

RENEW HOPE



SAFETY TIPS ---

Safety Tips for Parents

Every parent should know and follow the following safety tips. Please take the time to read and share this information with your children.

- **BE RESPONSIBLE:** Know where your children are going to be at all times. Know their friends and daily activities.
- **BUILD A HEALTHY SELF-ESTEEM:** A child who has low self-esteem is more vulnerable. Listen carefully to your child, and be supportive as you talk with them, replacing fear with knowledge.
- **MODEL GOOD DECISION-MAKING:** Children at all ages make decisions. Practice when they are young with little decisions so big decisions later are easier. Teach them to trust their own intuition, and assure them they have the right to say NO to what they sense is wrong.
- **BUILD STRONG SUPPORT SYSTEMS:** Children need positive adult role models and need to know where to go for help. Help them identify trustworthy adults.
- **CHOOSE SUBSTITUTE CARE GIVERS CAREFULLY:** Interview and monitor adults who have access to your child. It is important to screen babysitters, group leaders, youth pastors, etc. Be alert to a teenager or adult who is paying an unusual amount of attention to your children or giving them inappropriate or expensive gifts.
- **PROTECT KIDS WHO ARE HOME ALONE:** Set ground rules, clear expectations, emergency contacts, and responsibilities for kids who may be home alone.
- **TALK WITH CHILDREN:** Teach your children that no one should approach them or touch them in a way that makes them feel uncomfortable. If someone does, they should tell their parents immediately.
- **YOUR EYES AND EARS OPEN:** Watch for changes in a child's behavior, they are signals that you should sit down and talk to your children about what caused the changes.
- **TRY ROLE-PLAYING:** Rehearse safety situations with your child. Give them power through knowledge. Play the WHAT IF? game.
- **UNDERSTAND THAT KIDS WILL BE KIDS:** Teach them what they will need to know to be safe and let them know you will do your best to protect them. Don't scare the fun out of children.

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