



SAFETY BRIEF: 5 SAFETY RULES

The **5 Safety Rules** are taught to students during the MBF Teen Safety Matters™ program. Parents or other adults can reinforce the rules by asking students 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.mbfteensafetymatters.org, and/or download our "Child Safety Matters" app 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 their activities and the people they spend time with. Help them understand unsafe situations and how to use the Safety Rules to keep themselves safe. Make sure they know your personal contact information and how to reach you. 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, and digital safety. Educate them about Red Flags, both online and off, and how to seek help. If you are talking with 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 your 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. To report abuse call 1-800-96ABUSE or report to local law enforcement. Learn more: Gulfcoastkidshouse.org or call 850-595-5800.



4. TALK IT UP

Talk to children and other adults about safety, so they too become better educated and empowered. Talk to your child using everyday opportunities to discuss safety and safe vs. unsafe situations. Ask them about Red Flags and how they can use the Safety Rules to protect themselves using role-play opportunities. Let them 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 children know that no matter what happens to them, they are never to blame because adults are responsible for keeping them 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. Support is available.