

The 5 Step Safety Rule

If someone touches or tries to touch you in an unsafe way, follow the 5 step safety rule.

Step 1

Scream!

When you scream, everyone gets to know that you are scared, and they will help you.



Step 2

Say, "NO!"

Say "NO!" to the person making you uncomfortable or doing an unsafe thing.



Step 3

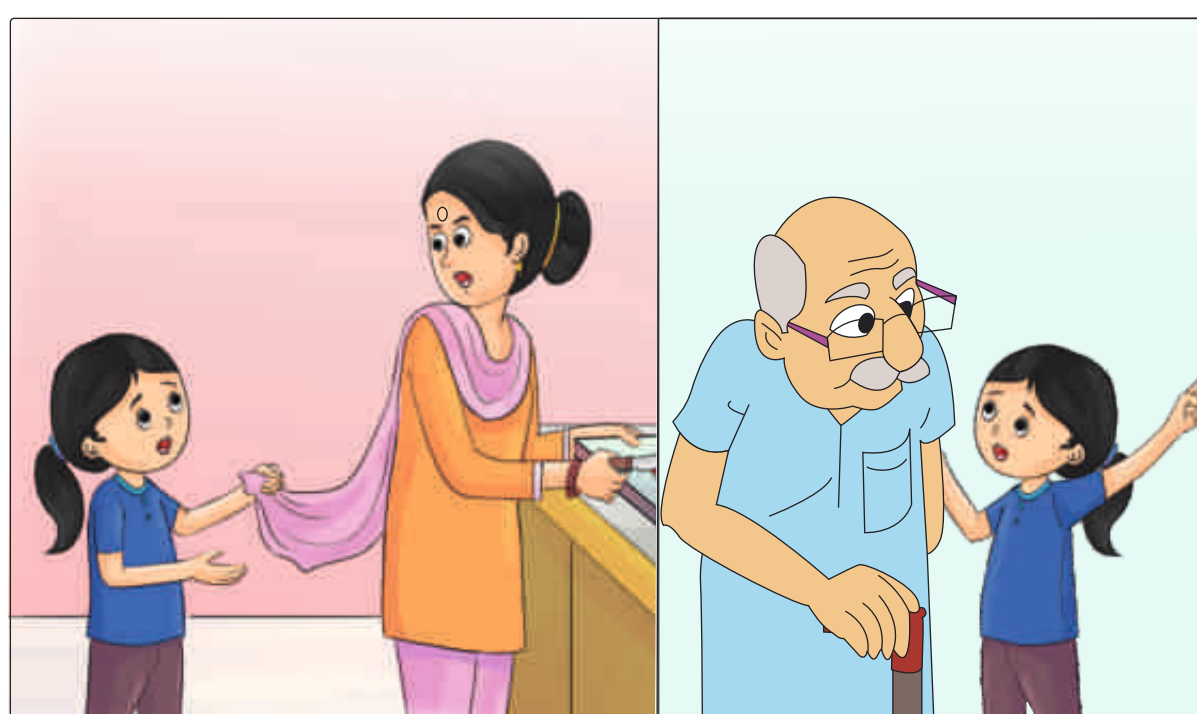
Run!

Run away or get away from the person doing the unsafe thing.

Step 4

Tell

Tell a grown-up whom you love and trust. Tell a loved one about the unsafe touch or look.



Step 5

Keep telling

Keep telling a loved one until they listen to you and believe you. You can tell as many loved ones as you want.