

The Girl's Guide to Feeling Safe and Having Fun: American Girl



A Smart Girl's Guide: Staying Home Alone: A Girl's Guide to Feeling Safe and Having Fun (American Girl)

by Dottie Raymer

★★★★☆ 4.7 out of 5

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As American Girl dolls, we're always looking for new adventures and fun things to do. But it's important to remember that safety should always come first. That's why we've put together this comprehensive guide to help you stay safe and have fun while exploring the world around you.

Navigating Social Situations

Social situations can be tricky, especially if you're not sure how to act. Here are a few tips to help you navigate them with confidence:

- **Be yourself.** Don't try to be someone you're not. People will be able to tell, and it will make you feel uncomfortable.
- **Be kind and respectful to everyone.** Even if you don't like someone, it's important to be polite and respectful.

- **Set boundaries.** It's okay to say no to things that you don't want to do. You don't have to do anything that makes you feel uncomfortable.
- **Trust your instincts.** If something doesn't feel right, it probably isn't. Listen to your inner voice and get out of the situation if you need to.

Staying Safe in Public

When you're out in public, it's important to be aware of your surroundings and take steps to stay safe.

- **Be aware of your surroundings.** Pay attention to the people and things around you. If you see something suspicious, report it to an adult.
- **Stay close to trusted adults.** If you're going somewhere new, make sure to tell an adult where you're going and when you expect to be back.
- **Carry a whistle or alarm.** This can be used to call for help if you need it.
- **Trust your instincts.** If something doesn't feel right, it probably isn't. Listen to your inner voice and get out of the situation if you need to.

Handling Emergencies

No one likes to think about emergencies, but it's important to be prepared for anything.

- **Know your emergency contacts.** Memorize the phone numbers of your parents, guardians, and other trusted adults.

- **Create a safety plan.** Decide where you will go and what you will do if you get lost or separated from your group.
- **Practice your safety plan.** This will help you feel more confident in an emergency.

Self-Esteem and Confidence

Feeling safe and having fun is important, but it's also important to have self-esteem and confidence. Here are a few tips to help you build your self-esteem and confidence:

- **Believe in yourself.** You are capable of anything you set your mind to.
- **Set goals and achieve them.** This will help you feel a sense of accomplishment and boost your confidence.
- **Be kind to yourself.** Don't dwell on your mistakes. Everyone makes mistakes.
- **Surround yourself with positive people.** People who believe in you will help you believe in yourself.

Empowerment

As American Girl dolls, we are empowered to make a difference in the world. Here are a few tips to help you be an empowered girl:

- **Be a leader.** Step up and take charge when you see a need.
- **Be a role model.** Show others what it means to be a strong and confident girl.

- **Speak up for what you believe in.** Don't be afraid to share your opinions and ideas.
- **Be a changemaker.** Make a positive difference in the world by getting involved in projects that you care about.

Self-Protection

In addition to the tips above, here are a few specific tips for self-protection:

- **Walk with a confident stride.** This will make you look less vulnerable to predators.
- **Carry your belongings close to your body.** This will make it harder for someone to snatch them from you.
- **Be aware of who is around you.** Pay attention to the people and things around you. If you see someone suspicious, report it to an adult.
- **Trust your instincts.** If something doesn't feel right, it probably isn't. Listen to your inner voice and get out of the situation if you need to.

We hope this guide has helped you to feel more safe and confident as you explore the world around you. Remember, you are capable of anything you set your mind to. Be brave, be confident, and have fun!

American Girl

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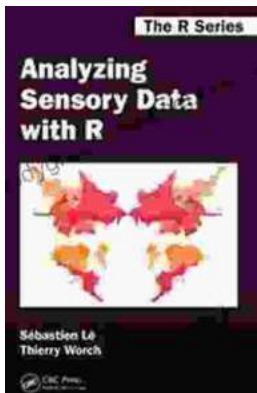
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