things to know by heart
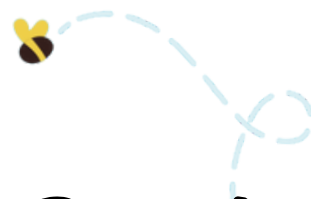
My First Name

My Address

My Last Name

My Parents/Caregivers' First & Last Names

Descriptions of my Parents/Caregivers

My Parents/Caregivers' Phone Numbers

A Emotions · Safety

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things to know by heart

Our Family's Safe Word

What to Say if Someone Doesn't Know Our Safe Word

You are not a safe grownup!

What to do if I Feel Like I am in Danger

Find a safe grownup to help me
or call 911

Phone Number to Call if Anyone is in Danger

9 1 1

Who are Safe Grownups I can Turn to for Help?

Police Officers

Doctors

Firefighters

Teachers/Counselors

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