

# BE A SAFETY KID!



Name:

## A MESSAGE TO PARENTS

Millions of American kids spend part of the day at home alone while parents are away. Because parent's work hours and children's school hours hardly ever match, many children are by themselves for brief periods of time before or after school.

Help your child become a Safety Kid! Together, we can help children learn to make safe, healthy decisions, especially when they are home alone. We want children to act carefully and cautiously. We want to provide them with the tools and skills to feel safe, not fearful. Personal safety must be taught gradually and consistently, considering the child's age and ability. Please discuss each of the points below and reinforce these rules daily.

### SAFETY POINTS

- Avoid using the word "stranger". Remind them to "Check first" before going anywhere with anyone. The concept of "stranger danger" is ineffective. Most children are molested, abused, or abducted by someone they know or think they know.
- Get in the habit of saying "because I'm with you" before giving permission to accept candy, money, etc. from anyone, or to speak to someone unknown. Children then learn that they cannot do these things without your permission.
- Discuss with your child who the two or three people are that you trust implicitly with their safety. These trusted adults in their "Safety Circle" are those they can call on for help if you are not available.
- Practice having your child use and answer the phone safely, giving no personal information about themselves or your family to the caller.
- Ensure that they know their address and phone number with area code.
- Discuss their responsibility for care of younger siblings or chores in your absences, discuss your expectations.
- Keep firearms in a locked cabinet and make sure the children are unable to access the key.

# EMERGENCY PHONE LIST



## Personal Information:

**KEEP THESE NUMBERS BY YOUR PHONE.**

**KNOW HOW TO CALL FOR HELP.**

My Name \_\_\_\_\_

My Address \_\_\_\_\_

\_\_\_\_\_

My Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_



Charlie says "Know your numbers!"

Dad's Full Name \_\_\_\_\_

Dad's Work ( \_\_\_\_\_ ) \_\_\_\_\_ Dad's Cell ( \_\_\_\_\_ ) \_\_\_\_\_

Mom's Full Name \_\_\_\_\_

Mom's Work ( \_\_\_\_\_ ) \_\_\_\_\_ Mom's Cell ( \_\_\_\_\_ ) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Safety Person: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Safety Location: \_\_\_\_\_

**For Emergencies dial 911; Tell the operator your name,  
phone number, age, address and the problem.**

# What to do when you are home alone.

What jobs or chores can you do when you are home alone? (List at least 3)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What activities can you do when you are home alone? (List at least 3)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## The Check First Rule

A “Safety Kid” knows what to do to stay safe. You can be one, too, if you follow the “Safety Check-Points” in this booklet.

Most of the people in the world are good, kind, and helpful. Even though this is true, you still need to remember the Safety Kids’ rules:

Charlie Check-First says:



“Check first before you go anywhere with anyone!”

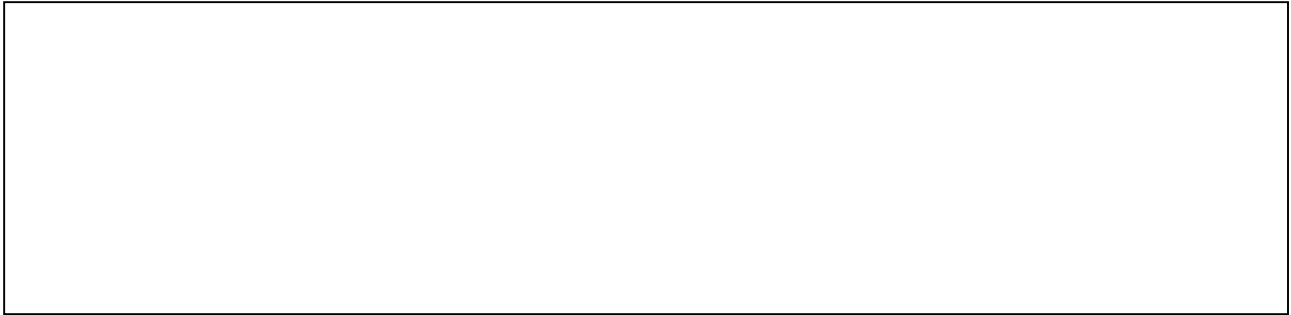
**“Safety Check-Point #1** - Check first before you go anywhere with anyone for any reason at any time! Check with whoever is in charge of you at the time. If you cannot check, the answer is NO!

