

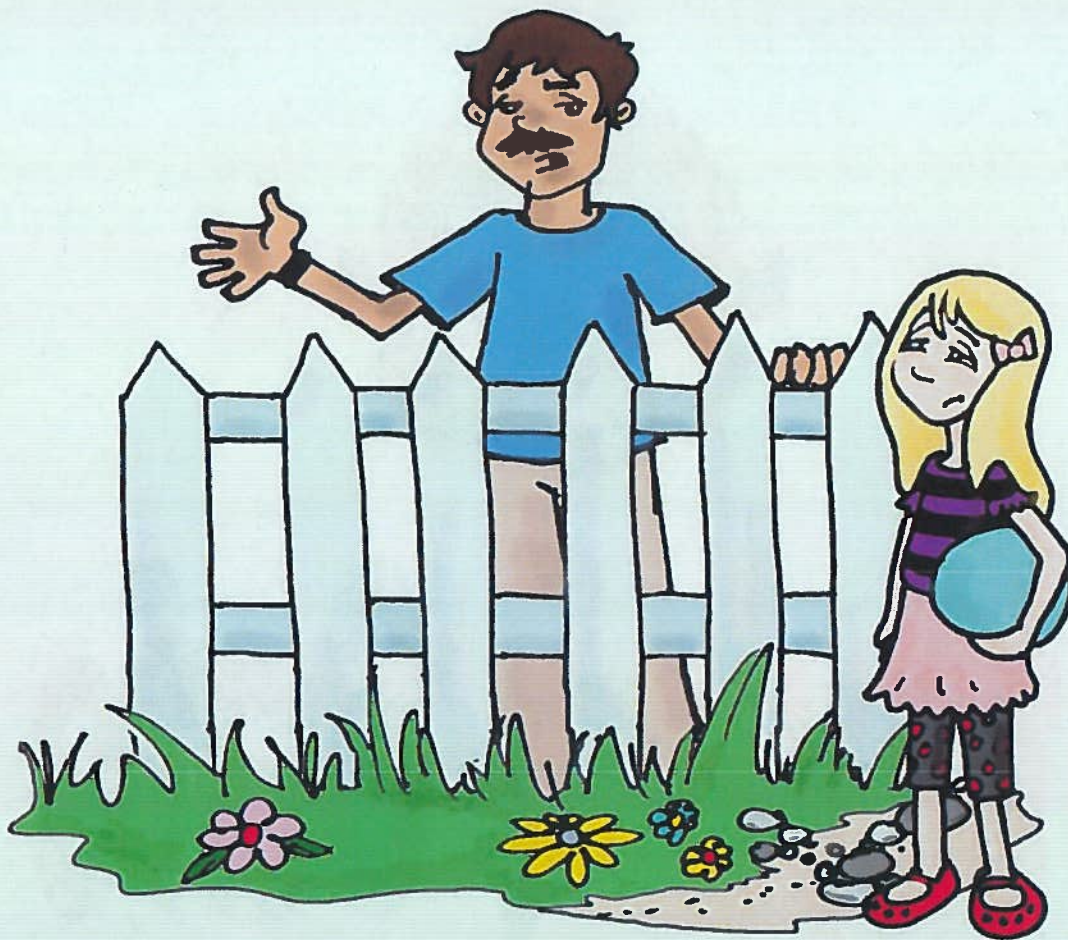


Staying Safe

The three most important rules to remember:

The person looking after you has to know:

- 1. Where you are - all the time**
- 2. Who you are with - all the time**
- 3. What you are doing - all the time**



Emma's mom is in the kitchen. Emma is playing in the backyard. The neighbour calls out over the fence "hello there." He invites her to come over and have some cookies that his wife has just baked. The cookies smell so good. "They are chocolate chip," the neighbour says. "They're your favourite!"

Emma tells the neighbour that she has to ask her mom first because she remembers the three important rules:

That the person looking after you has to know at all times:

1. **Where you are - all the time.**
2. **Who you are with - all the time.**
3. **What you are doing - all the time.**





The neighbour then says, "Oh that's ok, I already talked to your mom and she said it was ok."

