

# THE MBF 5 SAFETY RULES®

The 5 Safety Rules® are taught to children in the MBF Prevention Education Programs. Parents or other adults can reinforce the rules with children by asking them to explain each Safety Rule and practicing the motions with elementary-aged children. Additionally, parents and adults can use the 5 Safety Rules themselves to better protect children.

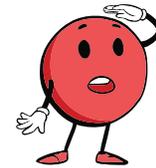
## Know What's Up



Talk to your child. Listen to them. Ask them questions about times when they are away from you. Know whom they are with and what they are doing. Help them understand unsafe situations and how to use the Safety Rules to keep them safe. Make sure they know your personal contact information and how to reach you. Have a private family password and make sure they know to never go with anyone who doesn't know it. Learn about the technology and devices they are using or have access to, and talk to them about potential online dangers.

Teach your child safety concepts such as personal space and boundaries, respecting themselves and others, safe vs. unsafe situations, secrets and tricks, and digital safety. Teach them the correct names for their private body parts, and how to report if anyone looks at, touches, or photographs their private parts. Educate them about Red Flags, both online and off, and how to seek help. If you are talking to 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.

## Spot Red Flags



## Make a Move



If you suspect a 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. Report abuse to your state child welfare agency, and unsafe online behaviors to law enforcement, and the Cybertipline at 800-843-5678. **(Visit [www.childwelfare.gov/organizations/](http://www.childwelfare.gov/organizations/) for state child welfare agencies and contact information.)**

Talk about child safety because Child Safety Matters. Talk to other adults about what you have learned, so they too become better educated and empowered. Talk to your child using everyday opportunities to discuss safety and safe vs. unsafe situations. Ask your child to spot Red Flags and use the Safety Rules to protect themselves using role-play opportunities. Let your child know they can talk to you about anything, so if the need arises, they will feel comfortable talking to you about difficult topics.

## Talk It Up



## No Blame | No Shame



Let your child know that no matter what happens to them, they are never to blame because adults are responsible for keeping kids 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.

## Tips for Using the 5 Safety Rules

Parents and adults can memorize and reinforce the Safety Rules by asking children and teens to explain each rule and by practicing the motions that go with the rules. Additionally, parents and adults can use the Safety Rules themselves to better protect children.

### Here are some tips on how you can apply the Safety Rules to every day life to help kids stay safe:

- » Tell children and teens you know the 5 Safety Rules to help keep them safe.
- » Look for opportunities to discuss the Safety Rules with children and teens, for example when they or a friend are dealing with conflict or bullying at school or elsewhere.
- » If you see a Red Flag, such as bullying, cyberbullying, abusive, or unhealthy behavior (in real life or in media) remind them to Spot Red Flags. This modeling will help them learn to identify warning signs in everyday life.
- » Remind students the Safety Rules apply to online dangers as well.
- » If a child Spots a Red Flag or is unsafe or has been harmed, remind them of the 5 Safety Rules to discuss their choices and empower them to Talk It Up to a Safe Adult.
- » Encourage students to be a Safety Buddy or Safe Friend to help someone else talk to a Safe Adult if they've experienced abuse, bullying, or other unsafe behaviors.
- » Always refer to the 5 Safety Rules when talking with children, teens, or other adults about personal safety to reinforce the rules and ensure everyone is using consistent language regarding safety.

### Additional Resources:

- » **5 Safety Rules Resource Page:**  
[www.mbfpreventioneducation.org/safety-club/](http://www.mbfpreventioneducation.org/safety-club/)
- » **Safety Rules Blog Series:**  
[www.mbfpreventioneducation.org/category/mbf-blog/safety-rules/](http://www.mbfpreventioneducation.org/category/mbf-blog/safety-rules/)
- » Download our "Child Safety Matters" app at no cost from the App Store or Google Play.

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