**Safety Check-Point #2** - Adults can get help from other adults. You do not need to help anyone find a lost puppy, unload a truck, etc., without checking first!

# Emergencies

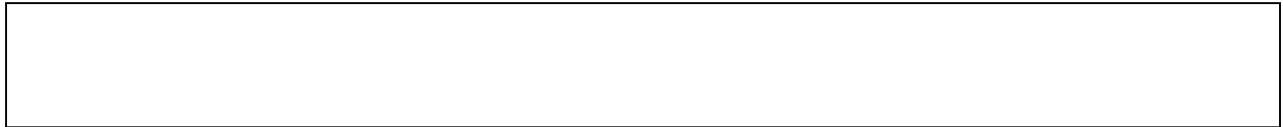
## Fire Drill

1. Draw a diagram or write a plan for escape routes for the family, especially from the bedrooms. Plan for one door being blocked by the fire.
2. Have the family practice these escape routes
3. Decide on a place to meet outside of the house after you leave.



## Tornado Drill

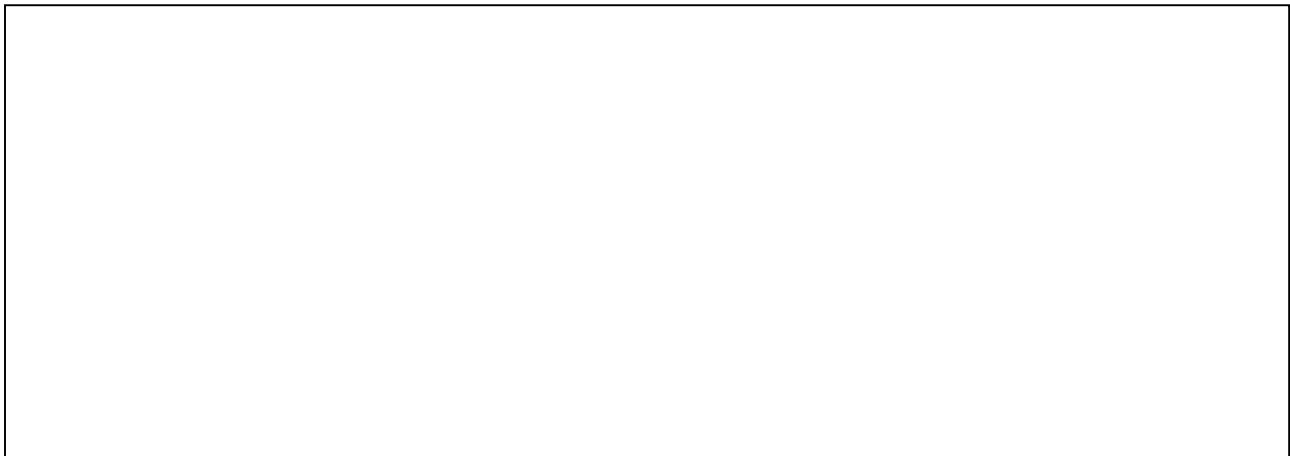
1. As a family, identify a safe area in the house to go to during a tornado watch or warning.
2. Write the identified place in the box below.



## My Neighborhood

Draw a map of your neighborhood. Include the places listed below.

1. Draw your house and write the address next to it.
2. Dangerous places not to go. (Storm sewers, creeks, rivers, garbage dumps.)
3. Two places you can go for help. Label them and write in the phone numbers.



# What would you do?

Discuss the questions below with your parent and ask them any additional questions you have.

1. If you are home alone before school, what do you need to do before you leave? Should you turn out the lights, lock doors, and close windows?

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2. What should you do if you miss the bus?

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3. What is the first thing you do when you get home from school? Discuss whether you should lock the door, call a parent, or begin your homework.

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4. What would you do if your key was lost or you just couldn't get the door open? Is there a neighbor in your safety circle?

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5. If you were home alone and your friends want to come over and play, what would you do? What are your family rules?

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6. What are the rules about using the stove, microwave, and computer?

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7. What TV shows or video games are acceptable to watch? How long can you watch them?

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8. How should you care for pets before or after school?

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9. What should you do if you don't feel good or get hurt?

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10. What is the rule about answering the door and phone?

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