

There are many people that keep me safe every day.

My parents teach me how to stay away from things that might hurt me and how to do things to take care of myself. My teachers remind me of some of these things and teach me more ways to stay safe at school.

It is important to my parents, teachers and friends that I am safe.

Sometimes things might happen that are dangerous and are likely to hurt people, these are emergencies, and it is important to move quickly to stay safe.

Sometimes I might have to leave my house to stay safe, sometimes I might have to stay in one place to be safe, sometimes it is dangerous outside so I must stay inside until an adult says it's ok.

If my parents, teacher or friend says, "this is an emergency", I will listen right away and follow the instructions. I will also listen right away to adults in uniforms I know like police, firefighters and paramedics, it is their job to keep people safe.

It is a good choice to plan for emergencies before they happen so that we can know what to do. Practice will help me stay calm, listen to directions and move quickly when an adult says, "this is an emergency"

Sometimes I might get scared or worried when we talk about emergencies or have thoughts about them later. It is important to talk to someone like my parents or teachers about my thoughts, they will want to hear them, and they will be glad I talked to them.

My family loves me and wants to keep me safe. Teachers care about me and teach me ways to be safe. Firefighters, police and paramedics work hard everyday to help people stay safe.

In an emergency I will listen to what an adult is saying, get started right away with directions and try my best to stay calm.