



Dear _____ ,

I CHOOSE YOU!

I was asked to identify a Safe Adult as part of the MBF Child 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 another child who is not safe.

You can help protect me from bullying, cyberbullying, child abuse, digital abuse, and other digital dangers by using the MBF Child Safety Matters Safety Rules on the back of this bookmark, and by helping me use the Safety Rules as well.

To help protect me and other children, you can find additional resources and learn more about child safety, the MBF Child 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 you can like and share the MBF social media sites.

Signed: _____

www.mbfpreventioneducation.org



@mbfchidsafety



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Use the 5 Safety Rules to help keep children safe!



Know What's Up

Talk to children 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 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 is being harmed, trust yourself and act. If a child tells 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 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 because Child Safety Matters to you.



No Blame | No Shame

Let children 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.

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