4 Simple Rules

Check First!

Anytime anyone you don't know asks you to go anywhere or to accept something, "Check First"

Examples:

You're at a park and someone looks worried they ask, "Have you seen a dog, she ran off!" or "Have you seen my daughter she was over here playing by you?" **What do you do?**

Someone asks "I need directions to find my friend, I'll even give you 5 bucks if you help me." **What do you do?**

Take a Friend

Here are some examples why you should always have a friend with you:

- If you get lost they, can help!
- If you get hurt or stuck, they can help!
- If someone is bothering, bullying or trying to hurt you, they can help you! Remember, even **Super Heroes** have a side-kick or a team! **Two** people are stronger than **one**!

Saying "No"

You used to like give hugs but now they make you feel uncomfortable, can you say no? **YES!** Instead you can high five or even come up with a cool handshake!

A friend, cousin, or teacher always pokes you as a joke, it used to be ok but now it makes you uncomfortable can you say no? **YES!** Let them know that you don't like that and it makes you uncomfortable.

If anyone ever touches you or says something that makes you uncomfortable you always say **"NO"** or **"STOP"**

Tell Someone You Trust

Always tell someone you trust if something is bothering you. *But what if they get mad?* **They won't!** Someone you trust will always listen. Someone you trust will always help no matter what. *What if you don't want to make a big deal out of it?* **If it's bothering you, it is a big deal.**