


# Personal Safety for Children



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## Safety Rules

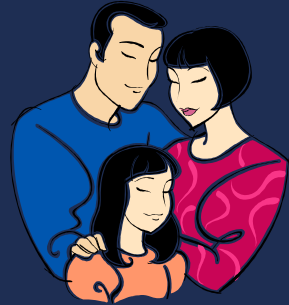


- **Family Rules**
  - Many families have rules about bedtime, homework, chores, etc.
- **Family Rules About Personal Safety**

## Safety Rules

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- Why do grown-ups make rules for kids?
- Parents, grandparents, teachers, counselors, coaches, police officers, firefighters, doctors, etc., make rules so kids don't get hurt!



## Safety Rules

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- Know your full name, complete address, telephone number (including area code), and parents' first and last names, and their work or cell phone numbers.
- Never reveal personal or family information unless permission has been given by a parent.



## Safety Rules

### Tattling vs. Telling

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- **Tattling** is done to get someone in trouble.
- **Telling** is done to help keep you or someone else safe.



## Inside Safety

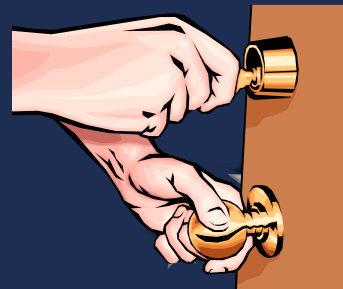
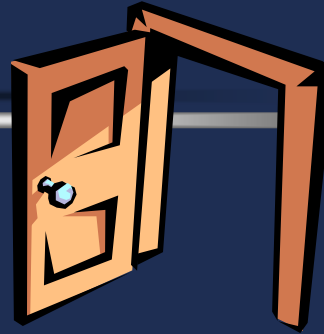
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- When answering a phone call for a parent who is not home:
- You should say “she can’t come to the phone right now,” and take a message or tell the caller to try later.



## Inside Safety

- You're old enough to answer the door when you are old enough to check who's at the door **WITHOUT** opening it.
- You should help your parents make sure that doors and windows are locked.

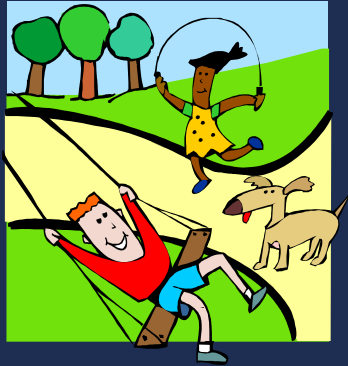


## Outside Safety

- Teach your parents the route you take to and from school and play.
- Never go anywhere without your parent's permission. (This includes getting permission a second time, if your plans change.) Remember you have to **"ASK FIRST."**
- Call to check-in before going from one friend's home to another location.



## Outside Safety



- Never play in isolated areas of parks, vacant building sites or dark, lonely streets.
- Use the “buddy system.” It’s more fun and there is safety in numbers.



## What If...



- A neighbor offered you a treat?
- Someone at the park offered you a beautiful doll, cool toy race car, or five dollars to help them do something?
- You have to “ASK FIRST.”
- Never go anywhere or take anything from someone without your parent’s permission.



## What If...

- You find a knife at the park?
- You find a gun? What if you're not sure if it's a real gun?
- You find firecrackers, sparkers, or other fireworks?
- **Do NOT touch them. Tell an adult and show them where you found the item(s).**



