



Taking Care of Myself

By learning to stay safe

Hi Friends,

it's hard to have fun if you are hurt or afraid. Practicing staying safe is an important part of feeling good and being happy.

It can feel tricky to stay safe sometimes. We created this packet to help you be more prepared for staying in lots of ways so that you can have more FUN!

By completing this packet you will learn about...

- The illness of addiction and safety.
- Identifying safe people.
- Identifying safe/unsafe situations.
- Riley Kids deserve respect and care.
- It's ok to speak up for myself by saying no.



Your Friend,

Lauren Rencher





The illness of addiction

& SAFETY

Drugs and alcohol affect...
... feelings, choices & behavior.

When someone drinks or takes drugs it can hurt their ability to make safe choices. **An example is a person who drinks or smokes weed and then drives, which is really dangerous.** People do things when they are drunk or high that they wouldn't do sober. That's because alcohol and drugs confuse the brain.



- When a person loses control of drinking or taking drugs they have an **illness called addiction.**
- People who get 'stuck' in addiction aren't bad, they have a sickness.
- But, they can make poor choices that aren't safe for themselves or others around them.



Sometimes to keep children safe, kids will live with grandparents, foster parents, or other family until their parent can get healthy.



Kids can't control whether an adult they care about drinks or takes drugs, but they CAN do things that help keep themselves safe.



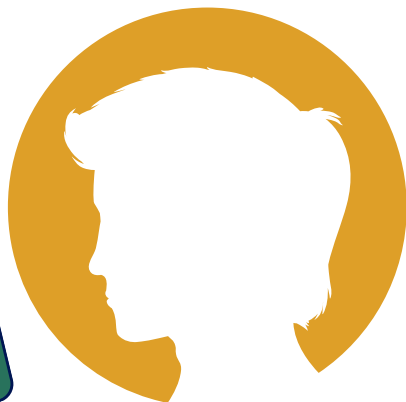
Answer the questions on the last page.



Staying Safe

Tips for kids

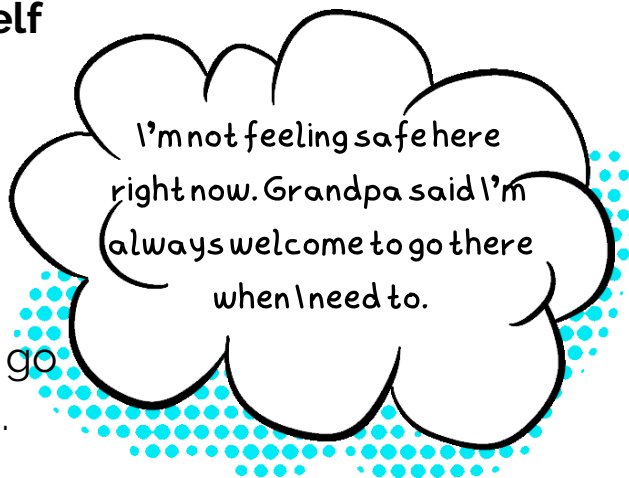
One really big way kids can protect themselves is by **choosing not to drink, take drugs, vape or smoke.**



Reach out to an adult you trust. It's ok to tell an adult you trust if you feel unsafe or need their help. There are many types of caring adults, school counselors, teachers, aunts, uncles, grandparents, etc. It's a great idea to make a list of adults you can talk to and know of ways to contact them in person, by phone, or by email.

It's alright **move yourself away from a situation that feels unsafe....**

It's a good idea to have in mind a few places you feel safe to go to in a time of need.....



Such as the counseling office at school, your bedroom at home, a trusted neighbor's house, or extended family like aunts, uncles, grandparents.



STAYING SAFE!

FUN

making time to have fun and do things you enjoy is really important for kids. It helps with with stress and is a great way to build self esteem.

PREVENT

Avoiding injuries and illness is an important part of staying safe. This includes wearing safety gear during sports, washing hands regularly, using face masks, following rules, using sunscreen.

