

RULES FOR SAFETY

- 1) **I always tell my parents or the person in charge where I am going.**
- 2) **I never talk to strangers or go anywhere with someone I don't know without my parents' permission.**
- 3) **I say NO when someone tries to trick me.**
- 4) **I say NO when someone tries to touch me in a way that makes me feel uncomfortable.**
- 5) **No one has the right to touch my private parts. These are the parts of my body that are covered by my bathing suit.**
- 6) **I tell my parents or a grown up I trust when I feel confused or frightened.**
- 7) **I don't keep secrets that scare me or make me uncomfortable.**
- 8) **A friend who asks me to lie, is not a friend.**
- 9) **I ask for help if I am confused about my feelings.**
- 10) **I know that I can say NO, GET AWAY, and TELL SOMEONE if I am scared or uncomfortable.**

**Montgomery County, Maryland
Department of Health and Human Services
Victim Assistance and Sexual Assault Program (VASAP)
1301 Piccard Drive, Suite 4100, Rockville, Maryland 20850
VASAP Line (240) 777-1355
Crisis Line (240)777-HELP (4357)
TTY (240) 777-1347
<http://www.montgomerycountymd.gov/vasap>**