



## 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.

**Missing Persons Hotline**  
**Call: 1-866-362-6422**  
**Missing Person's State**  
**Clearinghouse**



## 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 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 OK. 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 will 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.