



SAFETY PLEDGE

Middle & High School

I WILL TAKE SOMEONE WITH ME WHEREVER I GO.

If I go anywhere, I will take a friend, brother, or sister with me. When I am with friends and something happens, there is a better chance that we can help each other to be safer.

I will get permission if I need to go out alone and make sure that a parent or guardian knows the details of my whereabouts.

I WILL TELL A TRUSTED ADULT WHERE I AM GOING AT ALL TIMES.

It's important that a trusted adult knows where I am going to be, who I'll be with, what I'll be doing, and when I'll be back. I will check in regularly by directly telling, leaving a note, or leaving a phone or e-mail message letting my trusted adult know the details of my whereabouts.

By keeping others informed about my activities, I can better protect myself. If I'm ever faced with a risky situation or get into trouble, my family and friends will know where to begin looking for me. I will avoid situations that put me at risk in the first place.

I HAVE THE RIGHT TO SAY "NO."

I have the right to reject unwanted and inappropriate attention such as teasing, touching, and bullying. If someone – anyone – touches me in a way that makes me feel uncomfortable, I have the right to say "NO." I will pay attention to my feelings and use my best judgment.

Whether it is peer pressure about sex, drugs, or doing something that I know is wrong, I will be strong and stand my ground. I will make my feelings known by using a firm, loud, voice clearly stating "No." If my friends are making bad decisions, that doesn't mean I have to, and I will try to help stop them from doing so.

I WILL TELL A TRUSTED ADULT IF I FEEL SCARED, UNCOMFORTABLE, OR CONFUSED.

I will talk about my problems and concerns with a trusted adult; and I know someone will be there to help me. I will remember there is a solution to every problem and talking it through with a trusted adult will help. I will trust my intuition by recognizing when I am feeling uncomfortable and taking action to get myself out of that situation.

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