



# 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*.



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My signature

