KEEPING KIDS SAFE

• A great thing about kids is their natural trust in people, especially in adults. It’s sometimes hard for parents to teach children to balance this trust with caution. But kids today need to know common-sense rules that can help keep them safe–and build the self-confidence they need to handle emergencies.

MAKE SURE YOUR KIDS KNOW!

• How to call 911 or "0" in emergencies, and how to use a public phone. Help them practice making emergency phone calls. Be sure emergency numbers–police, fire, poison control and emergency medical–are by all phones.

• Their full name, address, and phone number (including the area code), plus your work phone number. If you have a cellular phone and/or beeper, teach your children these numbers as well.

• How to walk confidently and stay alert to what’s going on around them.

• To walk and play with friends, not alone.

• To refuse rides or gifts from anyone, unless it’s someone both you and your child know and trust.

• To tell a trusted adult immediately if anyone, no matter whom, touches them in a way that makes them feel uncomfortable.

SAFEGUARD YOUR CHILDREN

• Learn about warning signs that your child might be involved with drugs or gangs.

• Spend time listening to your children or just being with them. Help them find positive, fun activities that they can take part in.