Be Careful and Stay Safe

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I want to be safe.
I’m learning to take care of myself in many situations.
One way to stay safe is to listen to grown-ups I trust and follow directions.
I think about what I’m doing and use things carefully.
I can be aware of things that could hurt me.

Before I try something, I can find out if it’s safe.
I stay away from things that are dangerous.

I will learn to use some things when I’m older.
When I go someplace with a grown-up or a buddy, I stay with the person.
If we lose each other, I can keep calm. I can stay where I am and wait to be found.
Someone who can help will be looking for me.
I can talk to someone who works there.

Community helpers usually wear a badge, a name tag, or special clothes.
I can ask for help whenever I need it.

I can also call for help in an emergency.
I like to make new friends. 
Most people are nice.

Still, I don’t talk to strangers unless I’m with a grown-up I trust.
If I don’t know someone or if I don’t feel comfortable,

I can ignore the person and walk away.
If any person does something that doesn't seem safe or right,

I can say no, get away to a safe place, and tell someone I trust.
Sometimes things might happen that I don’t expect.

I can plan ahead and be ready for an emergency.
Then if something happens, I may have what I need and people I trust to help me.
I'm learning many ways to keep myself safe.

Stay away from danger.
Ask for help.
Follow directions and use things carefully.
Emergencies—have a plan!
When I’m careful, I help people around me stay safe, too.

And that helps us get along.