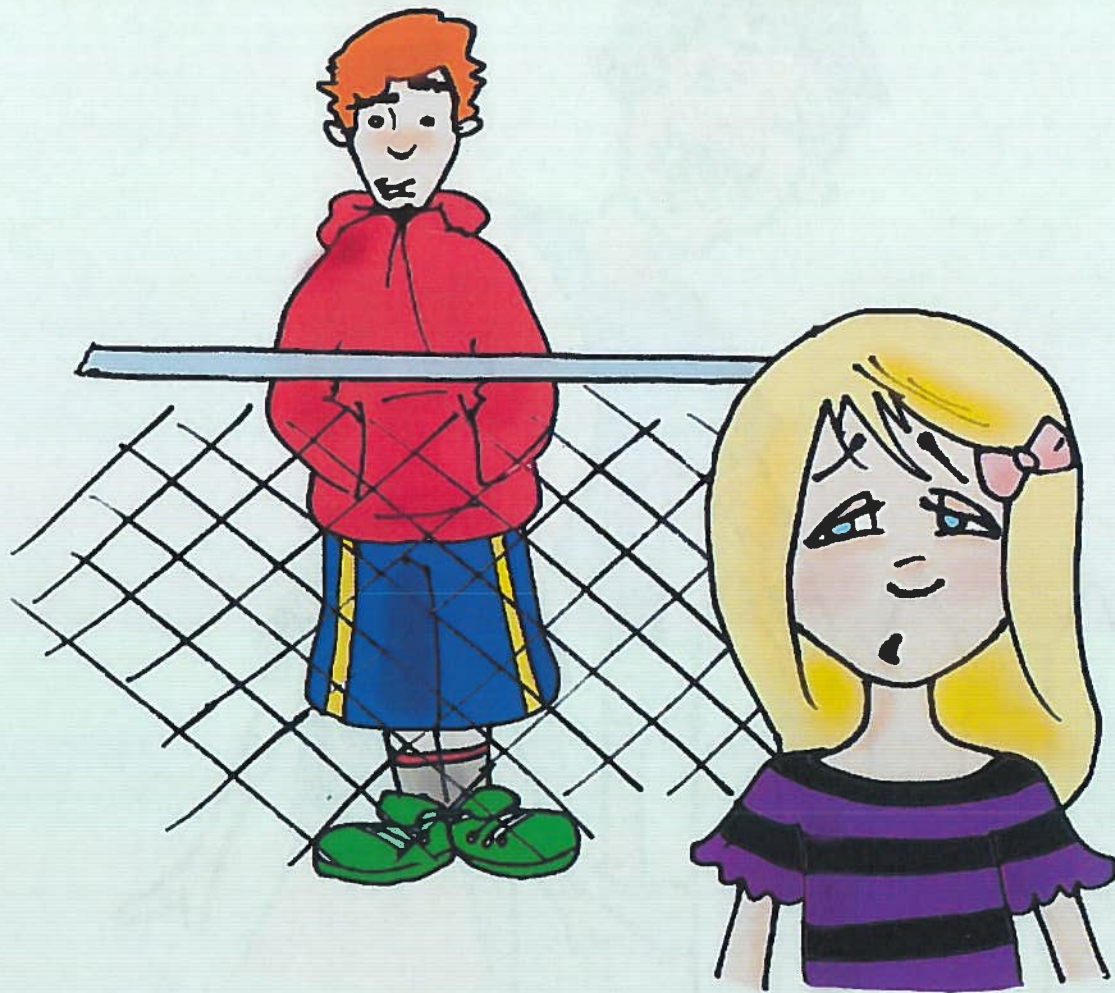
Emma says that she has to ask her mom herself, because she has to follow the three important rules.

That the person looking after you has to know at all times:

1. Where you are - all the time.
2. Who you are with - all the time.
3. What you are doing - all the time.



That 'uh-oh' feeling



The next day at school, Emma was out playing at recess time. She noticed someone on the other side of the fence staring at her and the other kids.

