



- Teach children their full names, addresses and phone numbers.
- Know everything you can about children's activities and friends. Monitor children's activities and participate with them.
- Teach children to keep a safe distance from strangers and not to give strangers directions. Adults need to get help from other adults.
- Discuss with children, "Who is a stranger?" Let them know a stranger is anyone they don't know. Teach them to refuse anything (i.e. rides, money or gifts) from strangers. Know where children get new items.
- Teach children to say "No!" to touches on private parts of the bodies, those parts covered by a swimming suit. Teach children to tell an adult about any unwelcome touch or uncomfortable situation.
- Explain to children about "secrets" versus "surprises." Secrets about touches, about safety, or secrets that make someone feel scared or confused shouldn't be kept.
- Develop family rules if children are home alone. Instruct children never to tell anyone over the phone or at the door that they are home alone.
- Keep computers in common areas of the house. Teach children never to give out personal information over the Internet. Make the Internet a "family" tool.
- Do not let children go to public places, especially restrooms, alone. Develop a family plan if someone gets lost, stressing where to meet. Do not have children meet you in the parking lot.
- Teach children to yell "HELP!" not just scream. Try to use a less threatening, but serious example; "What if your friend is hurt while you are playing outside?"
- Determine a code that your child can use if he/she is uncomfortable when playing at a friend's house or spending the night.
- Do not place children's names on clothing or on the outside of their possessions. We are more likely to believe someone who addresses us by name.
- Join with other concerned parents to set up safety systems for your neighborhood.
- Ask children "What If...?" questions about personal safety. For example, "What if we were separated in the shopping center?"
- Demonstrate safety skills with children by using "role plays." For example, act out how a child should respond to an unwelcome phone call, or to a stranger at the door.

*For more information contact Sunflower House, [www.sunflowerhouse.org](http://www.sunflowerhouse.org)*



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