

### CHILDREN LEFT IN VEHICLES

- Contact law enforcement or dial 911 immediately if you see an unattended child in a car.
- Never leave a child unattended in a vehicle, even with the window slightly open.
- Place items in front of your child that you will need at your next stop. This will trigger you to see your child when you reach for your belongings.
- Daycare center drivers can utilize body counts or name rosters to ensure all passengers are accounted for.
- Teach children not to play in a vehicle.
- Lock all vehicle doors and the trunk after everyone has exited - especially at home. Keep keys out of a child's reach. Cars are not playgrounds or babysitters.
- Check vehicles and trunks **FIRST** if a child goes missing.

### PERSONAL SAFETY FOR KIDS

- Be alert and aware of people and their surroundings.
- Familiarize your child with your neighborhood.
- Teach your child locations in your neighborhood where they can go for safety: houses of neighbors you trust, stores, police and fire stations, businesses.
- Teach your child to walk/play with other children and try not to be alone. There is always safety in numbers.
- Practice and teach your children to use the buddy system for public restrooms, parks, riding bikes, walking streets, malls, etc.
- Remind your child to play in a well-lighted area.
- Teach your child his/her full name, address, and the full name and telephone numbers of their parents.
- Children should learn never to approach a vehicle, occupied or not, or take a ride with a stranger, unless you know the driver and are accompanied by a parent/guardian, or other trusted adult.
- Ask your child to report any suspicious persons to you, teachers, or law enforcement.
- Teach your child that during an emergency, they can dial 9-1-1 from any phone.

### HOME ALONE

- Never "hide" the house key in a visible area around the house. Keep the key concealed.
- Teach your child to keep all doors and windows locked at all times.
- Instruct your child to never open the door or let anyone know they are alone.
- Discuss never answering the phone if your child is home alone. Have them check the caller ID and allow the call to go to voice mail.
- If your child is in doubt or scared, have them call you at work, a neighbor, or someone on the emergency phone list.
- Talk about the dangers of cooking, using the stove, sharp utensils and knives, and other kitchen appliances without instruction from a parent ahead of time.



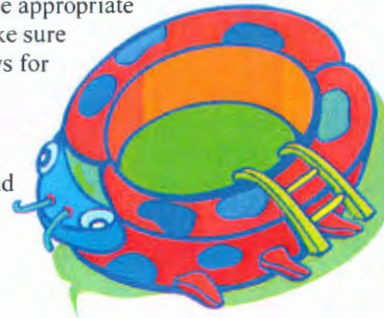
### LATCH KEY KIDS



- Check with parent/guardian or neighbor upon arrival at home.
- Never enter the house when you find the door ajar or a window open.
- Post important telephone numbers near all phones in case of emergencies.
- Parent's/guardian's work and cellular phone numbers.
- Neighbor's phone numbers.

### SWIMMING/WATER SAFETY

- When choosing a swimming instructor for your child, choose only experienced qualified instructors.
- There should be continuous adult supervision any time your child is near water.
- Make sure there is a person trained in cardiopulmonary resuscitation (CPR) on site at all times.
- Do not allow your child to engage in horse playing.
- Diving should not be allowed unless the depth of the water has been determined and there are no underwater hazards.
- Use only approved life preservers. Air mattresses, inner tubes or inflatable toys are not dependable life preservers. If these devices deflate, or your child slips off, he/she could be in serious trouble.
- Be extremely cautious while using spas and hot tubs. They can be dangerous for young children who can easily drown or become overheated during their use.
- Make sure you are always aware of the weather conditions and do not allow swimming during a lightning storm.
- If you have a backyard swimming pool it should be enclosed with high and locked fences on all sides. Check with the appropriate municipality, city, or state agency to make sure you are following your jurisdiction's laws for the installation of a pool.
- If your pool has a cover, make sure it is completely removed before swimming. Your child may fall through the cover and become trapped underneath.
- A child should always wear a life jacket when riding a boat.



### DRIVING SAFETY

- State law requires the driver and all passengers to be properly restrained in a safety belt.
- Discuss your rules of the road with your teen. Talk about why they are important to follow, as well as consequences for breaking them.
- Crash risks go up when teens drive with other teens in the car. Limit the number of teen passengers your child can have to zero or one.
- Don't allow activities that may take your teen's attention away from driving,

such as talking on a cell phone, texting, eating, or playing with the radio.

- **Speeding:** Make sure your teen knows to follow the speed limit and adjust speed to road conditions.
- **Tailgating:** Remind your teen to maintain enough space behind the vehicle ahead to avoid a crash in case of a sudden stop.
- **Insufficient scanning:** Stress the importance of always knowing the location of other vehicles on the road.
- **Impaired driving.** Even one drink will impair your teen's driving ability and increase the risk of a crash. Be a good role model: don't drink and drive, and reinforce this message with your teen.

### BIKE SAFETY

- Bike helmets should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC).
- Bike helmets should fit properly and the straps should always be fastened.
- Make sure your seat, handlebars, and wheels fit tightly.
- Check and oil the bicycle chain regularly.
- Check the brakes to be sure that they are working and not sticking.
- Check the tires for the correct tire pressure.
- Make sure your child is wearing bright colored clothes as well as clothes that fit and place reflectors on their bike. This will help other people to see them.
- Instruct your child to avoid wearing headphones because the music will prevent them from being aware of road hazards.



### CYBERSAFETY/INTERNET SAFETY

- Place the computer in an area that is accessible by the whole family.
- Subscribe to an online service that offers parental control features.
- Purchase blocking software that utilizes passwords and parental controls.
- Spend time with your child exploring the Internet.
- Tell your child that he/she can confide in you without the fear of being punished.
- Talk openly with your child about your suspicions and about online dangers.
- Review all content on your child's computer including email, browser history, etc.

Instruct your child to:

- Always let you know immediately if they find something scary or threatening on the Internet.
- Never give out their name, address, telephone number, password, school name, parent's name, or any other personal information.
- Never meet face to face with someone they met online.
- Never enter an area that charges for services without asking first.
- Never send your pictures to anyone without a parent's permission.