This made her feel very uncomfortable and scared. Emma got that 'uh-uh' feeling in her tummy.





Emma knew that the right thing to do was to go and tell the teacher on yard duty.





She knew to stay away from the fence and to ignore the person. She told the other kids that were curious to stay away too.





Emma remembered the time when Andrew was leaving the school yard. Someone told him that they were sent by his mother to get him.

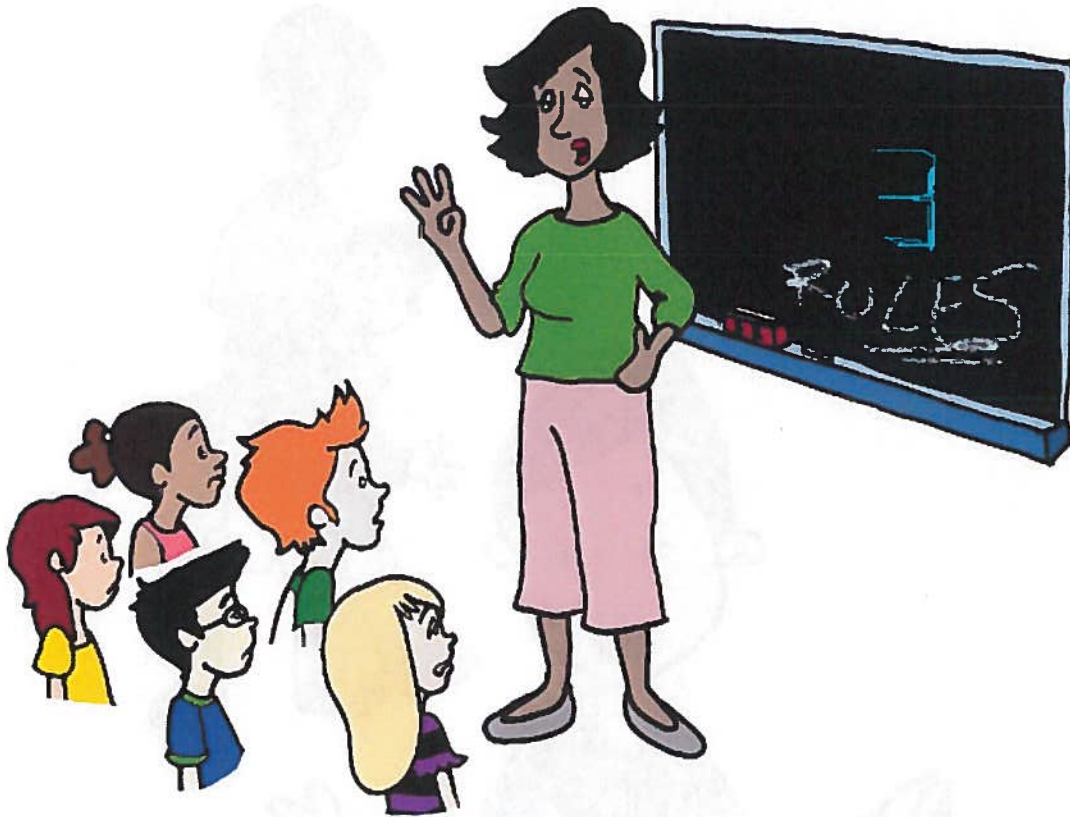
Andrew never spoke to the person, but instead ran away to find a teacher because he had that "uh-oh" feeling inside.



That 'uh-oh' feeling is sometimes called your 6th sense. It can be a feeling in your tummy or a voice in your head that is telling you that something doesn't feel right.

Whatever we call it, we all have it and it's there to protect us and help keep us safe. We need to learn what to do when we get that "uh-oh" feeling.





