

Safety Awareness



Fortitude, a Gift of the Holy Spirit

Fortitude helps us make good moral choices, even during challenging times. Share with your child times your family has met challenges and difficulties with fortitude and courage. Pray together to the Holy Spirit for the guidance to make good choices and grow in faith, hope, and love.

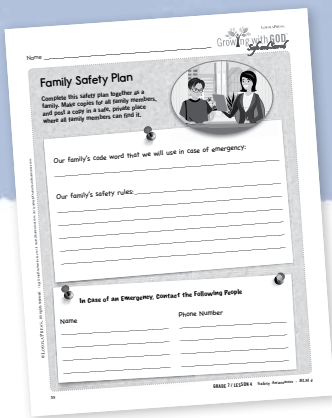
Feeling and Staying Safe

Having personal safety allows us to live, grow, and freely serve God. But we all need help and support sometimes. Discuss with your child the people and things can help him or her feel protected and strong. Talk about some of the choices and temptations your child may face as he or she is growing and gaining more independence and what he or she can do to make good choices and stay safe.



Family Safety Plan

As a family, discuss or review your family safety plan. If you choose, complete the Family Safety Plan handout and put it on your fridge or bulletin board.



Dangerous Situations and Escape Strategies

Protecting our personal safety means identifying potentially unsafe situations and knowing how to respond or escape. Your child can use his or her body and voice as tools to escape something harmful. Discuss with your child scenarios in which a stranger may try to get close to him or her with the intent to harm and ways to be prepared and act if faced with a difficult situation. Practice these strategies together so that your child will feel secure should the need to use them ever arise.



Name _____

Family Safety Plan

Complete this safety plan together as a family. Make copies for all family members, and post a copy in a safe, private place where all family members can find it.



Our family's code word that we will use in case of emergency:

Our family's safety rules:

In Case of an Emergency, Contact the Following People

Name

Phone Number
