

(A Note to Parents: As a teacher of martial arts, I make a point of sharing safety tips with my students because I want to make sure they know how to protect themselves from harm. I have prepared this checklist for the same reason. Even if you think your kids know how to protect themselves, you might be surprised at the gaps in their knowledge. During my campaign for State Senator I have visited homes throughout District 3 where children answered the door and announced that their parents were not home. I suggest printing out a copy of this checklist for each of your children and sitting down with them to go over their answers. If your kids are too young to read and write, just ask them the questions and write down their answers.)

Safety Checklist for Kids

- My full name is _____
- My parents' names are _____
- My address is _____ and my phone number is _____
- I know when to dial 911 and 0, and I know that I can dial 911 and 0 from a pay phone without any money.
- I will not put my name on my clothes, backpack, jewelry, or any other place where people can see it.
- I will tell my parents if something happens that make me feel scared, uncomfortable, or sad.
- I will never give my last name, address, or phone number to a person on the Internet, and I will not meet my Internet friends in person without my parents' permission.
- I understand that a stranger is anyone that I don't know well, even if they look nice or know my name. I will never tell strangers my name or where I live.
- When I walk down the street, I will always face traffic so I can see if someone stops their car near me.
- I will not walk alone outside and in public places, and I will not take shortcuts through vacant lots.
- I will stay about three arm-lengths away from strangers and stranger's cars, even if a stranger seems nice.
- If a stranger tries to talk with me, I will yell "No!" and run away to tell a safe adult. I will run in the opposite direction from where the stranger's car is headed.
- I will YELL and fight to get away from a stranger who tries to grab me. Yelling is the most important thing I can do, so I will yell, "No!" "Help!" or "Fire!" to get an adult's attention.
- I will never say that I am home alone when a stranger calls. I will let the answering machine pick up the call, or I will say, "My mom can't come to the phone right now; can I take a message?" If someone is making weird noises, saying scary things, or not saying anything, I will hang up.
- I will keep all the doors and windows locked when I am home alone, and I will go to a neighbor's house and call 911 if a window is broken or if the door is open when I get home. I will call my parents or a neighbor if I get scared when I'm home alone.
- If I am home alone, I will answer the door by asking, "Who is it?" through the locked door. I will never say that I am alone, and I will not open the door unless it is someone my parents told me is coming over. I will say, "My parents are busy now, I'll tell them you stopped by." If the person does not leave, I will call "911."