

1) **Strangers = *Danger*:**

I never...

Talk to strangers

Go anywhere with a stranger

Take anything from a stranger

Go anywhere with a stranger

Take anything from a stranger

Help a stranger.

Never offer personal information to a stranger such as your name, address, age, or the name of the school you attend.

Never go up to a vehicle that stops near you, even if the driver asks you to.

Do not respond to pleas of assistance. If you feel the person is genuinely in need, yell to them that you will run and find help or call the police.

A stranger can be **ANYONE** you do not know and trust personally. Even someone in a uniform could be acting a part to lure you away from safety.

10 GOLDEN RULES FOR SAFETY

2) My Body is My Business: If someone asks personal questions or touches me in ANY way that makes feel uncomfortable, I will tell that person NO and afterwards I will always tell my parents or an adult that I trust.

Even if this person is a friend or relative and they just want to hug or kiss me, IF I FEEL UNCOMFORTABLE WAY, I always tell my have to tell them NO and always tell my parents or another adult whom I trust about what happened.

Be alert to verbal clues: if someone says something like: “This can be our secret,” or “Don’t tell anyone, especially not your mom,” when they are suggesting something they want to do to you or with you, or somewhere to go, this is a warning alarm. Be **smart**. You can outsmart an adult because they expect you to fall for their “cons” and “one-liners” and don’t know you have your FSP tools and knowledge to alert and protect you.

10 GOLDEN RULES FOR SAFETY

3. ET Phone Home: If I am going to be home late, even if it is only a few minutes, I ALWAYS phone home.

Remember this is part of your FSP. It is not because your parents don't trust you. It is a part of the rules and codes you have created to protect each member of your family. If this one is broken, your family will be on alert and you may cause unnecessary worry. Use the answering machine if you have one at home and let your family know where you can be reached. Every member of the family adheres to this rule, even the adults.

10 GOLDEN RULES FOR SAFETY

4. Permission Granted: Before I go anywhere with ANYONE, I get my parent's permission.

This includes other adults, even teachers or other kids' parents. This rule is equally as important in the FSP. Remember, you have established certain routines and location that your family knows about. Any variations from these must be logged into the Family Safety Program. Again, these rules are what helps make the FSP run smoothly. They protect all members of the family so everyone must abide by them.

10 GOLDEN RULES FOR SAFETY

5. Safety in Numbers: When I am away from home, I remember to stick close to my friends or stay in well-populated areas.

If my friends decide to do something or go somewhere and I do not feel comfortable or safe going along, I will immediately go somewhere safe and populated (like a restaurant or library or store) and call home to arrange transportation if I need to.

Remember to follow your own instincts. This rule is important because in general it is safer to be among your friends and in a populated area. But if your friends decide to go somewhere dangerous or do something foolish, it is up to you to use your Family Safety Skills to make a mature decision and break away from the group safely. Or, if you are in a populated area that suddenly becomes dangerous due to an impending riot or a traffic accident, for example, your safety skills and your common sense will help you move to a safe location.

10 GOLDEN RULES FOR SAFETY

6. Safe Passage: I ALWAYS follow regular routes to and from regular routes to and from the places I go during the week, routes that are part of my Family Safety Program.

I never take a short cut through an unpopulated or unfamiliar area, even if it is with my friends.

When you find a new activity that requires you to take a new route or you find a new you enjoy going, bring it back to the FSP, create a new map and find new Safety Zones along the new route. The FSP is always changing and adapting to each family member's requirements. It is there to serve you. You are not a captive of Rules and Regulations. As long as all family members communicate and agree, new ideas and routines can be incorporated at any time. Safety is always the primary concern, however, not convenience and not simply on someone's whim.

10 GOLDEN RULES FOR SAFETY

7. Sacred Trust: I keep our family password a secret. I will never go anywhere with anyone who cannot tell me the current password.

As you learned when developing your Family Safety Program, the password is essential to your safety in an emergency. If someone you don't know has been sent by your parent to pick you up or give you information, do not go with them or listen to them until they have told you the current family password. You and your family will have decided on how often the password is changed, so you will know which password is right one. Don't EVER tell anyone outside your Family Safety Program members the password. Doing that would make it completely useless, and you never know when a family member might need it. If you tell someone by mistake or someone guesses it, call a family meeting immediately and choose a new password.

10 GOLDEN RULES FOR SAFETY

8. Caller ID: When I answer the telephone, I never give an unknown caller any information about myself or anyone in my household. I never say or let the person think that I am home alone.

If I feel uncomfortable about what the person is saying or why they are calling, I immediately hang up and call the police or the telephone company to report the call.

You and your family can decide what the best procedure is in your home, but in general it is a good idea NOT to let the phone ring a long time or go unanswered because someone may then think there is no one home and may come to try to break into the house.

10 GOLDEN RULES FOR SAFETY

9. Knock, knock, Who's There?: I never open the door in my house or anywhere I am staying to anyone I don't know. I never let anyone think I am alone.

This is also true if I am staying with relatives or in a hotel. I simply say, for example: "No one is able to come to the door right now. I don't know who you are please go away or I will tell my parents (brother, aunt, etc.) and they will call the police."

If someone is trying to gain unauthorized access to your house, they might try to trick you. Be **smart**. You know the tricks and you just have to stick to one rule: DO NOT OPEN THE DOOR. Whatever they say, whether they have a package to deliver, or claim to be the repairman, the cleaning service...simply say: "No one can come to the door right now, please come back tomorrow." If they persist, call the police or a neighbor or one of your emergency numbers and tell the person that the police are being called.

10 GOLDEN RULES FOR SAFETY

10. Get Away Fast: If anyone ever tries to grab me or make me go with them, I start to yell and remember and use all my DOK Lee get-away moves and WHEN I get away, I run as fast as I can, still yelling as loudly as I can.

The first thing I do is yell very loudly, repeatedly: “DADDY, DADDY, HELP, HELP” and scream yell without stopping. (Older kids and teenagers can just yell NO, NO, NO!) I use all my DOK Lee get-away moves and at the same time I yell squirm and kick and WHEN I get away, I run as fast as I can, still shouting as loudly as I can.

Remember the SAFETY ZONES on you map in your SAFETY ZONES on your maps in you Safety Information File. Always run towards a safety zone in the opposite direction of where the assailant is. Do ALL the following things:

- Yell, Loudly and Repeatedly
- Perform Your DOK Lee Moves
- Get Away Fast
- Run to a Safety Zone

If you study these rules together as a family and modify and adapt them to work for your family’s particular needs and then you ALWAYS follow them, you will have a solid cornerstone of Family Safety in place.