



The **5 Safety Rules** are taught to children during the *MBF Child Safety Matters™* program. Parents or other adults can reinforce the rules with children by practicing the motions and asking children what each Safety Rule means. Additionally, parents and adults can use the 5 Safety Rules themselves to better protect children. For additional information, visit www.mbfchildsafetymatters.org.

Here's How to Use the Safety Rules to Better Protect Children



1. 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. Learn about the technology and devices your child is using (or has access to). Learn how to talk with them and what to talk about by using tools and resources available on the program website, www.mbfchildsafetymatters.org.



2. Spot Red Flags.

Teach your child about important safety concepts such as their body and boundaries, personal space, respecting themselves and others, safe vs. unsafe situations, secrets and tricks, and online safety practices. If you are talking to your child and educating them about the dangers present in society, and how to spot the Red Flag behaviors that lead to those dangers, it minimizes their risk of being victimized.



3. Make a Move.

When you suspect your child is being harmed, trust yourself and make a move to keep them safe. If your child tells you about abuse or bullying that has happened to him or her or another child, praise them for telling you and take action right away. Call a professional who can determine what happened and act in the best interests of the child. Report any school related bullying immediately to the school.

Report any abuse immediately to the Florida abuse hotline at 1-800-96-ABUSE.



4. Talk It Up.

Talk about child safety because Child Safety Matters. Talk to other adults. Talk to your child using everyday opportunities to discuss safety and safe vs. unsafe situations. Ask your child to spot Red Flags and apply the Safety Rules to protect themselves using role-play. 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. Tell people about the *MBF Child Safety Matters* program, what you have learned, and what your child has learned, so they too become better educated and empowered.



5. 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 or abuse or anything they need to tell you to help keep them safe. If your child is a victim, remember you are not to blame and you should not be ashamed to seek help. Support is available.

Every child deserves to be safe!