The teacher explained that even if Andrew did know the person, that he would still have to get permission - that he would have to follow the three important rules, which are:

The person looking after you has to know at all times:

1. Where you are - all the time.
2. Who you are with - all the time.
3. What you are doing - all the time.

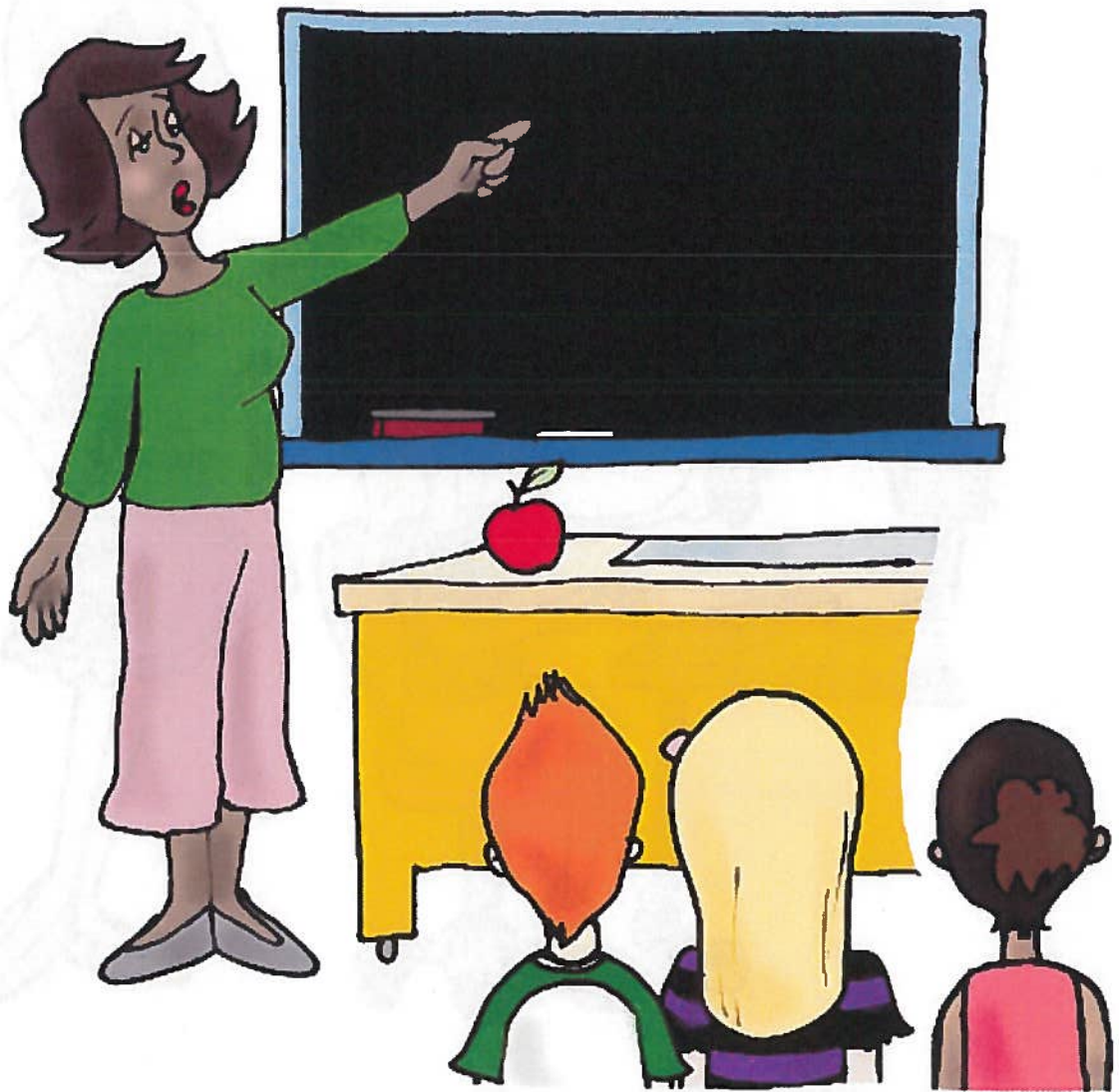




Simon then told the class about the time when someone tried to grab him. Simon told everyone how he yelled and screamed out loud, and that he kicked and fought, and did whatever it took to get away. He said that no matter what the person said to him, he fought until he got away because he had that "uh-oh" feeling inside.