CAN YOU THINK OF MORE
WAYS TO PREVENT INJURY
OR ILLNESS?

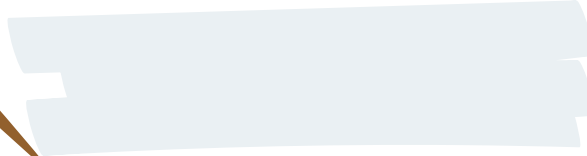


Safety Contact List

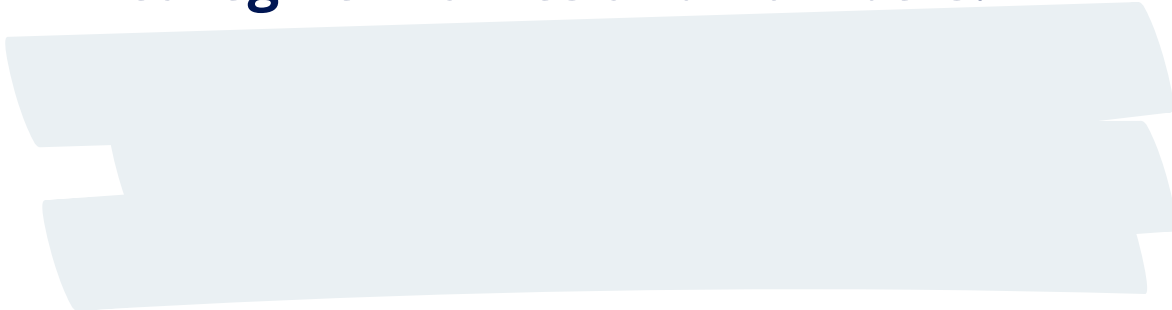
Important info to help keep me safe



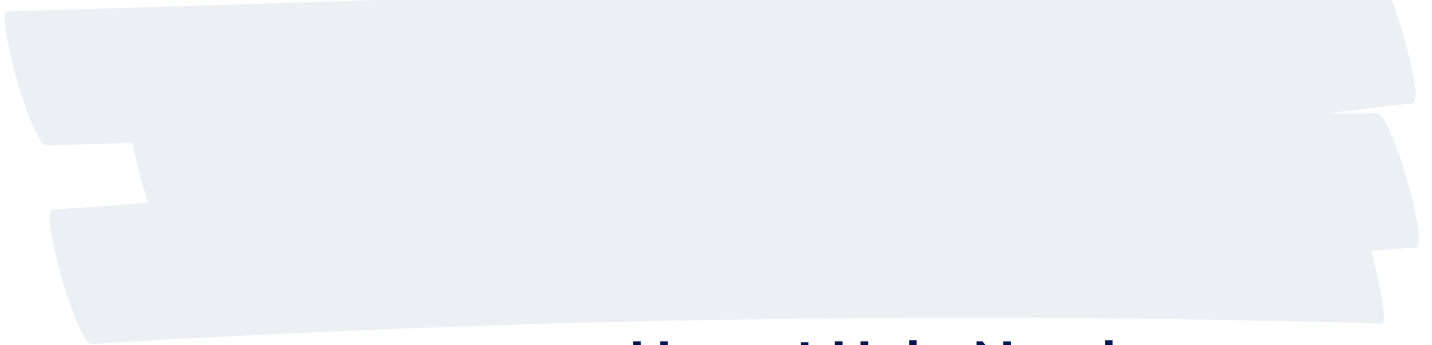
My Address:



Caregiver names and numbers:



Other adults I trust if my caregivers are not available:



Urgent Help Numbers:

