



Safety Tips for Parents:

1. Teach your children that they should never tell callers they are home alone. Arrange to have a neighbor or trusted adult they can call if they are scared or have an emergency. Always keep these numbers by the phone for easy access.
2. Set reasonable rules and guidelines for computer and Internet use by your children. Computers and online services are great learning tools but bad babysitters. Teach your children to never give out personal information over the Internet.
3. Always know where your children are. Have them check first with you before they go anywhere or do anything without you. Arrange for regular check-ins with you or a trusted adult when you're not with them. Remind your children to stick to familiar travel routes and not to take shortcuts or stray into unfamiliar areas.
4. Teach your children to always take a friend when playing or going somewhere. There's safety in numbers. Remember that even older children should not go to a public restroom alone.
5. Empower your children to trust their instincts. Teach your children that they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others. Teach them to immediately tell you if this happens, and reassure them it's okay to talk about it.
6. Practice basic safety skills with your children. Teach them not to panic and how to identify safe places to go and people who can help them, such as a uniformed security or law-enforcement officer, a store salesperson with a name tag, a mother with children, or the person in the information booth. Children should never search for you by themselves, and should never ever go with anyone who claims to be trying to reunite them with you.
7. Encourage open communication. Take the time to talk to your children, and learn how to be an active listener. Pay attention if they tell you that they don't want to be with someone or go somewhere.
8. Teach children to use their voices and bodies to get away when someone is acting in a scary way. Have children practice yelling "NO! STOP!" using a voice that is loud and strong and "I NEED HELP" while running to a person who can help them.
9. Be involved in your children's activities. As an active participant, you'll have a better opportunity to observe how the adults in charge interact with your children. Offenders often seek out opportunities where they have legitimate access to kids.
10. Put non-identifiable clothes on your children. Don't let your children wear clothes or carry items with their names on the outside. Calling children by name is a trick offenders can use to gain their trust.

For more child safety information go to www.cnn.com/nancygrace

