



EMPOWER ME!

THIS VALENTINE'S DAY SHOW THE KIDS IN YOUR LIFE HOW MUCH YOU LOVE THEM

BASIC SAFETY RULES:

- Know **5 TRUSTED ADULTS** you can go to if you need help
- **CHECK FIRST** with the person taking care of you or a trusted adult before:
 - o Getting into a car
 - o Going into a house
 - o Accepting a gift
 - o Letting someone take your picture
 - o Helping an adult seeking help
- Use the **BUDDY SYSTEM**
- **TRUST YOUR GUT**
 - o Listen to your gut or your "uh-oh" feeling
 - o Go to a trusted adult if you are in a place that doesn't feel right
 - o Get a trusted adult if you're with a person making you feel confused or scared
- We **TALK ABOUT TOUCHES**
 - o There are no secret touches
 - o Looking at or touching private parts should be in the context of keeping you clean and healthy
 - o Talk to a trusted adult if you're confused about a touch that happened
- **TELLING VS. TATTLING**
 - o Tell a trusted adult if someone is being hurt
- **NO SECRETS**
 - o Don't keep secrets from the people taking care of you or your trusted adults

Get a TRUSTED ADULT if someone asks you to break a safety rule!

Brought to you by: EMPOWER ME – TALBOT COUNTY

The curriculum for this program is provided by: **ZERO ABUSE PROJECT** www.zeroabuseproject.org

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