My Home Alone Safety Rules:

1. I check in with a neighbor, relative, or my parents when I get home from school — everyday and by a certain time.

2. I always lock the doors of my home.

3. I never answer the door unless I see it is someone my parents have told me will be coming over.

4. When I answer the phone, I act like my parents are home, and I ask to take a message because they are both busy.

5. I never use the oven or any other appliance unless my parents have given me permission.

6. If someone tries to get in my house, or if there’s another emergency, I know to call 911. I remain calm and speak slowly, clearly, and loudly. I give my full name, address, explain my emergency, and do as they instruct me.

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My 8 Rules For Safety:

1. Before I go anywhere, I always check first with my parent or the person in charge. I 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 drugs 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 O.K. 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”, then Go and Tell
- Listen to my feelings, and talk with grown-ups

I trust about my problems and concerns.