

Safety is in our HANDS



HANDS & WORDS can HELP



hang with a friend



play with a pet



help with a chore



give a hi-five



be kind to your brother



lend a hand



encourage someone who's sad



comfort your sister



threatening or bullying



using unkind words

HANDS & WORDS can HURT



pushing or tripping



calling names



fighting or choking



screaming or yelling



arguing



hitting or slapping

If someone ever uses their HANDS or WORDS to hurt you or someone you , talk to an adult you can trust.