

TIPS FOR PARENTS: SAFETY SCENARIOS



Safety is about more than memorizing rules. It's also about knowing **how** to act **when** it matters. Use these tips and practice scenarios to help your child learn what to do in risky situations.

TELL YOUR CHILD:

It's OK to be rude if someone is making you uncomfortable. Say "no," walk away and tell a trusted adult.



HOW TO PRACTICE:

Ask children to pretend they are at the playground. An adult approaches and asks for help. What should they do? (*Say "no," and walk away. Adults shouldn't ask children for help; they should ask other adults.*)

TELL YOUR CHILD:

Always go places with a friend and stay with the group. If a friend walks away from the group, tell a trusted adult right away.

HOW TO PRACTICE:

Ask children to pretend they are walking home with friends. One friend wants to leave the group. What should they do? (*Remind the friend that it is safer to stay together.*) If the friend still leaves, ask children what they should do. (*Tell a trusted adult right away.*)

TELL YOUR CHILD:

You should never approach or get into a vehicle without my permission. If someone is following you in a vehicle, turn and run in the other direction. Tell me or another trusted adult what happened right away.



HOW TO PRACTICE:

Using a parked car as a prop, have children pretend someone is driving along beside them. Have them practice refusing the ride and running in the opposite direction.

TELL YOUR CHILD:

When you are home alone, do not open the door for anyone.

HOW TO PRACTICE:

Ask children to pretend they are home alone when someone comes to the door with a delivery. Ask children what they would do. (*Not answer the door; call you if the person does not go away.*)

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TELL YOUR CHILD:

It's important for me to know where you are and where you are going. If you want to change plans, check with me first.



HOW TO PRACTICE:

Ask children to pretend that one of their friends has invited them to come over after school. Ask children how they should respond. *(I have to check with my mom/dad before changing my plans.)*

TELL YOUR CHILD:

If we are separated and you need help, ask a police officer, a store clerk or a parent with children.

HOW TO PRACTICE:

When going places, point out people that children can ask for help, especially when you take them somewhere new. Let children practice interactions with these helpful people, like asking a store clerk for help finding an item. This will make it easier for children to approach them in case of an emergency.

TELL YOUR CHILD:

If someone grabs you, kick, yell and pull away.

HOW TO PRACTICE:

Adults may believe that a yelling child is misbehaving. The phrases below make it clearer that a child is asking for help. Have your children practice saying them in a strong, confident voice.

No!

Stop it!

Leave me alone!

I don't like that!

You're not my mom/dad!

TELL YOUR CHILD:

You can always tell me about anything that makes you feel sad, scared or confused.

HOW TO PRACTICE:

Help children get into the habit of sharing with you by taking the time to listen to them on a regular basis. Try to react calmly, even when children share upsetting information.

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