

Please print- or make a copy of this document to type on:

Name _____

Health

Safety Identification Information

Do you know your personal information?

My name is:





My address is



My phone number is

_____ - _____



The name of my town is

The name of my state is



Personal Safety Program

Dear Parents,

Please review these guidelines to help keep our children and students safe.

- 1) **BEWARE** of all “**TRICKY PEOPLE**”, not just strangers.
- 2) **ASK** or **CHECK FIRST** with the grown-up in charge before going anywhere, even with someone you know.
- 3) **TAKE A FRIEND** or **USE THE BUDDY SYSTEM** when going places or playing outside.
- 4) Always **TRUST YOUR FEELINGS**. “Funny or strange” feelings warn us that something may be wrong and help to keep us safe. If you don’t feel safe, you probably aren’t.
- 5) Say “**NO!**”, then **GO** (Run and **YELL** if you have to) and **TELL** a grown-up you trust if something is not right.
- 6) **DON’T KEEP SECRETS** about unsafe situations, including “bad” touching.

All children also have to remember to follow rules to be safe when online. For more information on Internet safety, visit

www.NetSmartz.org

Please help the children practice these safety skills by reinforcing the personal safety rules at home.

REMEMBER: It’s better to be SAFE than SORRY!