

STAYING SAFE II



Staying safe means avoiding danger



when possible. When I am in danger,



my heart may beat faster, I may sweat,



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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

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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





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 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.