



Safety

SAFETY means freedom from harm or danger.

Activity 1

Make **SAFETY** a priority in your home. Share examples with your child on how to be safe – in the car, on the bus, in a boat, or even when surfing the Internet. Together, complete a safety checklist for your home and all the vehicles that members of your family use.

Activity 2

Set a positive example for your child by always wearing your seatbelt when in a car and insisting that he or she does the same. Ask your child to give reasons why wearing a seatbelt is so very important. Talk about the consequences of not wearing a seatbelt. Together, think of a catchy slogan to help others realize the importance of wearing a seatbelt. Examples could include: “Click It or Get a Ticket”, “Sit, Buckle, Ride”, etc.

Activity 3

Discuss the phrase **STRANGER DANGER**. Review with your child reasons that strangers pose danger and make sure your child knows what to do if ever approached by a stranger. Also, discuss with your child what to do if he or she feels uncomfortable with someone who may be a familiar person. Define the word “threatened” with your child. Take time to role-play and rehearse what he or she can do and say if ever threatened. Help your child remember the following steps if approach by a stranger.

- Say “No!”
- Run quickly
- Tell an adult

Remind your child often of the importance of practicing personal safety.

Activity 4

Quiz your child on bicycle safety rules. Together make a list of things one should do when riding a bicycle and things that one should not do when riding a bicycle.

Encourage your child and other family members to practice bike safety even if it seems inconvenient.

Activity 5

Discuss with your child what a bully is and how a bully acts. Talk to your child about displaying good behavior and making good choices rather than acting like a bully. Encourage your child to tell you if they feel threatened by someone at school. Let him or her know that bullying is not acceptable and the responsible thing to do if ever bullied is to discuss the situation with a family member or school official. As a family activity, consider discussing various TV shows. Discuss the behaviors of the various TV characters and determine if bullying is evident in the show. Encourage family members to watch only shows that demonstrate good, responsible behavior.