

# Safety Awareness



## Look for a Safe Adult

While you are in a store or other public place, discuss what your child should do if you get separated. Explain that if your child doesn't see anyone familiar, he or she should look for a "safe person" to ask for help. Point out safe adults around you, such as a police officer, a store cashier, and a woman with children.

## The No-Go-Yell-Tell Rule

Discuss what to do if your child needs to stay safe by getting away from someone. Tell your child to scream "No!", then *go* away as fast as he or she can, *yell* loudly about what's happening, and *tell* a trusted adult. Practice the four steps with your child. Then reassure your child that dangerous situations rarely happen, but you want your child to know how to stay safe just in case.



## God's Gift of Courage

At bedtime, explain to your child that courage is a gift from God that gives us the strength to protect ourselves even when we're afraid. Pray together to thank God for always being with us and giving us the courage to ask for help when we need it. Begin and end the prayer by praying the Sign of the Cross.



## Tell a Trusted Adult

You might use the handout to talk about trusted adults with your child. Make sure your child knows the names and phone numbers for two trusted adults whom he or she can call for help. Talk about what your child might say to ask for help.

**Trusted Adults I Know**

A trusted adult is a grown-up who makes you feel safe. It is an adult you can talk to about anything. It is an adult you can tell if you are scared.

Circle the trusted adults who you know. With a family member, write the names and phone numbers for two of your most trusted adults. Leave these phone numbers by home.

Mom	Big brother	I can call and tell these trusted adults when I need help.
Dad	Big sister	
Babysitter	Teacher	Name _____
Grandma	Principal	Phone number _____
Grandpa	Police officer	Name _____
Foster mom	Neighbor	Phone number _____
Foster dad	Friend's parent	Name _____
Aunt	Coach	Phone number _____
Uncle	Church helper	

Name \_\_\_\_\_

# Trusted Adults I Know

A **trusted adult** is a grownup who makes you feel safe. It is an adult you can talk to about anything. It is an adult you can tell if you are scared.

Circle the trusted adults who you know. With a family member, write the names and phone numbers for two of your most trusted adults. Learn those phone numbers by heart.



**Mom**

**Big brother**

**Dad**

**Big sister**

**Babysitter**

**Teacher**

**Grandma**

**Principal**

**Grandpa**

**Police officer**

**Foster mom**

**Neighbor**

**Foster dad**

**Friend's parent**

**Aunt**

**Coach**

**Uncle**

**Church helper**

I can call and tell these trusted adults when I need help:

\_\_\_\_\_ Name

\_\_\_\_\_ Phone number

\_\_\_\_\_ Name

\_\_\_\_\_ Phone number