



STAYING SAFE I



Staying safe means avoiding danger when possible. When I am in danger, my heart may beat faster, I may sweat, or my stomach may hurt.

There are rules to stay safe and avoid danger when possible:

- Stay with my family member or an adult I know.
- Hold the hand of my family member or an adult I know.
- Follow directions of my family member or an adult I know.

To keep me safe, my family member or another adult may tell me I need to do something. When my family member tells me to do something, I need to follow the direction quickly to stay safe. Sometimes I might not like the directions, but I need to follow the direction to stay safe.

If I feel I am in danger or unsafe, I can tell my family member or an adult I know. I can hold my family member's hand. I can take deep breaths or ask my family member for a tight squeeze.

When I follow safety rules, my family member or an adult I know can help me stay safe.

