

Safety Awareness

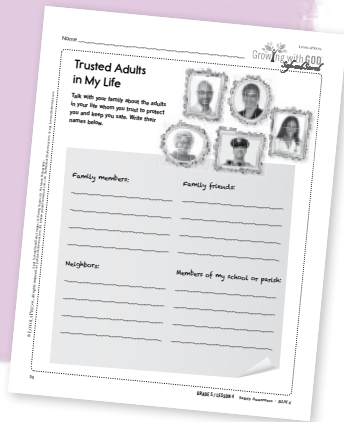
Build Situational Awareness

Being aware of our surroundings helps us stay safe. When you are out shopping or running other errands, encourage your child to point out street names, entrances, and exits and identify trusted adults he or she might approach in order to get away from an unsafe situation. Discuss activities that are unsafe or that reduce situational awareness, such as wearing headphones or earbuds while alone, and encourage your child to avoid these activities.



Trusted Adults

Discuss the Trusted Adults in My Life handout with your child and help him or her fill it out. Ask your child why the adults you wrote on the handout are trustworthy and develop a plan your child can follow when he or she needs to contact one of them.



God-Given Strength

Your child receives inner strength from God. Point out that when we keep God central in our lives and stay connected to him, he brings us peace and inner strength. Talk about how you have found it helpful in your own life to be connected to God and to the people he has placed around you.



Assertiveness in Unsafe Situations

Explain that your child may use assertive strategies such as making noise, running away, punching, and kicking to escape unsafe situations if necessary. Tell your child that nothing is off-limits when his or her safety is at stake. Invite your child to pray with you, asking God for his protection and for the strength to get out of dangerous situations when they arise.

