

THE 5 SAFETY RULES

The **5 Safety Rules** are taught to children in the MBF Prevention Education Programs. Parents or other adults can reinforce the rules with children by practicing the motions and asking children to explain each Safety Rule. Additionally, parents and adults can use the 5 Safety Rules themselves to better protect children. For additional information, visit www.mbfpreventioneducation.org, and/or download our "Child Safety Matters" app at no cost from the App Store or Google Play.

How to Use the Safety Rules to Better Protect Children



1. Know What's Up

Talk to your child. Listen to them. Ask them questions about times when they are away from you. Know whom they are with and what they are doing. Help them understand unsafe situations and how to use the Safety Rules to keep them safe. Make sure they know your personal contact information and how to reach you. Have a private family password and make sure they know to never go with anyone who doesn't know it. Learn about the technology and devices they are using or have access to and talk to them about the potential dangers.



2. Spot Red Flags

Teach your child safety concepts such as personal space and boundaries, respecting themselves and others, safe vs. unsafe situations, secrets and tricks, and digital safety. Teach them the correct names for their private body parts, and how to report if anyone looks at, touches, or photographs their private parts. Educate them about Red Flags, both online and off, and how to seek help. If you are talking to your child and educating them about possible dangers and how to spot the Red Flag behaviors that lead to those dangers, it minimizes their risk of being victimized.



3. Make a Move

If you suspect a child is being harmed, trust yourself and Make a Move to keep them safe. If a child tells you about abuse or bullying that has happened to him/her or another child, praise them for telling you and take action right away. Report bullying to the school or organization where it occurred. Report abuse to your state child welfare agency, and unsafe online behaviors to law enforcement, and the Cybertipline at 800-843-5678. **(Visit www.childwelfare.gov/organizations/ for state child welfare agencies and contact information.)**



4. Talk It Up

Talk about child safety because Child Safety Matters. Talk to other adults about what you have learned, so they too become better educated and empowered. Talk to your child using everyday opportunities to discuss safety and safe vs. unsafe situations. Ask your child to spot Red Flags and use the Safety Rules to protect themselves using role-play opportunities. Let your child know they can talk to you about anything, so if the need arises, they will feel comfortable talking to you about difficult topics.



5. No Blame | No Shame

Let your child know that no matter what happens to them, they are never to blame because adults are responsible for keeping kids safe ALWAYS. Let them know that no matter what they are told, they should never be ashamed to tell you or another Safe Adult about Red Flags, abuse, or anything else they need to tell you to help keep them safe. Let them know you support them. If your child is a victim, remember you are not to blame and you should not be ashamed to seek help. Help is available.