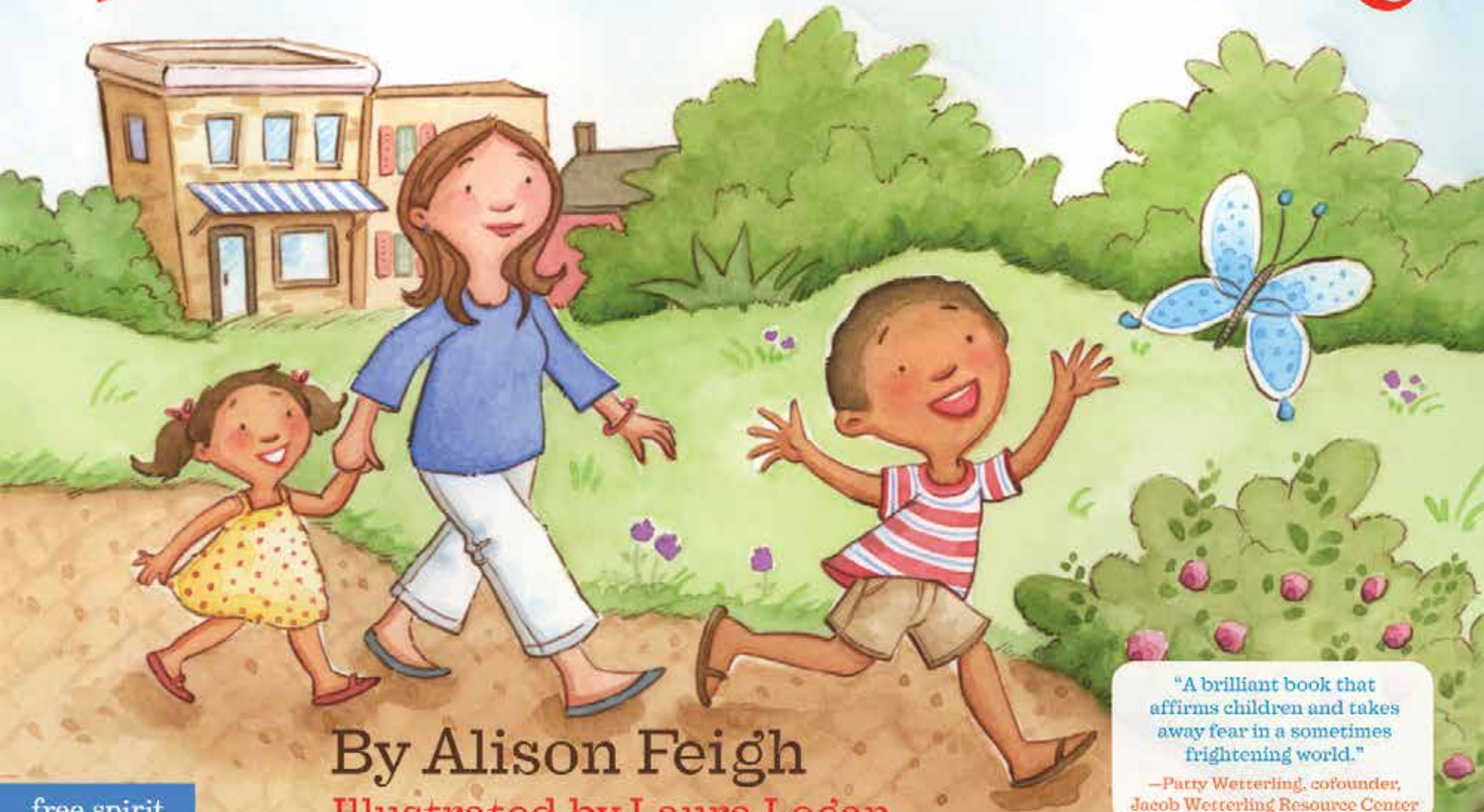


# I Can Play It Safe



By Alison Feigh

Illustrated by Laura Loden

"A brilliant book that affirms children and takes away fear in a sometimes frightening world."

—Patty Wetterling, cofounder,  
Jacob Wetterling Resource Center

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# I Can Play It Safe



**By Alison Feigh**  
Illustrated by Laura Logan

Dedicated to all the families who attend the Jacob Wetterling Resource Center's Family Gathering each year and whose children provide the energy and focus to do the work that we do.

A portion of the proceeds from sales of this book is being donated by the author to the Jacob Wetterling Resource Center ([jwrc.org](http://jwrc.org)).



## Dear Parents and Caregivers,

What do you say when you talk about personal safety with children? How do you start the conversation? How can you empower kids to make good decisions without adding to their fears?

Read this book with a child and discover seven “rules” for personal safety. Talk about safety and practice these rules (learn more on page 31):

### Personal Safety “Rules” for Kids

1. Always check in with a caregiver for permission to go anywhere with anyone.
2. Listen and respond to your gut instincts.
3. Don’t keep secrets from parents or caregivers.
4. Know that your body is your own and some parts are private.
5. Leave any situation and check in with a trusted adult when another adult asks for your help.
6. Know you are special and deserve to be safe.
7. Make connections with healthy adults in and out of your family.

### What Adults Need to Know and Do

1. You, not the child, make the judgment as to whether it is a good or bad thing to go with another person.
2. Teach kids to get away and tell a trusted adult when a person or situation causes that “uh-oh” feeling.

3. Help children understand the difference between secrets and surprises, and to say “no” to any adult who is trying to trick them.
4. Teach kids that they do not need to be subject to confusing or harmful touch by others.
5. Kids can help people they trust, but the check-in rule always applies.
6. When children are abused, reassure them that it is never their fault, and show them the love and support they deserve.
7. With love and attention from trusted adults, children are less likely to respond to attention from those who would hurt them.

Use this book as a springboard to play “What if…” games with your children: What if a neighbor asks you to help with a project at her house? What if we get separated in a shopping mall? What if you are asked to get into a car? What if an older child at the bus stop asks you to keep a secret? Use a calm and reassuring voice to talk about making good personal safety choices.

*Alison Feigh*



When I am playing and having fun,  
I sometimes imagine that  
I am an airplane.  
Zooming across the sky,  
I explore the world and fly faster  
than the birds.





I know that even an airplane makes a plan for its trip. It always checks in with the control tower before taking off and when coming back home.

I remember to check my plans with the person taking care of me. Then I check in before I go anywhere and again when I get back.





Sometimes I pretend I am a tiger, creeping  
through the jungle and growling at other animals.  
I am warning them to be careful and stay away from trouble.