

PERSONAL SAFETY FOR CHILDREN

You can help your children learn to be safe and secure.

- Let your child know how special they are and that you do not want anyone to hurt them.
- Teach your children that they need to trust their feelings and that they can say no to anything that feels wrong.
- Your child should learn their full name, address and phone number. Do not forget about area codes.
- Teach your child how and when to dial 911.
- Have a secret code word for your family. Teach your child that they should never go with anyone unless you gave them permission to or only if the person can say the code word.
- Have the phone number of a trusted adult that your child can call for immediate help.
- Teach your child how to answer the phone so that no one knows they are home alone.
- Teach your child to never open the door to strangers when home alone.
- Encourage your child to walk to and from school with a buddy.
- Adults rarely ask children for directions. Adults should ask other adults for help, not children.
- Have your child check in with you everyday when they get home from school.
- Do not have your child wear their key around their neck where it is visible.
- Monitor your child's computer use. Make sure the sites they are visiting are safe for children. Learn who they are communicating with if they are using a chat program.
- Never force your child to kiss or accept hugs from anyone with whom they are not comfortable.

Keep open communication with your child. Ask your child how things are going every day.