

## I will always CHECK FIRST

with my parent, guardian, or other trusted adult before going anywhere, helping anyone, accepting anything, or getting into a car.



I will

TAKE A FRIEND

with me when going

with me when going places or playing outside.



I will **TELL PEOPLE**"NO" if they try to touch
me or hurt me. It's OK for me
to stand up for myself.

## TELL MY TRUSTED ADULT

if anthing makes me feel sad, scared or confused.





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