their caregivers and family members know the rules too!

1. Before I go anywhere, I check first with my parents or the person in charge. I will tell them where I am going, how I will get there, who will be going with me, and when I'll be back.
2. I check first for permission from my parents before getting into a car or leaving with anyone - even someone I know. I check first before changing plans or accepting money, gifts, or medicine without my parents' knowledge.
3. It is safer for me to be with other people when going places or playing outside. I always use the "buddy system."
4. I say "NO" if someone tries to touch me in ways that make me feel frightened, uncomfortable, or confused. Then I go and tell a grown-up I trust what happened.
5. I know it is not my fault if someone touches me in a way that is not okay. I don't have to keep secrets about those touches.
6. I trust my feelings and talk to grown-ups about problems that are too big for me to handle on my own. A lot of people care about me and will listen and believe me. I am not alone.
7. It is never too late to ask for help. I can keep asking until I get the help I need.
8. I am a special person, and I deserve to feel safe. My rules are:
  - Check first.
  - Use the "buddy system."
  - Say "NO", get away, tell someone.
  - Listen to my feelings and talk with grown-ups I trust about my problems and concern.