



THE BAILEY BEAR PLAYBOOK



Four Brave Moves for Tough Moments

THIS PLAYBOOK BELONGS TO PACK MEMBER:

1 FIND YOUR SAFE SPOT

Does something feel scary, unsafe, or just plain wrong?

- Funny belly? Fast heartbeat? Frozen feet? Feeling worried? Wanting to get away?

PAY ATTENTION. Move away from trouble and toward a safer place or trusted grown-up.

GETTING SAFE IS A BRAVE MOVE.

2 FIND YOUR PACK

Tough moments are easier when you do not face them alone.

- Stay near a friend or safe person.
- Walk with someone.
- Move toward a teacher, caregiver, coach, or other trusted grown-up.

No friends nearby? Join a safer group, go where safe people are nearby, or go straight to a trusted grown-up.

SOMETIMES ONE SAFE PERSON IS ENOUGH TO MAKE A PACK.

3 CHANGE THE GAME

If a game or group turns mean, you do not have to keep playing their way.

- Walk away.
- Play somewhere else.
- Join another game.
- Invite someone with you.
- Ask a grown-up for help.

You did not cause the mean behavior. You do not have to fix it.

YOU GET TO CHOOSE YOUR NEXT SAFE MOVE.

4 FIND YOUR VOICE

When you feel safe, use clear words to say what you need.

- "Stop." "That is enough." "I do not like that."
- "Come with me." "I need help."

Your brave voice does not have to be loud. You can skip the words, walk away, and go straight to a trusted grown-up.

YOU NEVER HAVE TO ARGUE, FIGHT, OR CONFRONT SOMEONE WHO SCARES YOU.



MY PACK + BAILEY'S BRAVE RULE



A practice page for home, school, or the classroom wall

MY TRUSTED GROWN-UPS

Write the names of grown-ups you can go to when you need help.

1. _____
2. _____
3. _____

TELLING IS GETTING HELP

If someone is hurt, scared, unsafe, being treated meanly, or needs help, tell a trusted grown-up.

You can tell for yourself. You can tell for someone else.

TRY SAYING: "Something happened and I need your help."
"I do not feel safe." "My friend needs help."

BAILEY'S BRAVE RULE

- FIND YOUR SAFE SPOT.
- FIND YOUR PACK.
- CHANGE THE GAME.
- FIND YOUR VOICE.
- TELL A TRUSTED GROWN-UP.

If one grown-up does not listen or help, tell another.

KEEP TELLING UNTIL SOMEONE HELPS.

GROWN-UP PACK PROMISE

I WILL LISTEN. I WILL TAKE YOU SERIOUSLY.

I WILL HELP YOU FIND THE NEXT SAFE STEP.

Signature: _____