



## KEEPING CHILDREN SAFE

### Good practices

- Know where each of your children is at all times.
- Never leave young children unattended in a vehicle.
- Be involved in your children's activities. Children, even teenagers, enjoy parental engagement. It makes them feel wanted and it gives you opportunity to observe how the adults in charge interact with your children.
- LISTEN to your children. Pay attention if they tell you they don't want to be with someone or go somewhere. This may be an indication of more than a personality conflict or lack of interest in the activity or event.
- Teach your children that they have the right to say NO to any uncomfortable or confusing touch or actions by others.
- Teach children to loudly yell, kick or scream to get out of an unwanted situation. Reassure them you're there to help and it is okay to tell you anything.
- Be sensitive to any changes in your children's behavior or attitude. If your children confide problems to you, strive to remain calm, reassuring, and nonjudgmental.
- Stay attuned to your children's use of technology. Model safe choices and behavior.
- Create a family safety plan that is clear to everyone and easy to follow.
- Screen babysitters and caregivers. Ask your children how the experience with the caregiver was, and carefully listen to the responses.
- Practice basic safety skills with your children. Practice using pay phones, going to restrooms and locating adults who may be able to help if they need assistance.
- Ensure your child knows:
  - His or her full name, address and telephone number; your full name, exact name of the place where you work, your work telephone number and any pager or cellular telephone numbers you may have.
  - How to make a telephone call to request help in an emergency using 911.