



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 name 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.