



MY SAFETY PROMISE

I have the right to be safe. I also have the responsibility to use the safety skills I have learned to make the decision to stay safe.

I MAKE THIS PLEDGE TO MYSELF:

To listen to my **Guiding Voice**.

To use my **Think, Feel, Act**.

I will **Think** about a situation, a person, a secret.

I will notice if I **Feel** unsure or unsafe or if a situation feels not quite right.

I will use my personal power to **Act**.

I will always remember that It is **OK to Tell**.

I will tell my Grown-Up Buddies in my **Trusted Triangle** when I need their help.

I will keep telling until I am **Heard and Helped**.



My signature

