Empower your kids today! Empower your kids today!

KNOW THE RULES....
SAFETY TIPS FOR CHILDREN

1. Always **TAKE A FRIEND** with you when playing or going somewhere. It's safer and more fun.

2. Always **CHECK FIRST** with your parents, guardians or trusted adult in charge before you go anywhere or do anything.

3. Don't be tricked by people who offer you special treats or gifts. Never accept anything from anyone without your parents' or guardians' permission.

4. Never go into a public restroom by yourself.

5. Stay **SAFER** when you're home alone by keeping the door locked; not opening the door for or talking to anyone who stops by unless the person is a trusted family friend or relative, you feel comfortable being alone with that person, and the visit has been pre-approved by your parents or guardian; and never telling anyone who calls that you are home by yourself. Have a neighbor or trusted adult you can call if you feel scared, uncomfortable or confused or if there is an emergency.

6. Don't wear clothes or carry items with your name on the outside, and don't be confused just because a person you don't know calls out your name.

7. Be careful when you play. Stay away from pools, canals, and other bodies of water unless you are with a trusted adult. Don't play near busy streets, or deserted areas, and never take short cuts unless you have your parents' or guardians' permission.

8. Never go alone to malls, movies, video arcades, or parks. Take a friend with you, and always **CHECK FIRST** with your parents or guardians to make sure it's okay.

9. Don't panic if you feel lost. Identify the safest place to go or person to ask for help in reuniting with your parents or guardians. A safe helper could be a uniformed law-enforcement or security officer, store salesperson with a nametag, person with a nametag who is working at the information booth, or a mother with children. Never search for your parents or guardians on your own, and never go with anyone who is trying to reunite you with them.

10. Don't get into a vehicle or go near a vehicle with anyone in it unless you are with your parents, guardians, or a trusted adult. Never take a ride from anyone without **CHECKING FIRST** with your parents or guardians.

11. Be careful playing or riding your bicycle, as it gets dark. Sometimes it is difficult for people driving to see you. Wear reflectors and protective clothing if your parents or guardians say you can play outside after dark.

12. Don't be afraid to say **NO** and **GET AWAY** from any situation that makes you feel scared, uncomfortable, or confused. **TRUST YOUR FEELINGS** and be sure to **TELL** a trusted adult if anything happens to make you feel this way.

Most ATA/WTTU/STF schools are now offering **FREE** Child Safety, Child Abduction Awareness seminars to protect children in their communities. These seminars allow parents and children to learn and practice safety tips, techniques, and strategies. Contact your local Songahm Taekwondo school to find out more!

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