

I'm a Safety Kid!

I am an official **SAFETY KID** because I know my Safety Check-Points!
I will make good choices and stay safe.

Child's signature _____

Date _____



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A program from the
ARIZONA CRIME PREVENTION ASSOCIATION
a 501(c)3 non-profit organization

www.safetykids.org
www.acpa.net



BE A SAFETY KID



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A Message to the Parents:

Help your child become a Safety Kid! Children need to make good decisions; ones that will keep them from being harmed. They should be careful and cautious, not fearful and paranoid. The most effective method to teach personal safety to your child is to do it *gradually* and *consistently*. Use this activity book as a learning tool and discuss each rule and Safety Check-Point on the page.

Safety Check-Points for Parents

- 1 Tell your children that you will love them unconditionally, no matter what happens. You may not like their actions or words, but you still love *them*.
- 2 **Avoid using the word “stranger”!** Remind them always to **CHECK FIRST** before going anywhere with anyone! The concept of “strangers” is ineffective. Most children are molested, abused, abducted, or victimized by someone they know.
- 3 Get in the habit of using the phrase “because I’m with you” before giving permission to take candy, money, etc. from anyone, or to speak to someone unknown. Children then learn that they cannot do these things if you are *not* with them. This technique works!
- 4 Never leave a child unattended in a vehicle. It can take as little as three seconds for someone to steal the car; the inside temperature can be fatal; the brake can be released. You may also be fined!
- 5 Give your young child the names of two “Safety Persons” who can always be trusted (for rides, etc.). Use a code word only with children older than 3rd grade.
- 6 Children should wear items with their names on them inside the house. They are more likely to trust someone who calls them by name.
- 7 Remind your children that they are in charge of their bodies and no one has the right to touch them in a way that makes them feel uncomfortable or that is inappropriate.
- 8 LISTEN if your child tells you that he or she does not want to be with someone. Find out why and respect that feeling. Open the lines of communication.
- 9 Update photos: 4 times a year for preschoolers and once a year after that. Keep a *Child Profile* booklet or Amber Stick up-to-date with data about your child. (Call us for a *Child Profile* or *Amber Stick*.)
- 10 Use gun locks and keep all weapons in a secure, locked place away from children.

Not a moment spent on a child to teach them the skills to be safe is ever wasted!

Emergency Phone List

- ✓ Keep these numbers by your phone.
- ✓ Know how to call for help.

_____ Dad’s work _____
(full name)

_____ Mom’s work _____
(full name)

_____ Neighbor _____
(full name)

_____ Relative _____
(full name)

_____ Other _____
(full name)

_____ Poison Control

_____ Fire

_____ Police



Personal Information:

My Name _____

My Address _____
Street Address

_____ City _____ State _____ Zip _____

My Phone Number (____) _____
Area Code

For emergencies: Tell the operator your name, phone number, age, address, and the problem.

Be Wise With Your Eyes

Look for details on cars and people. Can you tell your parent what a car and person look like after they have passed you?



Check-Point If anyone stops near you in a car, take two giant steps back **AWAY** from the car. It does not matter if you know the person or not. You do not need to go close to the car.

Check-Point If anyone tries to move or hurt you, make sure you scream, kick, fight, and yell, "You're not my dad (or mom)".

Remember:

A police officer is your friend!



You can be a *Safety Kid* if you follow the Safety "Check-Points" in this Activity Book.

Most of the people in the world are good, kind, and helpful!

Even so, you still need to remember the Safety Kids' rules.

Charlie Check-First says:



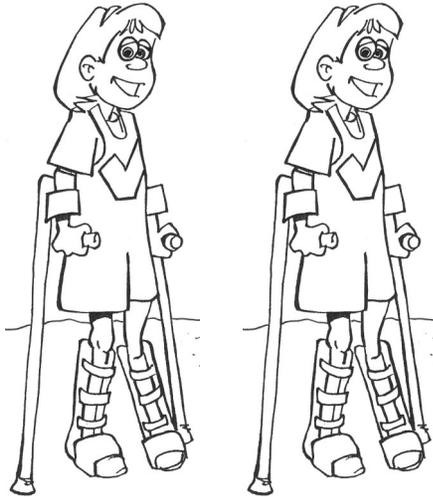
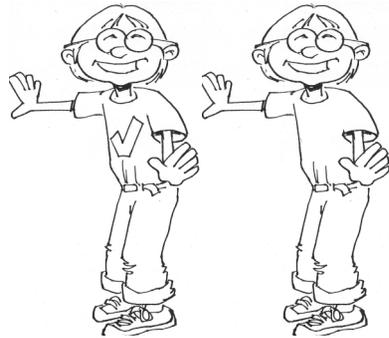
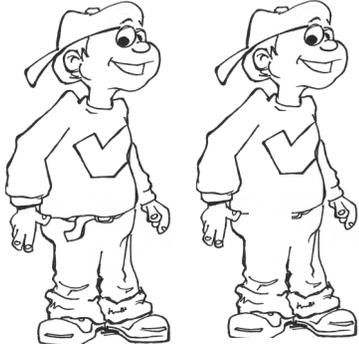
"Check First before you go anywhere with anyone!"