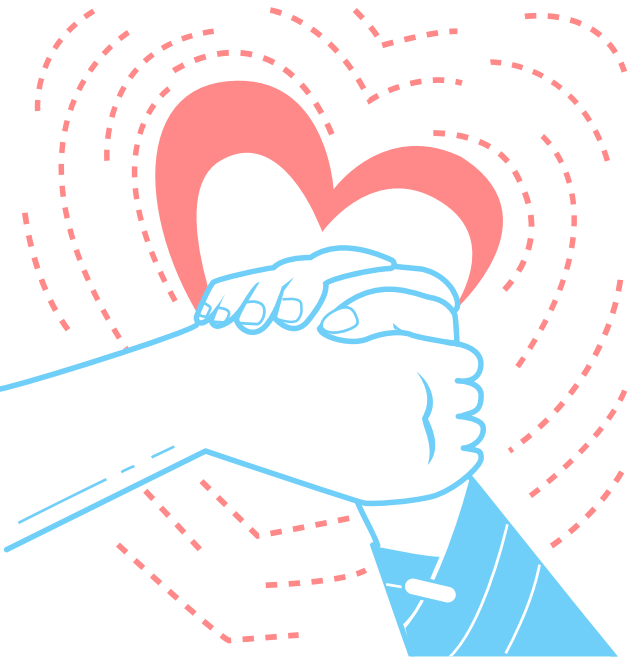
Police/Fire/Ambulance:



Poison Control:

Emotional crisis:

Text HOME (4663) to 741741



Answer the questions on the last page.

ON THE HUNT For SAFE BEHAVIORS

Collect the treasure on this map by practicing or learning about safe behaviors.



IN THE CAR



IN THE KITCHEN



ON THE COMPUTER

VISIT NETSAFEUTAH.ORG TO LEARN ABOUT...

PERSONAL INFORMATION

TELLING AN ADULT

BEING KIND ONLINE

ONLINE FRIENDS

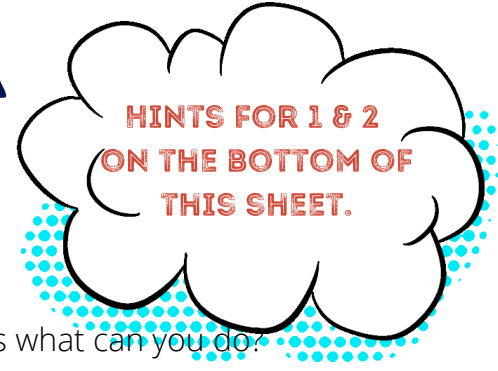
CYBER-BULLYING





FILL OUT THE QUESTIONS BELOW

SAFETY Q & A



1. The illness of addiction & safety.

If you can't control whether an adult chooses to drink or take drugs what can you do?

Are people with the illness of addiction bad?

2. Your Safety Contact List

What made you choose the other adults on your list?

What makes an adult safe?

What makes an adult unsafe?

Who would be the first adult you called?

Where do you think you will keep your Safety Contact List?

What are some kind of events where you would you call the Urgent Help Numbers?



3. Tips for Kids

Do you have any other staying safe ideas for kids?

4. On the hunt

Can you think of ways to stay safe...?

- On the bus
- Walking at night
- On a family trip
- In the event of a fire



1. A. You can take good care of yourself. You can also choose not to drink or take drugs yourself.
2. A. No, they are good people that have an illness that affects the brain, which can lead to poor decision making.

MOST ADULTS AND OTHER KIDS ARE SAFE, BUT THERE ARE A FEW THAT ARE NOT SAFE.
WHEN UNSAFE ADULTS AND KIDS ASK YOU TO DO SOMETHING NOT APPROPRIATE
IT'S OK TO REFUSE!

Leave me alone.
I'll tell.
I'm not allowed to do that.
No.
I don't want to do that.
That makes me feel uncomfortable.
Stop it!
That's not appropriate.

CAN YOU PRACTICE USING THESE NO STATEMENTS?

WHAT NO STATEMENT WOULD YOU USE IN THESE SITUATIONS?

Someone asks if you'll be home alone.
Your neighbor hugs you too long.
An older teen asks you to touch them in a way that makes you uncomfortable.
An adult offers you money to do something against the rules.
A relative tickles you too roughly.
A stranger offers to give you a ride.
An adult asks you to keep a secret.

STICKERS!

Print on sticker paper and cut out the shape for funzies.

