



Dear _____ ,

I CHOOSE YOU!

I was asked to identify a Safe Adult as part of the *MBF Teen Safety Matters®* program, and I chose you. I may come to you when I feel unsafe, when I have questions about my safety, or if I know someone else who is unsafe. You can help protect me from bullying, cyberbullying, abuse, and digital dangers by using the *MBF Teen Safety Matters* Safety Rules on the back of this bookmark.

To help protect me and other teens, you can find additional resources and learn more about teen safety, the *MBF Teen Safety Matters* program, and the Safety Rules by visiting the Monique Burr Foundation for Children's (MBF) website at **www.mbfpreventioneducation.org**.

You can also download the "Child Safety Matters" app at no cost from the App Store or Google Play, and follow MBF's social media sites at @MBFChildSafety. Thank you for helping me stay safe.

Signed: _____

www.mbfpreventioneducation.org



@mbfchildsafety

The 5 Safety Rules



Know What's Up

Talk to children/teens and listen to them. Ask them questions about their activities and people they spend time with. Learn about the technology and devices they are using or can access.



Spot Red Flags

Teach children/teens safety concepts such as personal space and boundaries, respecting themselves and others, secrets and tricks, and digital safety. Educate them about the dangers present in society, how to spot Red Flag behaviors to identify unsafe situations, and how to seek help to minimize their risk of being victimized.



Make a Move

If you suspect a child or teen is being harmed, trust yourself and act. If they tell you that abuse or bullying has happened, praise them for telling you and take action immediately. Report bullying to the school or organization where it occurred. Report child abuse to your state child welfare agency, and unsafe online behaviors to law enforcement or the Cybertipline at 800-843-5678.

Visit www.childwelfare.gov/organizations for a list of state child welfare agency contact information.



Talk It Up

Talk to children/teens and other adults about safety, unsafe situations, and the Safety Rules. Let them know they can talk to you about safety when the need arises and you will listen and help.



No Blame | No Shame

Let children/teens know they are never to blame if anything happens to them because adults are responsible for keeping them safe. Let them know they should never be ashamed to tell you about Red Flags, abuse, bullying, or other unsafe situations. Let them know you will support them.