

I Keep Healthy and Safe



I don't leave where I am unless I tell someone where I am going.

When I go out I always stay close to an adult I know or my family. It is unsafe to leave by myself without asking an adult I know for permission.

- I don't go anywhere with a person I do not know.
- When I am upset, I ask someone for help. I do not run away.
- I ask someone if there's something I want. I never leave to get It without telling the person I am with.
- I don't go anywhere with a person I don't know. If a stranger asks me to go with him or her, I say "No, thank you. I need to stay here." If the stranger forces me to go, I yell, "Stop. Help me!"



