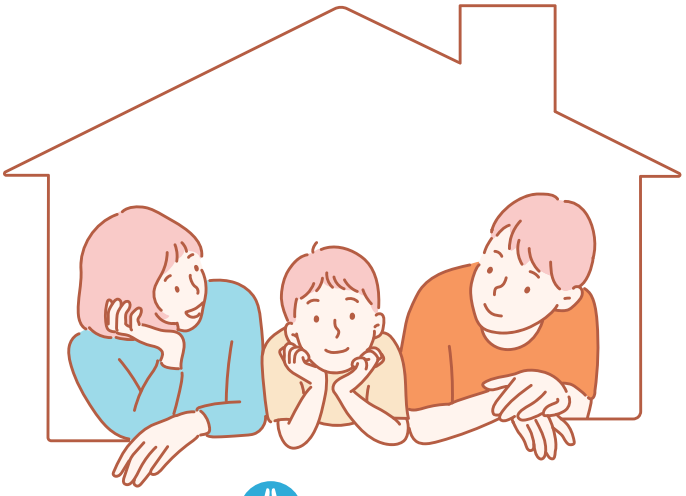
# Safety Awareness

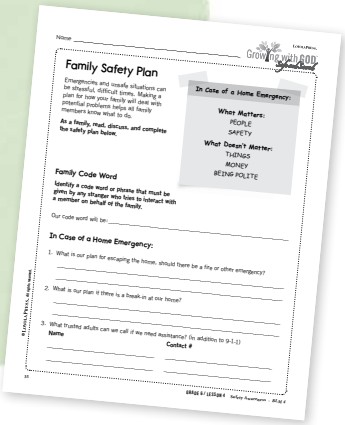
## Listening to Our Instincts

Listening to our instincts can help us make safe choices. Tell your child what you notice when you have a "gut feeling" about something (for example, you have an uncomfortable sensation, or you notice feeling more alert). You might say: ***If you have a strong feeling that a situation isn't safe, you have my permission to leave and call me. You don't have to figure out exactly what is going on. You and I can talk through the situation at a later time.***



## Family Safety Plan

Having a plan in place can help your child feel more confident and ease his or her fears. Together complete the Family Safety Plan handout and display it on the fridge or on a bulletin board.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**Family Safety Plan**

Emergencies and unsafe situations can be stressful, difficult times. Making a plan for how your family will deal with potential problems helps all family members know what to do.

**As a family, read, discuss, and complete the safety plan below.**

**In Case of a Home Emergency:**

**What Matters:**
PEOPLE
SAFETY

**What Doesn't Matter:**
THINGS
MONEY
BEING POLITE

**Family Code Word**

**Identify a code word or phrase that must be given by any stranger who tries to interact with a member on behalf of the family.**

Our code word will be: _____

**In Case of a Home Emergency:**

1. What is our plan for escaping the house, should there be a fire or other emergency?
_____
_____
2. What is our plan if there is a break-in at our house?
_____
_____
3. What trusted adults can we call if we need assistance? (In addition to 9-1-1)

| Name | Contact # |
|---|---|
| | |
| | |

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## Listening to God's Voice

Sometimes when faced with a difficult choice, children have time to thoughtfully consider what is the right thing to do. Remind your child that he or she can always come to you for help. Together pray to God and ask for guidance in making good choices.

## Warning Signs and What to Do

Tell your child that trusted adults and good friends would never ask him or her to keep an unsafe secret or disobey a parent, break a rule or law, or do anything that feels bad. Talk with your child about what he or she should do if he or she is ever in an uncomfortable or unsafe situation, and practice different scenarios. You might say: ***If you are ever in an unsafe situation, you do not have to be polite. You can use any means necessary to get away.***

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Name _____

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   _____

   _____

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| **Name** | **Contact #** |
|---|---|
| _____ | _____ |
| _____ | _____ |

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