

10 Safety Tips Every Child Should Know

Do you know how to escape a dangerous situation?

1. Do not get into any car unless your parents personally tell you to! Also, stay away from anyone who follows you on foot or in a car! You do not need to (and should never) go near a car to talk to the people inside.
2. Grown-ups and other people who need help should not be asking children for help. They should be asking older people. Adults should not be asking you for directions, or to look for a “lost puppy,” or telling you that your mother or father is in trouble and that they will take you to them.
3. Quickly get away from anyone who tries to take you somewhere. Yell or scream, “THIS PERSON IS NOT MY FATHER (OR MOTHER)!”
4. You should use the “buddy system” and never go places alone. Always ask your parents’ permission to leave the yard or play area, especially if you are going into someone’s home.
5. Never, never hitchhike! Do not try to get a ride with people unless your parents have told you it is okay to do so.
6. People should not ask you to keep a special secret. If they do, tell your parents or teacher right away! Also, tell anyone who wants to take your picture, “NO” and quickly tell your parents or teacher.
7. No one should touch you on the parts of the body covered by your bathing suit. You should never touch anyone else in those areas. Your body is special and private.
8. You can be assertive, and you have the right to say “NO” to someone, including adults and even relatives or friends who try to take you somewhere against your will, touch you or who make you feel uncomfortable in ANY WAY.
9. Parents and children should come up with a special code word that only they know. Then if someone other than the parent is trying to communicate with the child and uses the code word, the child knows it is okay.
10. Practice a special yell. It is low, loud and long. It tells the person trying to hurt you, “I know what to do! I’m not an easy victim!” It tells everyone within the sound of your voice, “I need help!” It gets you moving and breaks the “spell” the person tries to put on you. Don’t freeze or panic, but instead take a deep breath and yell. Your own yell can give you courage and get your feet moving when you need to run away!