Check-Point **CHECK FIRST** before you go anywhere with anyone (for any reason at any time) !! Check with the adult who is in charge of you at the time. If you cannot check, the answer is **NO!**

Check-Point Adults can get help from other adults. You do not need to help anyone find a lost puppy, unload a truck, etc. unless you **CHECK FIRST.**

Buddies

Play with a buddy. Go places in groups. Can you find the groups that have identical buddies? Circle the group if the buddies are exactly the same.



Check-Point

Know your full name, address (including state), and telephone number with the area code. Know your parents' names, too.

Are you "Cyber-Safe?"

Decode this message using the key at the bottom of the page. Practice this message on a daily basis.



⇓ ⇑ ⇑ ↻

— — — —

↻ ⇑ ↻ ↗ ↶ ↷ ↸ ↹

— — — — — — — —

⇒ ↶ ⇑ ↷ ↻ ↶ ↷ ↘ ↙ ↻ ↶

— — — — — — — —

↷ ↘ ⇑ ↶ ↻ ⇑ ↻ ^ .

— — — — — — — —

A	B	C	D	E	F	G	H	I	J	K	L	M
↶	↷	↸	↹	⇑	⇒	⇓	⇔	⇕	⇖	⇗	↻	↷

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
↶	↷	↸	↹	↻	↘	↙	↺	↻	↷	↸	↹	↻

Check-Point

You are in charge of your body. **No one** has the right to touch you in a way that is wrong or makes you feel uncomfortable. It does not matter if you know this person or not. Use the **Power NO**. If you are told to keep it a secret, be sure to tell an adult you trust.

Ways to Solve Problems (conflicts)

There are better ways to solve problems (or conflicts) than hurting someone, making fun of someone, or using violence.

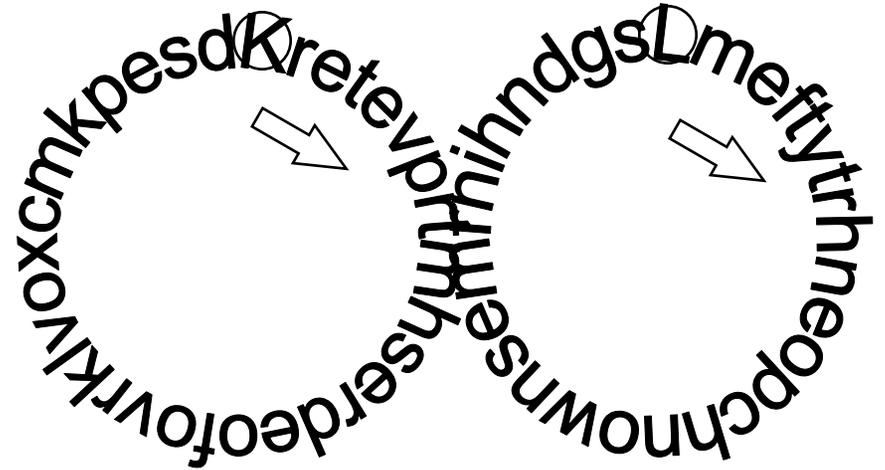
KC Koala wants you to be a Kind and Caring Kid!

Unscramble the words in the Safety Kids' balloons to find four good ways to solve problems. Write the word or words on the line near the balloon.



Home Alone

Go around the circle and write every other letter on the lines below to find two important safety rules to follow when you are **Home Alone**. Start with the letter that is circled.



The Safety Rules are:

K _____

L _____

Check-Point If you are separated from your parent in a store, stay where you are. **FREEZE** your feet and then **YELL** your mom's or dad's first and last name. You may ask a clerk or a parent with children to go get help for you, but "put glue on your shoe" and stand still!

Safety Word Search



Find each of these safety words in the letters above. Can you use each of these words in a safety rule?

CHECK FIRST
SAFETY KID
EMERGENCY
HOME ALONE
CODE WORD
POLICE
RIDE
LICENSE

DESCRIPTION
PHONE
LOCK DOORS
HELP
ADULT
BUDDY
PHOTO
DARE

DETAILS
TOUCH
FREEZE AND YELL
SECRET
POWER NO
GUN
INTERNET
EASY MONEY

Check-Point

What should you do if you find a gun?

1. Stop
2. Do not touch it. Leave it alone
3. Tell someone. If a friend wants you to touch a gun, use the **POWER NO.**



KC Koala

Decode KC's slogan by writing on the line the letter that comes after the printed letter. The "z" is already done for you.

J h m c z m c B z q h m f h r s g d
 _____ a _ _ _ a _ _ _ _ _ _ _ _ _

v z x s n a d !
 _ a _ _ _ _ _

My Phone Number is:



(_ _ _) _ _ _ - _ _ _ _

Check-Point

Practice using the phone. Learn how to get emergency help and call long distance.