

Child Safety Tips

With the arrival of Spring, kids are excited to get outside and play, which is fun and great exercise. It is important to teach children some basic safety guidelines in order to help them make good decisions and to keep them safe. Our goal is to teach children how to handle a variety of situations effectively.

Bicycle Safety Tips

Many bicycle-related crashes resulting in injury are associated with the bicyclist's behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic.

Always wear a helmet AND follow these rules of the road:

- Go With the Traffic Flow. Ride on the right, in the same direction as other vehicles. Go with the flow – not against it.
- Obey All Traffic Laws. A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and **stop at stop signs!**
- Look Out for cars at cross streets, driveways, and parking places.
- Give pedestrians (walkers) the right of way.
- Be Predictable. Ride in a straight line, not in and out of cars. Signal your moves to others.
- Stay Alert at All Times. Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.
- Look Before Turning. When turning left or right, always look behind you for a break in traffic, then signal before making the turn.
- Watch for Parked Cars. Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).
- Children less than 10 years old are better off riding on the sidewalk.

Stranger Danger Tips

Most people are good and would never hurt you, but some people are troubled and sick and may try to hurt a child. A stranger is someone that you do not know. You can not tell a good stranger from a bad stranger by how they look, so you should **never talk to strangers**.

- Do not talk with strangers when you are alone or with friends. When you are with an adult, you may talk to anyone if you have permission.
- Stay an arm's reach away from anyone you don't know when you are not with a grownup. If the stranger approaches you, you should back up. If the person makes you feel uncomfortable in any way, you should back up and run to someone who can help. Any time you need help, you should yell what is happening, "Mom, there is a man in the yard."
- Do not take anything from a stranger. If you take something from them, you would be getting closer than an arm's reach away from them, and they may give you something dangerous.
- Do not go anywhere with a stranger.
- Try not to walk anywhere alone. There is safety in numbers.
- Do not give your name, address, or personal information to a stranger.
- Do not open the door to a stranger or tell a stranger you are home alone.
- Talk to your parents about safe people and places you can go if you need help, such as a police officer, a neighbor, or calling 911.
- **Always tell your parents where you are!**

Personal Safety Tips

- The touching rule: A bigger person should never touch your private body parts (parts of your body covered by a bathing suit), except to keep you clean and healthy (bathing a young child, doctors office).
- If someone ever tries to touch you in this way, you should:
Say NO, Get Away, and Tell Someone. Tell an adult you trust.

Discussion questions:

- How might a stranger try to trick you into getting into their car? (By telling you that your parents couldn't come, so he was sent to give you a ride.)
- What should you do if a stranger brought a package to your house when you are home alone? (Speak to him/her through closed door, telling them your parent is resting and can not come to the door. Tell them to leave the package on the step. Do not open the door!)
- If a stranger stops their car near you and asks for directions, what should you do? (Back away from the car, walk away, and do not talk to them.)
- If you become separated from your family at a store or mall, what should you do? (Tell someone who works in the store that you are lost. Do not wander around.)
- If you come home to an empty house, what is the first thing you should do? (Lock all the doors.)
- If you are at the park and you see teenagers or adults doing something that they are not supposed to do, what do you do? (Get away from them and tell an adult.)

Cyber Safety Tips

- Send appropriate text, email, or pictures only.
- Do not give out personal information such as your name, address, telephone number, school name or anything about your family in a chat room or post it where people you do not know can see it.
- Never open or respond to an email, text, or picture from someone you do not know.
- Never meet in person with a stranger that you met online. People online may not be who they say they are.
- Tell an adult if you read or see anything online, in a text, or in an email that makes you uncomfortable.