

The Super 10 Play-it-safe Rules for Kids and Grownups



1. I am the boss of my body!
2. I know my name, address and phone number... and my parent/caregiver's mobile phone number, too.
3. Safe grownups don't ask kids for help. (They should ask other adults for assistance.) I shouldn't help out people I don't know who ask me to find a lost pet, carry their packages, or for any other assistance that may put me in an unsafe situation. (When in doubt, ask a trusted adult before helping!)
4. I never go anywhere or take anything from someone I don't know... no matter what they say.
5. I always check first and get permission before: I go anywhere, get into a car, change my plans, or accept some kind of treat, even if it's from someone I know. If I can't check first, then the answer is no.
6. "My private parts are private, they belong only to me!" I am allowed to say: "No!" or "Stop touching me!"... even to an adult or an older kid.
7. I don't have to be too polite if someone makes me feel scared, uncomfortable or just plain yucky!
8. I don't keep secrets from my parents/caregivers, especially one that involves my body or any kind of uncomfortable touch. It's always ok to tell! (There's a difference between a 'secret' and a 'surprise'.)
9. Tricky people can be someone I know or don't know. It's not what they look like... it's how they act: what they say or want me to do. I won't get tricked!
10. I will always pay attention to my own inner voice, especially if I get an "uh-oh" feeling.