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| 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. |