



Checklist for Talking to Your Kids About Safety



When and How to Get Help

- ☐ When and how to call 911
- ☐ When and how to call a parent at work
- ☐ When and how to call a trusted family member or friend
- ☐ How to unlock your cell phone if needed
- ☐ What their address, parents' full names and cell phone numbers are
- ☐ What to do if they get separated from you in a public place
- ☐ To always tell a grown-up if they get hurt or don't feel well
- ☐ To always tell a parent if someone asks them to keep a secret, break a rule, or do anything that makes them uncomfortable
- ☐ How to distinguish police officers and other "helpers" from other people wearing uniforms

In and Around Vehicles

- ☐ How to cross the street safely
- ☐ What to do if a toy rolls into the street
- ☐ How to unbuckle their seatbelts and get out of a vehicle by themselves
- ☐ How to unbuckle a younger sibling from their seatbelt
- ☐ Bike safety and proper helmet usage
- ☐ The meaning of common safety signs and symbols
- ☐ Safety in parking lots, driveways, and other places around vehicles

Dealing with Other People

- ☐ How to distinguish police officers and other "helpers" from other people wearing uniforms
- ☐ What to do if approached by a stranger
- ☐ To never go anywhere with a stranger
- ☐ To never take candy or gifts from strangers without a parent's permission

- ☐ What to do if a stranger ever touches them
- ☐ How to respond to another child who dares them to do something unsafe or tells them to break a rule
- ☐ What to do if they see another child doing something unsafe
- ☐ Proper caution around and treatment of babies and younger children
- ☐ To stay together in a group with siblings/friends where appropriate

Their Bodies

- ☐ To always tell a parent if someone asks them to keep a secret, break a rule, or do anything that makes them uncomfortable
- ☐ That they are in charge of their bodies
- ☐ Places no one should touch them (except parents for cleaning and doctors for check-ups)
- ☐ What to do if a stranger ever touches them
- ☐ What, if any, foods they are allergic to and how to avoid them
- ☐ To always tell a parent if they get hurt or don't feel well
- ☐ To never put anything but food in their mouth
- ☐ To never use their teeth as tools
- ☐ To never talk, walk, run, or play with food in their mouth

Animals and Wildlife

- ☐ What to do if approached by a strange dog
- ☐ What wildlife to avoid: poison ivy, toadstools, bees and wasps, animals acting strangely, etc.
- ☐ How to watch out for snakes
- ☐ Proper handling and treatment of pets

Out and About

- ☐ Never to climb into unattended cars, discarded appliances, crates, and boxes, or garbage bins
- ☐ How to be safe around pools or other bodies of water
- ☐ Never to pick up garbage or other strange objects on the ground
- ☐ How to avoid germs in public places and proper hand-cleaning techniques
- ☐ Basic playground rules and safety
- ☐ To stay within your line of sight

- ☐ To never hide from you in a public place
- ☐ What to do if they get separated from you in a public place
- ☐ How to cross the street safely
- ☐ What to do if a toy rolls into the street
- ☐ Bike safety and proper helmet usage
- ☐ The meaning of common safety signs and symbols
- ☐ Safety in parking lots, driveways, and other places around vehicles
- ☐ The importance of staying hydrated and using sunscreen
- ☐ To never look at the sun
- ☐ To check slides and other playground equipment sitting in the sun before use (or ask a grown-up to)
- ☐ Safety around outdoor grills and fire pits
- ☐ Camping safety
- ☐ Sports safety

Around the House

- ☐ How to lock and unlock the doors
- ☐ Never to open to door to a stranger
- ☐ Proper caution around and use of stairs
- ☐ No-touch items like medicine, cleaning products, knives, etc.
- ☐ What to do if they ever find a gun (even if you don't own guns or properly store them, this can happen at friends' houses or even playing outside)
- ☐ Their roll in their family's fire escape plan
- ☐ To never climb on or pull on furniture
- ☐ Proper care and use of their toys
- ☐ Safety around exercise equipment
- ☐ Kitchen safety
- ☐ What the smoke alarm or other safety alarms sound like and what to do if they hear one
- ☐ Location of flashlights or other safety equipment
- ☐ Common household dangers: electric sockets, appliances, etc.
- ☐ What toys and other objects must be kept out of reach of younger siblings
- ☐ Proper use of scissors
- ☐ Proper use of table knives

Other

- ☐ Self-calming strategies for when they're scared or stressed
- ☐ The importance of being calm to thinking clearly and staying safe

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