



You may not be
as tall as a

TREE



You may not be
as strong as a

SHIP

But you are

AS LOUD AS A LION

When something feels
wrong, you can say.

**NO
WAY!**

When someone is
hurting you or makes
you feel uncomfortable,
you can say.

**GO
AWAY!**

When something bad
happens, it is not
your fault.

**TELL
SOMEONE
TODAY!**

If you suspect a child has been abused, contact your local
law enforcement.

For more information on how to talk to kids about staying safe
and preventing sexual abuse, go to ProjectBeSomeone.org.

Children,
say these out loud:

I am brave! I am strong!

I can say no!

I stick up for myself!

I can help my friends!

I am important!

I am someone!

Adults,
follow these rules:

- 1** Help children feel safe, and identify five people who they can trust – one for each finger.
- 2** Believe children when they say they're hurt, and say, "It's not your fault" and "You are not in trouble."
- 3** Explain the difference between a secret (bad) and a surprise (good).
- 4** Teach children the correct names of their private parts.
- 5** Talk to children about safe and unsafe touches.
- 6** If you suspect abuse, you can say, "I care about you. You seem really afraid and sad." Or, "Is anything bothering you?"
- 7** If a child comes to you for help, remain calm, listen and provide the support needed.
- 8** If you have a reasonable suspicion that abuse is happening, you are required to report it to law enforcement.
- 9** Frequently tell and show children in your life that you care about them.