

Blue Wave Martial Arts Academy
66 Water St. Skowhegan, Me
207-540-3807

School safety tips

1. Always use the BUDDY SYSTEM when walking to and from school. It's safer and more fun to be with your friends. Walk in well-lit areas and never take shortcuts. If you ride your bicycle to school, always ride with a friend. Follow all the bicycle rules, ride on the right side of the street, and stay on well-lit roads.
2. Stay with a group while waiting at the bus stop. If anyone bothers you while going to or from school, say NO, then GO, and TELL a trusted adult like your parents or teacher. If an adult approaches you for help or directions, remember grownups who need help should not be asking children for help; they should be asking other adults.
3. If someone you don't know offers you a ride, say NO. Never hitchhike or accept a ride from anyone unless your parents have told you it is okay.
4. If someone follows you on foot, get away from him or her as quickly as you can, and if they follow you in their car, turn around and go in the other direction. Always be sure to TELL your parents or a trusted adult what happened.
5. If someone tries to take you somewhere, quickly get away and yell and scream, "This person is trying to take me away!" or "This person is not my father (mother)!"
6. Never leave school with someone you don't know. Always CHECK FIRST with a trusted adult or your parents or teacher. If someone you don't know tells you that there is an emergency, and they want you to go with them, always CHECK FIRST before you do anything. Make sure you TELL a trusted adult if you notice someone you don't know hanging around at the school.
7. Leave items and clothing with your name on them at home. If someone you don't know calls out your name, don't be fooled and confused.
8. If you want to change your plans after school, always CHECK FIRST with your parents. Never play in parks, malls, or video arcades by yourself. Make sure you have your parents' permission, and they know where you are going to be. Never accept money or gifts from anyone until you CHECK FIRST with your parents.
9. If you go home alone after school, check to see that everything is okay before you go into the house. Once you are inside, call your mother or father to let her or him know that you are all right. Make sure you follow your "Home Alone" rules of keeping the door locked, not opening the door for people you don't know, and not telling people who call that you are home alone. Have a neighbor or trusted adult that you can call if you're scared or if there's an emergency.
10. Trust your instincts. If someone makes you scared or uncomfortable, get away as fast as you can and TELL a trusted adult. You deserve to feel safe and someone will help you.

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