

Safely Ever After Inc... Age Appropriate Safety Guidelines

Safety Guideline	3-5 years old	6-10 years old	11 years old and older
<p>“Boss of My Body”</p> <p>Physical ‘ownership’ of your body</p>	<p>I’m the Boss of my Body</p> <p>Correct names for body parts</p> <p>Difference between “safe” and “unsafe” touches</p> <p>Understanding the concept of “No-Go-Tell”</p>	<p>You have the right to say NO to any uncomfortable touches, no matter who it is, even to an adult or older kid</p> <p>It’s not your fault if someone tries to touch a private part of your body</p> <p>You have the right to express or receive physical affection on the your terms</p>	<p>It’s ok to say STOP to anyone’s touches, anywhere on your body</p> <p>Affection between adults and children does not include touching or kissing private parts, undressing together, or sharing bodies in a “yucky” or uncomfortable manner</p>
<p>The “Helping” Rule</p>	<p>You should not help anyone who asks you to find a lost pet, give them directions, or carry packages to their home or car without Mom/Dad/caretaker present</p> <p>Safe Grownups Don’t Ask Kids for Help when you’re by yourself – they’re supposed to ask OTHER grownups</p>	<p>Before assisting anyone, check first with the adult in charge of your safety. If you can’t check first, the answer is NO.</p> <p>Understand the difference between <i>helping with chores</i> in the home vs. helping someone out in the world when you’re on your own</p> <p>You should not enter someone’s home to help them unless your parents say it’s OK</p>	<p>Be wary of people who ask you for help when you’re alone or with your friends in public places. Employ the “check first” rule whenever possible.</p> <p>Do not be tricked by offers of money or gifts in exchange for assistance</p>
<p>Candy, Gifts, Treats</p>	<p>Say no to anyone who wants to give you candy, gifts, or treats unless your parent is with you or says it okay first</p>	<p>It’s not okay for someone to offer you a treat in exchange for keeping a secret</p>	<p>Tell your parents about anyone who wants to give you an expensive gift or treat without their knowledge</p> <p>Bribing a child with the promise of a gift or treat is wrong, and may even be illegal. It’s not your fault, and it’s important to tell right away.</p>
<p>Trusting Instinct... their inner voice a.k.a. “the uh-oh feeling”</p>	<p>Listen to your inner voice or that feeling you get in your tummy when something feels wrong or “yucky”</p> <p>Tell mom or dad about any uh-oh feeling you have, no matter when it happens.</p>	<p>Get away quickly from anyone who makes you feel weird, yucky, or uncomfortable.</p> <p>You don’t have to be polite to anyone who gives you that “uh-oh” feeling</p>	<p>Pay attention to your own feelings, especially if someone tries to get you to do something you know is wrong or makes you feel badly.</p> <p>Your own inner alarm is your best safety system.</p>
<p>Secrets</p>	<p>No secrets from Mom or Dad</p> <p>Safe grownups don’t tell kids to keep secrets from their parents</p> <p>There is a difference between a “secret” and a “surprise”</p>	<p>You won’t get in trouble for telling your parents about any kind of secret that an adult has told you to keep</p> <p>Tell Mom or Dad right away, don’t hold on to a “yucky” secret, especially one about your body</p> <p>Safe adults don’t tell kids to keep secrets from their parents</p>	<p>Tell your parents right away about any secret that involves your body or someone else’s</p> <p>It’s not your fault if someone touches you inappropriately. You should never keep this kind of secret.</p>

<p>Out and about</p>	<p>If lost, Freeze & Yell or ask a Mom with Kids for help</p> <p>Never go outside to the parking lot to look for your parents</p> <p>Know your address and your parents' cell phone number</p>	<p>If lost, ask a mom with kids or the cash register person for help</p> <p>Do not wander around or leave the area to search for your parents</p> <p>Do not enter restrooms alone or with someone you don't know</p> <p>Do not use shortcuts through alleys or play in unfamiliar areas</p>	<p>Don't be tricked into getting into a car with someone you don't know because they seem nice or offer you something enticing, like payment for doing work.</p> <p>If you want to change your plans, go somewhere else, or enter a car even with an adult you know, call and check in first with your parents to let them know. If you can't check first, the answer is no.</p>
<p>Check First</p>	<p>Always ask your mom, dad, or caretaker before you go anywhere or take anything even from someone you know</p> <p>If you're finished playing in one area and want to do something else, check first</p>	<p>You must have permission before getting into a car or entering someone's home. Check first... even if it's a neighbor or someone that you know. If you don't have permission first, don't do it. *For kids 9 years old & up, use a family code word</p>	<p>Always let your parents know where you're going, when you'll be back.</p> <p>If you are changing plans, let your parents know first.</p>
<p>Tricky People</p>	<p>Replace the stranger-danger concept with "tricky people"</p> <p>It's not what someone looks like, it's what they want you to do.</p> <p>Tricky people may ask kids to do "thumbs down" things.</p>	<p>A tricky person can be someone you know, don't know, or know just a little bit.</p> <p>Be able to recognize a tricky person by their actions and behaviors... by what they say or want you to do</p>	<p>You don't have to be polite to anyone or tries to trick you into doing something that feels bad</p> <p>Be alert for tricks that sound "too good to be true"</p>
<p>Getting help</p>	<p>Always tell your mom or dad if you feel scared, uncomfortable, or have an "uh-oh" feeling about someone</p> <p>If you are afraid to tell your parents, tell a teacher</p>	<p>Tell your parents about anyone who's made you feel yucky or touched you in an uncomfortable way.</p> <p>If you can't tell your parents, tell a teacher.</p> <p>Keep telling a grownup until you get help.</p>	<p>Tell a parent, a teacher, a guidance counselor or other trusted adult if you need help.</p> <p>If you're not comfortable talking to a parent, consider other safe grownups who will help you, like a friend's mom.</p> <p>Keep telling until you get help.</p>



Pattie Fitzgerald is the founder of *Safely Ever After, Inc.* and is recognized as a leading expert in the field of childhood sexual abuse prevention education. She is certified as a Child Safety Educator and Child Visitation Monitor, and has been working in the field of child advocacy for over ten years. As a former preschool teacher, Pattie blends her expertise as an educator and, more importantly as a MOM, to teach parents and kids every where the most effective, up-to-date safety strategies WITHOUT using fear tactics.

For more information visit: www.safelyeverafter.com