

safely ever after, inc.

The Super-Ten  
Safe-Smarts Rules  
For Kids and Grownups!

1. I am **THE BOSS OF MY BODY!**
2. I know my **name, address and phone number...** and my **parents' cell phone number, too.**
3. **Safe Grownups Don't Ask Kids for Help.** (They go to other adults for assistance)
4. I **never go ANYWHERE** or **take ANYTHING** from someone I don't know... no matter what they say.
5. I always **CHECK FIRST** and get permission before: I go anywhere, change my plans, or **TAKE SOMETHING** even if it's from someone I know. **If I can't check first, then answer is "NO!"**
6. Everyone's **"bathing suit areas" are private.** No "bathing suit area" touches from others.
7. I don't have to be POLITE if someone makes me feel scared or uncomfortable. It's okay to say **NO!** even to a grownup or bigger kid if I have to.
8. I **don't keep SECRETS** from my parents. (No one should tell a child to keep a secret from their parents, especially one that involves their bodies.)
9. If I ever get lost in a public place, I can **FREEZE AND YELL** or go to a **MOM WITH KIDS** and ask for help.
10. I always listen to my own inner voice... especially if I get an "uh-oh" feeling.

*Safe Bosses Watch Out For **Tricky People**  
It's Not What They Look Like,  
It's What They Say or Want You To Do.  
Tricky People are **THUMBS DOWN!***

Safely Ever After, Inc.  
310.203.1330  
[www.safelyeverafter.com](http://www.safelyeverafter.com)

safely ever after, inc.

The Super-Ten  
Safe-Smarts Rules  
For Kids and Grownups!

1. I am **THE BOSS OF MY BODY!**
2. I know my **name, address and phone number...** and my **parents' cell phone number, too.**
3. **Safe Grownups Don't Ask Kids for Help.** (They go to other adults for assistance)
4. I **never go ANYWHERE** or **take ANYTHING** from someone I don't know... no matter what they say.
5. I always **CHECK FIRST** and get permission before: I go anywhere, change my plans, or **TAKE SOMETHING** even if it's from someone I know. **If I can't check first, then answer is "NO!"**
6. Everyone's **"bathing suit areas" are private.** No "bathing suit area" touches from others.
7. I don't have to be POLITE if someone makes me feel scared or uncomfortable. It's okay to say **NO!** even to a grownup or bigger kid if I have to.
8. I **don't keep SECRETS** from my parents. (No one should tell a child to keep a secret from their parents, especially one that involves their bodies.)
9. If I ever get lost in a public place, I can **FREEZE AND YELL** or go to a **MOM WITH KIDS** and ask for help.
10. I always listen to my own inner voice... especially if I get an "uh-oh" feeling.

*Safe Bosses Watch Out For **Tricky People**  
It's Not What They Look Like,  
It's What They Say or Want You To Do.  
Tricky People are **THUMBS DOWN!***

Safely Ever After, Inc.  
310.203.1330  
[www.safelyeverafter.com](http://www.safelyeverafter.com)

safely ever after, inc.

The Super-Ten  
Safe-Smarts Rules  
For Kids and Grownups!

1. I am **THE BOSS OF MY BODY!**
2. I know my **name, address and phone number...** and my **parents' cell phone number, too.**
3. **Safe Grownups Don't Ask Kids for Help.** (They go to other adults for assistance)
4. I **never go ANYWHERE** or **take ANYTHING** from someone I don't know... no matter what they say.
5. I always **CHECK FIRST** and get permission before: I go anywhere, change my plans, or **TAKE SOMETHING** even if it's from someone I know. **If I can't check first, then answer is "NO!"**
6. Everyone's **"bathing suit areas" are private.** No "bathing suit area" touches from others.
7. I don't have to be POLITE if someone makes me feel scared or uncomfortable. It's okay to say **NO!** even to a grownup or bigger kid if I have to.
8. I **don't keep SECRETS** from my parents. (No one should tell a child to keep a secret from their parents, especially one that involves their bodies.)
9. If I ever get lost in a public place, I can **FREEZE AND YELL** or go to a **MOM WITH KIDS** and ask for help.
10. I always listen to my own inner voice... especially if I get an "uh-oh" feeling.

*Safe Bosses Watch Out For **Tricky People**  
It's Not What They Look Like,  
It's What They Say or Want You To Do.  
Tricky People are **THUMBS DOWN!***

Safely Ever After, Inc.  
310.203.1330  
[www.safelyeverafter.com](http://www.safelyeverafter.com)