



Hi! I'm Alfred Frog!
"A. Frog" for short.

A. Frog's Safety Rules

- 1** My body belongs to me. It's important to keep my body safe and private and treat it with respect.
- 2** It is never OK for anyone to touch the private parts of my body for no reason and to ask me to keep it a secret, even if it's someone I know or like.
- 3** It's OK for me to say, "No," if I can, to any touching that isn't okay. I can say "No," or "Don't do that," or "I'm going to tell."
- 4** If I ever have a touching problem, it's important for me to tell an adult I trust about it.

These are the names of two people I could tell. I could say, "I have a touching problem and I need help."

Words can help:

- "No!"**
- "I'm going to leave now!"**
- "I'll tell!"**
- "Stop that!"**

- "I need your help."**
- "Will you listen to me?"**
- "I've got a problem."**

Sometimes it is hard to think of just the right words to say to ask for help or tell someone to stop doing things that you don't like. Words like these can help with problems big and small. Alfred Frog wants you to know that it is good to speak in a firm voice. It is okay to say "No." It is good to ask for help when you need it. He thinks it is a good idea to practice saying what you need.



King County
 Sexual Assault
 Resource Center

24-hour Sexual Assault Resource Line

1.800.825.7273

Toll-free in Western Washington only

King County Sexual Assault Resource Center

PO Box 300, Renton, WA 98057

tel **425.226.5062**

Business Line (Voice/TTY)

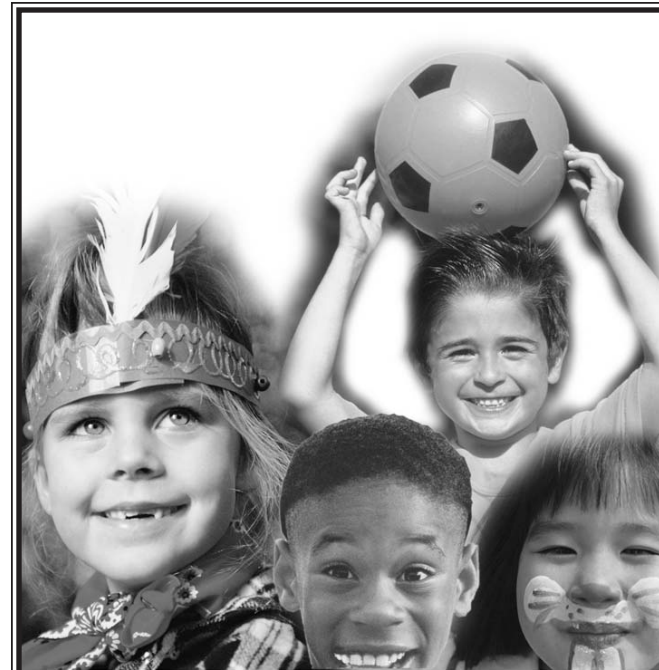
www.KCSARC.org

KCSARC is registered under the Washington State Charitable Solicitation Act (Chapter 19.09 RCW) and information relating to our financial affairs is available by contacting our office or the office of the Secretary of State. 86% of revenues are applied to charitable purposes

Women's Funding Alliance Member

Accredited by: Office of Crime Victims' Advocacy

004-ED REV. 11/02



**Wouldn't
 It Be
 GREAT?**

But the truth is...

The truth is, as great as kids are, no one has magical powers.

You do have real common sense tools that can help you be safer.

And you're more powerful when you use them!

1 When you go somewhere use the Buddy System.

2 Use the routes you and family decide are best when going to and from school, a friend's house and other places.

3 Always let people know where you will be and check in with them regularly.

4 Learn and use Alfred Frog's Safety Rules about touching.



An Exception To The Rules?

My friends and I were at the playground after school. As we headed for the play shed, a man walked up to us and said, "Hi."

I recognized him as my new neighbor. I introduced him to my friends and told them how he helped me fix my bike chain last weekend.

He started to ask some questions about the school and the afternoon activities. I stayed to answer him even though my friends kept on walking.

One of my family's safety rules is, "Use the Buddy System," which means I should have stayed with my friends. But my neighbor was really friendly and I knew he was a nice guy.

I kept talking to him and when he asked me to show him the basketball courts and where the restrooms were, I did. When we got near the restrooms, my neighbor grabbed my arm and said he wanted me to go inside with him. I didn't know what he wanted but I felt a little scared.



I said, "No! Let go of my arm!" I pulled away and ran to find my friends. Then my friends and I went inside the school and told a teacher what had happened.

When I was showing my new neighbor around the school I liked feeling helpful and in charge. I didn't like being grabbed and feeling scared and confused. I'm glad I could get away to find help.

I learned that day that the Buddy System is a good safety rule to follow even when everything seems okay. I also learned I'm safest when I remember to use all the safety rules, even with people I know.