



# READ THIS LITTLE TWEEN TUTORIAL AND LEARN SOME SAFETY TIPS FOR TWEENS.

As you get older, you'll be able to start doing new things and going places alone or with your friends. You're getting more responsibility, and it's an exciting time! All the safety things you learned as a kid still apply but it's important to not forget the basics as you grow up.



**The buddy system is still very very important.** It may be exciting to do things alone but it's never a very good idea. Take a friend with you as you go out to explore, go to school, to the mall or anywhere else. After all, things are always more fun with a friend!

**As you get older, you meet more people and the number of strangers out there seems to get smaller.** You may feel more comfortable with people you don't know and start to learn how to talk to new people by ordering food, talking to someone at the store or asking for help. But your caution around strangers should never go away. Don't reveal personal information like your name and address and always be careful how much you tell them.

**Street smarts become more and more important as you get older.** You might be able to start walking and taking the bus to places you want to go. A few precautions will help you stay safe and help your parents feel comfortable letting you have more freedom. When walking, walk on the side of the road opposite traffic. This way you can see cars coming and can move away quickly if a car pulls over. Stay an arms reach away from anyone that approaches you and don't be afraid to yell, scream and run if they try to grab you.

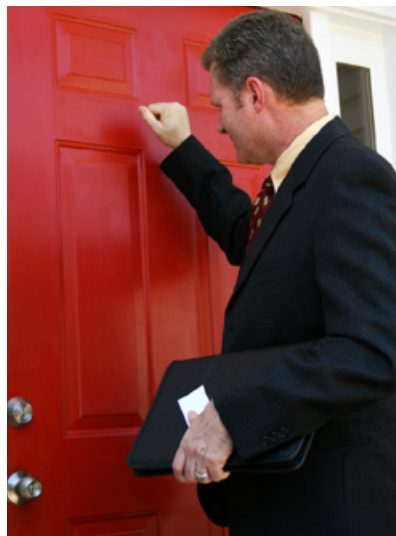
**Finding a policeman or woman is often the best way of getting immediate help if a stranger has approached you in an inappropriate way.** Give them your information and everything you can remember about the stranger (Remember that buddy system? This is where that extra pair of eyes is helpful). If you can't find a cop, use your cell phone and call 911. If you don't have a cell phone, go to the nearest payphone and dial 911. It doesn't cost anything to make an emergency call. Tell the 911 operator your situation and give them your information and a description of the stranger. Stay on the phone until they tell you it's OK to hang up.

**Communication with the adults in your life as you become more independent is very, very important.** Be sure to tell your parents or guardian where you're going, who you're going with and when you'll be back. If you have a cell phone, always keep it charged and in your coat or pants pocket. It's better to keep a phone in reach than shoved into the bottom of your book bag or backpack where you have to stop and dig to get it out. If your plans change or something happens, call your parents and let them know. It may feel annoying and like you're a little kid but if anything were to happen where you couldn't get home, they will know that something is wrong and try to help.



**Remember talking about "good" secrets and "bad" secrets when you were little?** While you're old enough now to know better if a secret is good or bad, it's still important to tell your parents about the bad secrets. Even if it will make someone angry, if it hurts you to keep a secret, then it's a secret that needs to be told.

**Being home alone can be fun...** watching movies or eating that secret stash of cookies saved for slumber parties or backyard barbecues! But what if someone comes to the door or calls asking for your parents? If someone comes to the door



that you don't recognize, it's best to keep the door shut and either not answer it or ask through the door who they are and what they want. If they don't answer or try to open the door, keep the door locked and immediately call 911. Phone calls are a little easier. Never say that your parents aren't home and take a message. If there's no one on the other line or someone makes inappropriate noises or comments, hang up.

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