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Root Safety Strategies



SHOUT NO!

RUN — TELL Someone

If someone asks you to do something that makes you feel confused, uncomfortable, or sad, leave the situation as soon as you can and tell a *safe adult* about it.

Shh..

KEEP and SPEAK Secrets

KEEP Secrets have endings. They don't hurt or make you feel mixed-up. They have an ending like a surprise birthday party. **SPEAK** Secrets do not have an ending. All secrets about touching are **SPEAK** Secrets. They need to be told to a *safe adult*.



Buddy System

There is safety in numbers. Bring a buddy with you when you go places.



Trust Your INSTINCTS

Your instincts are the feelings inside of you that warn you of danger. Pay attention to your body's alarm system.



DIGNITY and RESPECT

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

NO!

If asked to go and your parents don't know, SHOUT NO!

Always ask your parents/guardians before going anywhere. No matter who asks you to go, say "No" if you haven't asked your parents/guardians first. Your parents must know before you go!



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

Always ask your parents before sharing or accepting treats or gifts from someone. Your parents must be aware before you share online, too!

Home Alone Safety Tips

When you are at home alone, keep in mind the following tips:

1. Keep all emergency phone numbers on the fridge. This should include the number of a safe neighbour or adult you know will be able to answer her/his phone, as well as 911.
2. Make sure you have your parents'/guardians' work and cellphone numbers.
3. Keep doors locked. Only open the door for people you are expecting to come over and have your parents'/guardians' permission to be there. If you have a security system, make sure you know how to use it so you can keep it on while you are home alone.



4. Keep information about being home alone offline and off social media.
5. When answering the phone, always pretend a parent/guardian is home. For example, "My mom is busy right now, may I take a message?"
6. If someone you are not expecting comes to the door, do not answer it. If it is important, they will come back at another time when your parents/guardians are home.
7. If there is anything you are not sure about, call your parents/guardians.
8. Avoid watching, reading or looking online at scary material that may trigger your imagination and make you feel scared.

