

The Super Ten, Play-It-Safe Rules For Kids and Grownups!

1. I AM THE BOSS OF MY BODY!
2. I know my NAME, ADDRESS, & PHONE NUMBER, and my parents' names too. (Don't forget: kids need to know their parents' cell phone numbers!)
3. Safe Grownups Don't Ask Kids for Help!! (They go to other grownups if they need assistance).
4. I never go ANYWHERE or take ANYTHING from someone I don't know.
5. I must "CHECK FIRST" with my safe-smarts grownup for permission: before I go anywhere, change my plans, or get into a car even if it's with someone I know. If I can't check first, then the answer is NO!
6. Everybody's bathing suit areas are PRIVATE.
7. I don't have to be POLITE, if someone makes me feel scared or uncomfortable. It's okay to say NO... even to a grownup, if I have to.
8. I don't keep SECRETS... especially if they make me feel scared or uneasy. (No adult should tell a child to keep a secret).
9. If I ever get LOST in a public place, I can FREEZE & YELL or go to a Mom with Kids and ask for help.
10. I will always pay attention to my Special Inner Voice, especially if I get an "uh-oh" feeling.