

# Personal Safety for Youth



## Where You Are



## Who You Are With



## What You Are Doing



## When You Will Be Back

### HOW TO KEEP SAFE

1. Know the 4 'W' rules:
  - The person looking after you (teacher/parent) needs to know at all times:
    - Where you are
    - Who you are with
    - What you are doing
    - When you will be back
2. If you feel you are in danger:
  - Use body contact and move around so you will be hard to hold onto. Yell words so someone can help you.  
"NO! GO and TELL!"
  - Someone may try to trick you into going with them; DO NOT go. Tell a trusted adult right away!
  - No one has the right to make you feel uncomfortable by the way they:



Look at You



Speak to You



Touch You

- Know the "uh-oh" feeling. Talk about it with a trusted adult. NEVER keep it a secret.

### 3. Always have a SAFETY PLAN

- If you are lost, hurt or scared, go to a safe place that is set out by your parents, or find a phone and call 9-1-1.
- Never be alone. Always be with a trusted adult or responsible friend.