Simon knew that he had to find help from a trusted adult.





The teacher explained to the class "that no one has the right to make you feel uncomfortable by the way that they look at you, talk to you, or touch you, - even someone you know." She said that they should always remember not to go anywhere with anyone, even with someone they know without permission, and to always remember the three important rules:

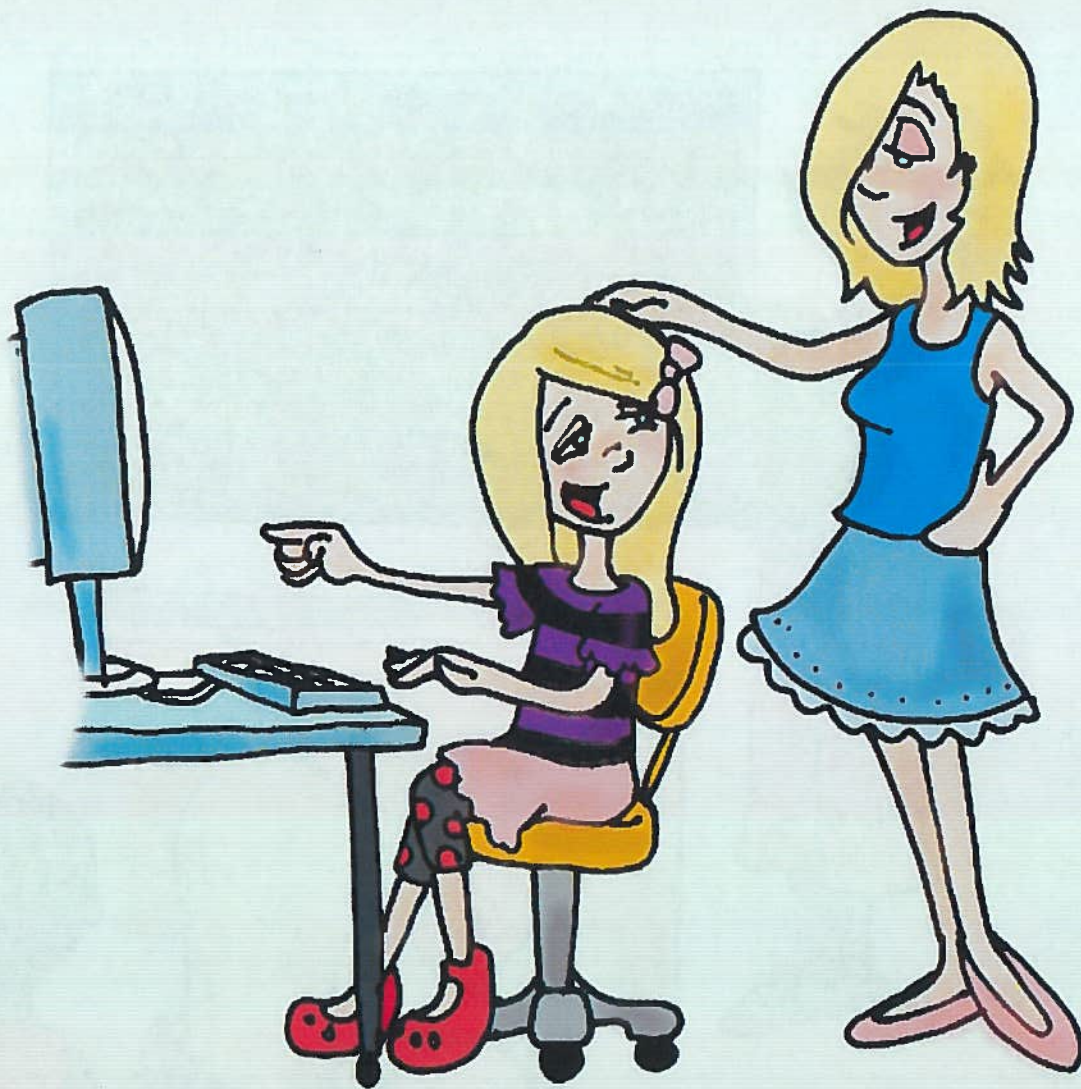
That the person looking after you has to know at all times:

Where you are - all the time.