## Dial 9-1-1 For Help



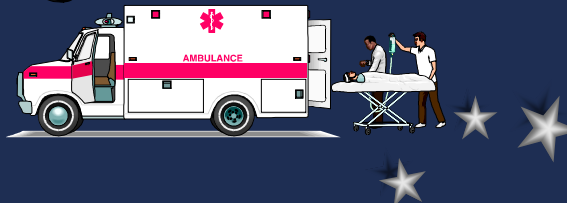
- Police



- Fire



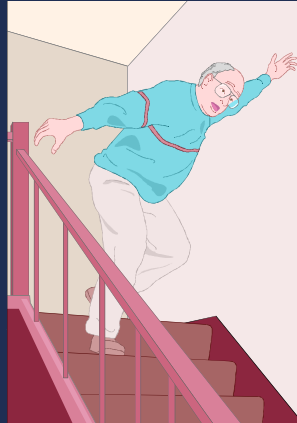
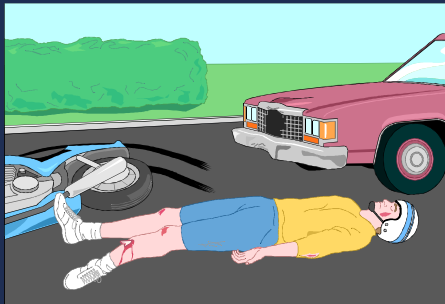
- Medical





## When To Call 9-1-1

### ● Accidents



## When To Call 9-1-1

### ● Fire





## If You Call 9-1-1

Be Ready To Give:

- ✓ Your Full Name
- ✓ Your Address - (Where You Are)
- ✓ A Clear Description of The Problem -

Don't hang up the telephone until the person on the other end of the phone tells you it's okay.





## Good Touch / Bad Touch

- Good touch is touch that feels nice and safe like shaking hands, a friendly hug, high fives, or a pat on the back.
- Bad touch is touch that hurts or feels bad, like hitting, kicking, biting or tickling too much.



## Good Touch / Bad Touch



- There is also touching that is sometimes okay and sometimes not okay. Sometimes grandma's hugs feel nice...sometimes they're too tight.
- Sometimes you may feel like kissing a relative good-bye and sometimes you may not.
- The rule about hugging and kissing: It has to be okay with BOTH people.



## Private Zone

- The private zone is everything that is covered up by your swimsuit.
- It's not okay for anyone to touch you there, and it's not okay for anyone to ask you to touch them in their private zone.
- Sometimes, kids might need help in the tub or shower, or your doctor may need to listen to your heart or tummy, but there should always be someone with you like a parent or nurse.



## If You Need Help

- Ask Your Parent(s)
- Ask Your Grandparent(s)
- Ask A Teacher
- Ask A Trusted Neighbor
- Ask A Store Clerk
- Call 9-1-1



## Safety



- What could you do if someone is bothering you?
- Run while yelling to attract as much attention as possible.



★ Remember to never approach cars that stop to ask for help. Most legitimate adults would not ask a child for directions anyway.

## Safety & “Bad Guys”

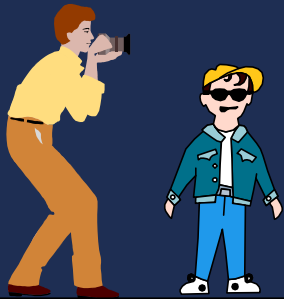
- “Bad Guys” can be anyone.

- |           |         |
|-----------|---------|
| • A man   | • Nice  |
| • A woman | • Mean  |
| • Young   | • Clean |
| • Old     | • Dirty |
| • Ugly    | • Loud  |
| • Pretty  | • Quiet |



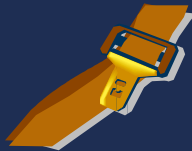
## How Do You Know If Someone Is A “Bad Guy”?

- A “bad guy” is someone who asks you to break family rules.
- They may tell you that you don’t need your parent’s permission to accompany them.



- They may ask you to leave the park to help find their puppy.
- They may tell you to get into their car.

## Safety Belts



- Always wear a seat belt. Even if your family is only driving a short distant. Most accidents occur close to home.
- When riding in a car or truck, sit up straight with your back against the vehicle seat.
- Remind others to wear their seat belt.

**Be Safe**

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**Have Fun!**