

# IT'S OK TO TELL!

## If someone hurts you:

Say

# NO

# GO

to a safe place

# TELL

a trusted adult



Call **1-833-958-3500**

or text code **ND4ME** to **898-211** for help,  
or **911** for emergencies

Hotline available between **8am - 5pm, Monday - Friday** and staffed by  
N.D. Dept. of Human Services, Child Protective Services.

**Don't ever keep a secret that upsets you!**