Who you are with - all the time.

What you are doing - all the time.





The teacher also told the class how important it is to get permission from your parents or the person looking after you to use the computer, and to always let them know what you are doing on the computer.

Emma said that she also never answers the telephone or makes any calls, or opens the door unless she has permission.





The teacher explained to the class that there is one time when it's ok to use the telephone without anyone's permission - when there is an emergency.

When you dial 9-1-1, the police, the fire department, and the ambulance will come.



When can you call



9-1-1

You can call 9-1-1 when something bad happens and you need help right away. Things like when there is a fire, or when someone has had a bad accident

Its important to know your parents' names, how to spell your name, your home address, and your phone number.

Remember to only call 9-1-1

in a real emergency,

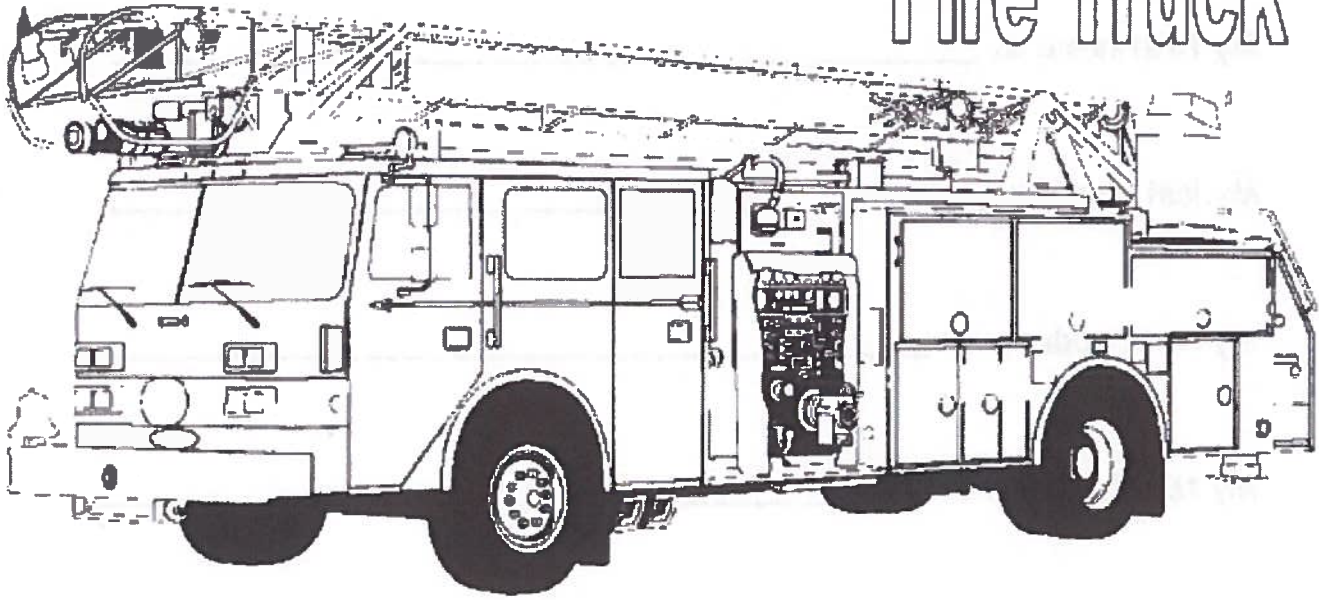
NEVER as a joke,

NEVER to practice,

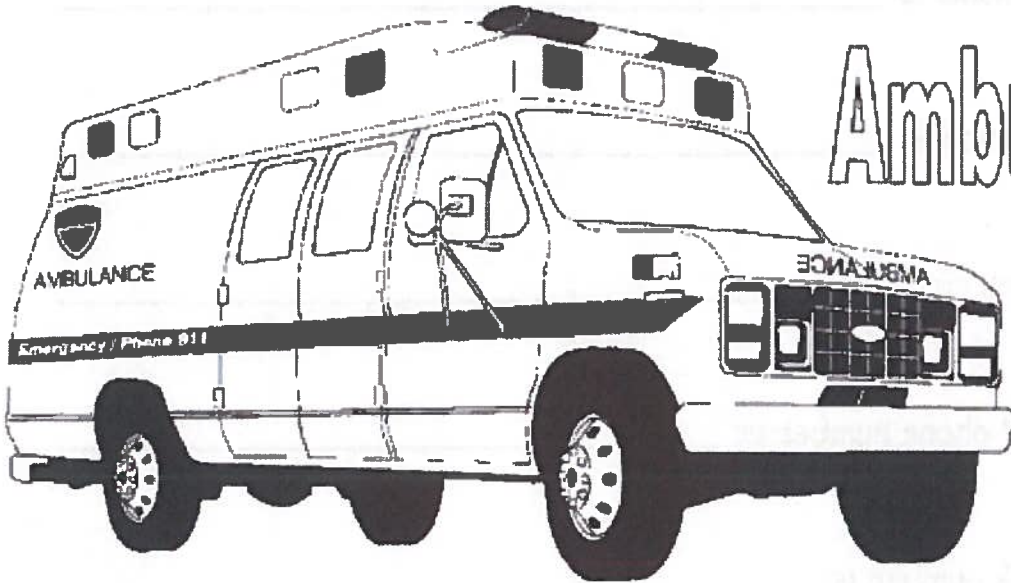
and NEVER as a game !



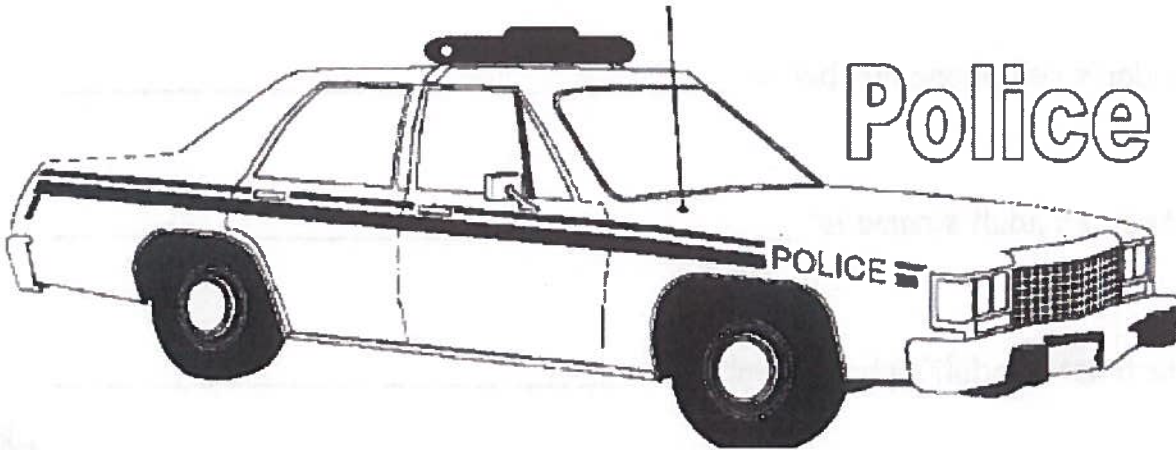
Fire Truck



Ambulance



Police



My first name is: _____

My last name is: _____

My home address is: _____

My telephone number is: _____

My mother's name is: _____

My father's name is: _____

My mom's work number is: _____

My mom's cell phone number is: _____

My dad's work number is: _____

My dad's cell phone number is: _____

A trusted adult's name is: _____

The trusted adult's phone number is: _____

