

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

## Summer Safety Tips for Children

1. Always CHECK FIRST with your parents or the person in charge before you go anywhere or do anything. Be sure to check in with your parents or a trusted adult when you're not with them.
2. Always have a BUDDY when you play or go somewhere. It's safer and more fun.
3. Don't be tricked by people offering you special treats or gifts. Never accept anything from someone without your parents' permission.
4. Stay safe when you're home alone by keeping the door locked and never telling anyone who calls that you're home by yourself. Have a neighbor or trusted adult you can call if you're scared or there's an emergency.
5. Never go into a public restroom by yourself.
6. Don't go to malls, movies, video arcades, or parks by yourself. These are not places to be alone.
7. Don't panic if you feel lost. You know the rules, and they'll keep you safe. Never leave the area you're in, because family and friends will be looking for you.
8. Be careful when you play. Stay away from pools, canals, and other bodies of water unless you are with an adult. Don't play near busy streets or deserted areas, and never take shortcuts unless you have your parents' permission.
9. Don't wear clothes or carry items with your name on the outside, and don't be confused just because someone you don't know calls out your name.
10. Don't get into a car or go near a car with someone in it unless you are with your parents or a trusted adult. Never take a ride from someone without checking first with your parents.
11. Be very careful playing or riding your bike as it is getting dark. Sometimes it is difficult for people driving cars to see you. Wear reflectors and protective clothing if your parents say you can play outside after dark.
12. Don't be afraid to say NO and GET AWAY from any situation that makes you feel uncomfortable. Trust your feelings, and be sure to TELL a trusted adult what happened.

**HAVE A SAFE AND FUN SUMMER!**

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