



KEEPING KIDS SAFE

*Provided through the Marketing and Development Committee
of the Association of Community Mental Health Centers of Kansas*

WHAT SHOULD I DO IF I'M BULLIED?

- ✎ Avoid situations in which bullying is likely to happen. Avoid areas of the school where there are not many students or teachers around.
- ✎ Take a different route through the hallways or walk with a friend or a teacher to your class.
- ✎ Make sure you aren't the last person in the bathroom or locker room.
- ✎ Sit near the front of the bus.
- ✎ Don't bring expensive things or lots of money to school.
- ✎ Sit with a group of friends at lunch.
- ✎ Don't fight back. Don't try to bully those who bully you.
- ✎ Try not to show anger or fear. Students who bully like to see that they can upset you.
- ✎ Calmly tell the student to stop or say nothing and walk away.
- ✎ Tell your parents or a trusted adult.
- ✎ If you are bullied at school, tell your teacher, school counselor, or principal. Telling is not tattling.



STOP BEFORE YOU START - DON'T USE ALCOHOL OR DRUGS



If you're offered drugs, decline and walk away. True friends will respect you when you say no to a drug, and won't push you into doing something you don't want to do.

Stay away from family and friends if they are abusing alcohol or drugs - don't follow in their footsteps.

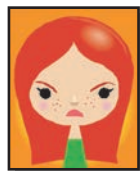
If there is a certain group of people at school who are known to do drugs, don't hang around them. You can find friends who are interested in more productive behaviors.

Steer away from situations where you may be offered drugs. If you're at a party and you realize that there are drugs there, simply leave.

Occupy your free time with activities - reading, jogging, shopping, etc.

Talk to those you trust about any temptation, they'll understand and help you avoid it.

Never take drugs. Medicine is considered a drug but never abuse your medication.



Be brave and don't be afraid to say 'NO' when offered drugs or alcohol.

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STAYING SAFE - AT HOME ALONE

INFORMATION TO KNOW IN CASE OF AN EMERGENCY



How to dial 911.

Your address and phone number.

Name, location, phone number where parents work.

Name, phone number, address of a trusted neighbor.

The name, phone number, and address of another emergency contact person, such as a grandparent or family friend.

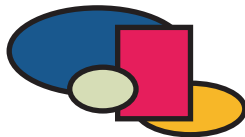
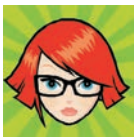
SAFETY RULES

Know the safety rules for the kitchen. Know what appliances you can use? (stove, microwave?)

Know what to do if the phone rings or if someone knocks at the door. Never tell someone that you're home by yourself.

Keep doors and windows locked.

If you get home and the door is open, or a window is smashed, immediately go to a neighbor for help.



KNOW THE RULES

Should you call parents as soon as you get home?

Are you allowed to watch TV, DVDs, videos, or play computer games, if so, which one and for how long?

Should homework be done first, even before chores?

Can friends come over? If so, how many?

What can you eat if you want a snack?

Can you go outside, and if so, where?

Which chores need to be done and by when?



KEEP BUSY

Do homework, chores, and play. This can make the "home alone" time go quickly.

Read a book or magazine.

Work on a hobby or try a new one.

Listen to music, sing, or play an instrument.

MORE INFORMATION

**Southeast
Kansas
Mental Health
Center**

Mental Health Matters

Toll Free 866-973-2241

www.sekmhc.org

Chanute, 402 S. Kansas, 620-431-7890

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