**Elective: Protect Yourself Rules**

☐ Watch the Protect Yourself video lessons for this adventure.  
  Watch the [Protect Yourself Rules](#)  

☐ Demonstrate how you would say "No!" to someone who is doing something that makes you feel uncomfortable.

☐ Identify five trusted adults and share this list with your parent or legal guardian.

☐ Describe the characteristics of a "safe stranger."