



7 ROOT SAFETY STRATEGIES

1 SHOUT NO! RUN - TELL Someone

If someone asks you to do something that makes you feel uncomfortable, scared or sad, be assertive. Shout “NO!”, then run away and tell a trusted adult what happened. Always remember that when you feel confused about something an adult does, it is not your fault.

2 KEEP and SPEAK Secrets

“Keep” secrets have endings. They don’t make you feel uncomfortable, scared or hurt. “Speak” secrets do not have an ending and may be harmful and scary. You need to tell a trusted adult any secret that involves someone asking you to touch their or your private areas, or to take your clothes off. Guilt and threats may be used to keep abusive actions a secret.

3 Buddy System

Always bringing someone along when you are going places will reduce the risk of something harmful happening to you. Remember that there is truth to the phrase, “There is safety in numbers.”

4 Trust Your INSTINCTS

Your instincts are the feelings inside of you that warn you of danger. Pay attention to your body and always check your environment to make sure that you are safe.

5 DIGNITY and RESPECT

All people deserve to be treated with respect and dignity. Everybody is equal regardless of where they come from, or the experiences they have endured. You need to recognize your own self-worth and expect to be treated well.

6 If asked to go and your parents don’t know SHOUT NO!

Always have permission from your parents before going anywhere. If you are ever approached and asked to go with someone – remember this safety message and shout “No!”. Some adults will try to trick children into coming with them. So... no matter what reason or excuse given...your parents must know before you go!

7 If asked to share and your parents aren’t aware, SAY NO!

Always have permission from your parents before sharing any personal information. Examples include your name, address, phone number, hobbies, as well as photographs. Your personal information can be used for harmful purposes. Some adults will try and trick children into giving out their personal information. So... no matter what reason or excuse given... your parents must be aware before you share!