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

- 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

- 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

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

Inside Safety

- 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

- Fire
When To Call 9-1-1

- Crime

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.

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
  - A woman
  - Young
  - Old
  - Ugly
  - Pretty
  - Nice
  - Mean
  - Clean
  - Dirty
  - Loud
  - 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

Have Fun!