

Safety Awareness

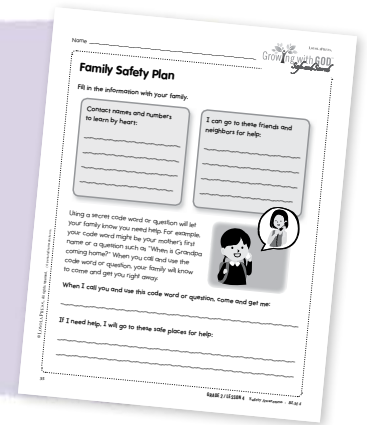
Following the Rules

Discuss with your child some of your family's safety rules. Explain that you have set these rules because you love your child and these rules will help keep him or her safe. The next time you see your child following a safety rule, praise your child to reinforce the positive behavior.



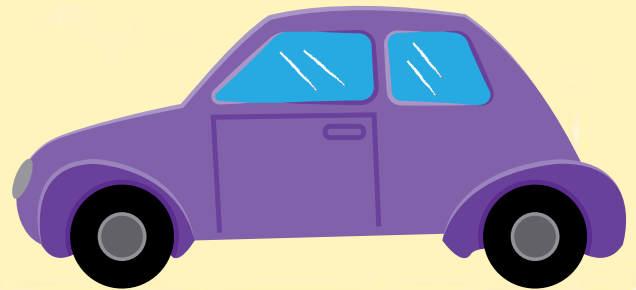
Making a Family Safety Plan

You might use the handout to make a family safety plan to help keep your child safe in your neighborhood.



Avoiding Unsafe Situations

Present various situations and ask your child what he or she would do to stay safe. For example, you might ask what your child would do if you were late picking him or her up from school. Discuss the actions your child should take so that he or she can feel confident about what to do in various unsafe situations.



The Holy Spirit Guides Us

Explain that God has made your child strong with his or her voice, body, mind, and instincts and that your child can use these gifts to stay safe. Pray a prayer asking the Holy Spirit to guide your child always. Begin and end by praying the Sign of the Cross.



Trusting Our Instincts and Saying "NO!"

Talk with your child about recognizing when a person does something to him or her that doesn't seem right. Teach your child to say "NO!", move away quickly, find a trusted adult, and tell what happened. Invite your child to practice saying a firm "NO!" with you.



Name _____

Family Safety Plan

Fill in the information with your family.

Contact names and numbers
to learn by heart:

I can go to these friends and
neighbors for help:

Using a secret code word or question will let your family know you need help. For example, your code word might be your mother's first name or a question such as "When is Grandpa coming home?" When you call and use the code word or question, your family will know to come and get you right away.



When I call you and use this code word or question, come and get me:

If I need help, I will go to these safe places for help:
