

# SAFETY GUIDELINES TO CONSIDER

- **Trust your instincts:** If you sense a situation is dangerous, it probably is.
- **Do not accept gifts or favors from others:** Most gifts come with strings attached.
- **Choose your associates wisely:** Look for people involved in positive groups and activities.
- **Be alert:** Contraband substances such as drugs and alcohol will weaken your ability to stay alert and stay safe.
- **Avoid high risk places:** These are places where it is difficult for others to see. Learn these places and avoid them.

If you or someone you know has been a victim of sexual abuse, report it immediately to a staff member or by calling the DCYF Central Intake Unit at 1-800-894-5533 or 603-271-6556. Help is available.

For Sexual Abuse Victim Advocacy contact YWCA at: 603-668-2299.



STATE OF NEW HAMPSHIRE  
Department of Health and Human Services  
Division for Children, Youth and Families