

1. Tell Kindi about yourself.

PERSONAL SAFETY INFORMATION (PSI): GENERAL

Most people are good. Some are not. You can't tell the difference by how they look – only by what they do.

Trust your gut. If you don't feel safe, you probably aren't. Don't take a chance. Get away fast.

Do not put your name on items that are visible to the public. A bad person can use your name to appear as a friend.

2. If a stranger says let's go, you say NO, NO, NO!

PSI: PEOPLE YOU DON'T KNOW

Do not allow anyone to lead you away from safety or separate you from friends and family or take you away by yourself.

Report suspicious people, vehicles, and behaviors to your parents. Report anyone watching you.

Beware and be aware of anything or anyone that could be bad. If you are alone, being helpful or nice to adults you don't know can be very dangerous. Tell your parents anytime someone you don't know says things to make you feel grown up and important.

3. A stranger may pretend to be just like a friend, think again!

PSI: PEOPLE YOU DON'T KNOW

Tell your parents about ANYONE who asks you to keep secrets that make you uncomfortable or touches you in private places (places covered by a bathing suit) – even “accidentally”.

Learn to recognize tricks used by bad people – like looking for a lost puppy, asking for directions, and offering you money to help with something. Adults don't ask kids for help.

4. If a stranger grabs you tight, scream with all your might!

PSI: PEOPLE YOU DON'T KNOW

If someone tries to grab you (or touch you), resist with everything you have available – kick, bite, scream, hold on to something, do whatever you can to make noise and escape.

Be aware of your personal space when in public places – keep unfamiliar people two adult arms lengths away.

Never get close to an unfamiliar adult in a vehicle.

5. What does every family need?

PSI: PEOPLE YOU DO KNOW

Know your family password and don't tell it to anyone. That information can protect you from someone claiming to have emergency information. Change your password often.

Do not go anywhere with anyone without your parents' permission – even people you know. If your parents don't know, you don't go. No exceptions. Only sleep over with close friends.

Remember that sometimes someone bad can be someone you know. Stay alert and say NO if you feel uncomfortable.

Tell your parents about anyone that makes you uncomfortable - including teachers, friends, family members, ANYONE.

6. Use the buddy system.

PSI: NEIGHBORHOOD SAFETY

Always stay in groups and where other people are – use the buddy system. Call your parents for a ride if plans change.

Never go to a public restroom alone.

Be aware of your personal space when in public places – keep unfamiliar people two adult arms lengths away.

Tell your parents about anything that makes you uncomfortable at school, at church, at the babysitter's or anywhere.

Remember that circumstances can change a place from safe to unsafe – like darkness, no one around, an unfamiliar vehicle or unfamiliar person in the area.

7. If you lose your way, police will save the day

PSI: NEIGHBORHOOD SAFETY

If you become lost or separated from friends or family, look around for someone safe like the person behind the counter, a mom with kids, or a policeman. Never leave the store or area. Make as much noise as possible to draw attention to your self.

Stay with traffic and never take shortcuts or use alleys, deserted areas, or go behind buildings as part of your way home.

If approached by someone in a car, turn and run away in the opposite direction the car is headed. Immediately call 911.

Do not walk home alone at night. Have someone pick you up.

8. Remember when on line – no pictures, no personal info, no meetings.

PSI: INTERNET RULES

Do not give personal information to anyone without your parents' permission – not on the street and not on line.

Never make plans to meet someone off line without your parents' permission. Things are not always what they seem.

Never post pictures on line or keep secrets with on line friends. Stay away from chat rooms and people you don't know on line.

9. Don't answer the door.

PSI: HOME SAFETY INSIDE

Do not open the door to anyone when you are home alone, even people in uniform. They can come back later.

Keep all doors and windows locked at night.

Don't talk on the phone to unfamiliar people when home alone.

10. Which of these items in your home are safe to play with?

PSI: HOME SAFETY OUTSIDE

Know which homes and streets are safe in the neighborhood and take different routes home using those safe streets.

Keep bells on gates. Have a watchdog.

Remember that "nice" people may not always be safe. Check with your parents before going inside anyone's home.

11. When you need help, dial 911.

PSI: WHEN YOU NEED HELP

If you become lost or separated from friends or family, look around for someone safe like the person behind the counter, a mom with kids, or a policeman. Never leave the store or area.

Know how to dial 911 and call home collect. Know what to say when the operator answers the phone and the correct information to give. Know your home phone number and address.

12. Watch the KV video several times a year.

PSI: PRACTICE MAKES PERFECT

Practice what to do in dangerous situations – role play responses until they become automatic.

Learn to trust what your instincts tell you.

Remember that you don't have to be fearful, only careful.