



Fullerton School District  
1401 W. Valencia Drive  
Fullerton, CA 92833

# A Parent Guide for Discussing Personal Safety Information with Children

Children are our nation's most precious resource, but as children, they often lack the skills to protect themselves. It is our responsibility, as parents and guardians, to safeguard children and to teach them the skills to be safe. This pamphlet is designed to help you talk to your children about how to protect themselves against abduction, exploitation, and painful experiences.

Every home should teach children about safety and protection measures. As a parent, you should take an active interest in your children and listen to them. Teach your children that they can be assertive in order to protect themselves against abduction, exploitation, and uncomfortable situations. And most importantly, make your home a place of trust and support that fulfills your child's needs.



**Together we can protect our nation's children by teaching them to be smart, strong, and safe.**

## HOW AND WHEN TO TALK TO YOUR CHILD

A parent or guardian is the best person to teach a child about personal safety. Effective personal safety skills include smart thinking, strong character, and sticking together.

- There is no perfect age when parents should begin teaching children about personal safety. A child's ability to comprehend and practice safety skills is affected by age, educational, and developmental levels.
- Listen to your children and know your children's daily activities and habits. Listen to what they like and what they don't like. Encourage open communication. Let your children know they can talk to you about any situation. Reassure your children that their safety is your #1 concern.
- Teach them to set boundaries about places they may go, people they may see, and things they may do. Reinforce the importance of the "buddy system." It's OK to say "NO" – tell your children to trust their instincts.
- Rehearse safety skills so that they become second nature by practicing/role playing.
- Stay involved by knowing where your children are at all times. They should check in with you if there is a change in plans.
- There is no substitute for your attention and supervision. It is your responsibility as a parent to be a parent.



## WHAT YOU CAN DO TO HELP YOUR CHILD

- Children should know their full name, home phone number, when to call 911, and how to use the telephone. Post your contact information where your children will see it: office phone number, cell phone, pager, etc.
- Children should have a trusted adult to call if they are scared or have an emergency.
- Choose babysitters with care. Obtain references from family, friends, and neighbors. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask your children how the experience with the caregiver was, and listen carefully to their responses.

## SAFETY IN THE NEIGHBORHOOD

- Children should never go anywhere with anyone without getting your permission first. With your child, make a list of neighborhood boundaries using significant landmarks – where can they go and where should they not go?
- Interact regularly with your neighbors. Tell your children whose homes they are allowed to visit.
- Don't drop your children off alone at malls, movie theatres, video arcades, or parks.
- Teach your children that adults should not approach children for help or directions. Tell your children that if they are approached by an adult, they should stay alert because this may be a "trick." Children should not engage with individuals who are experiencing homelessness and parents may need to notify FPD if an individual appears to be posing a risk to children or themselves.
- Never leave children unattended in an automobile. Children should never hitchhike or approach a car when they don't know and trust the driver.
- Parents should routinely remind children about the importance of maintaining situational awareness of their surroundings. Do not walk and text especially when crossing the street. Remind them to avoid being so distracted with their phones/devices that they lose focus of what's happening around them.

## SAFETY AT SCHOOL

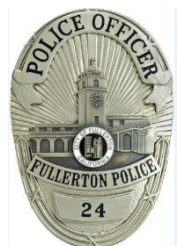
- Be careful when you put your child's name on clothing, backpacks, lunch boxes or bicycle license plates. If a child's name is visible, it may put them on a "first name" basis with an abductor.
- Walk the route to and from school with your children, pointing out landmarks and safe places to go if they are being followed or need help. Make a map with your children showing acceptable routes to school, using main roads and avoiding shortcuts or isolated areas. If your children takes a bus, visit the bus stop with them and make sure they know which bus to take.

## WHAT YOUR CHILD CAN DO (YOUNGER)

- I KNOW my name, address, telephone number, and my parents' names. I always CHECK FIRST with my parents or the person in charge. I tell them before I go anywhere or get into a car, even with someone I know.
- I always CHECK FIRST with my parents or a trusted adult before I accept anything from anyone, even from someone I know. I always TAKE A FRIEND with me when I go places or play outside.
- I SAY "NO" if someone tries to touch me or treat me in a way that makes me feel scared, uncomfortable, or confused. I will tell my parents when this happens.
- IT'S OK TO SAY "NO" and I KNOW that there will always be someone who can help me.
- I KNOW that I can TELL my parents or a trusted adult if I feel scared, uncomfortable, or confused.
- I am STRONG, SMART, and have the right to be SAFE. **WHO IS THE ONE PERSON WHO IS ALWAYS WITH ME ALL THE TIME? IT'S NOT MOMMY OR DADDY. IT'S ME!!!!**

## WHAT YOUR CHILD CAN DO (SCHOOL/HOME)

- Always TAKE A FRIEND when walking or riding your bike to and from school. Stay with a group while waiting at the bus stop. It's safer and more fun to be with your friends.



- If anyone bothers you while going to or from school, get away from that person, and TELL a trusted adult like your parents or teacher.
- If an adult approaches you for help or directions, remember grownups needing help should NOT ask children for help; they should ask other adults. If someone you don't know or one who makes you feel comfortable offers you a ride, say "NO!"

### WHAT YOUR TEEN CAN DO

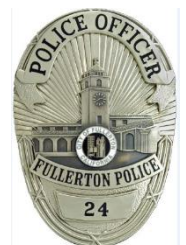
- There is safety in numbers – do not go alone. This rule isn't just for little kids. It applies to teens, too.
- Letting someone know where you'll be at all times is smart – tell an adult.
- If you are faced with a risky situation or get into trouble, your family and friends will know where to find you.
- If someone — ANYONE — touches you in a way that makes you feel uncomfortable, you have the right to say "No!" Whether it is pressure about sex, drugs, or doing something that you know is wrong. And tell your parents.
- If someone follows you, get away from him or her as quickly as you can. Always be sure to TELL your parents or a trusted adult what happened.
- If someone tries to take you somewhere, quickly get away and yell, "This person is trying to take me away!" or "This person is not my father/mother!"
- If you want to change your plans after school, ALWAYS CHECK FIRST with your parents. Never play in parks, malls, or video arcades by yourself.
- If you go home alone after school, check to see that everything is okay before you go in. Once inside, call your parents to let them know that you are home and OK.
- Trust your feelings. If someone makes you feel scared or uncomfortable, get away as fast as you can and TELL a trusted adult. Be strong and stand YOUR ground.**

### HOME ALONE TIPS

- Check Out the house before entering. Go to a safe place to call for help if something doesn't seem right. Lock the door. Everyone should do this as a matter of routine.
- Call your Mom or Dad when you get home to let them know you're safe.
- Never tell callers that your parents aren't home. Instead say that they can't come to the phone and offer to take a message.
- Better still; just don't answer the phone unless you know who is calling (caller I.D. or answering machine).
- There is no law that says you HAVE to answer the phone just because it rings. Everyone in the family should do this.
- Don't open the door to talk to anyone unless you know who it is and it is OK for them to be there.
- There is no law that says you HAVE to open the door when some knocks or rings the bell. Everyone in the family should do this.

### WHAT TO DO IN AN EMERGENCY

- Keep a complete description of your child (height, weight, etc.)
- Take a color photograph of your child every six months.
- Keep a sample of your child's DNA (fingernails, baby teeth, hair with follicle all in a clean baggie with their name on it).
- Know where your child's medical records are located.
- Have your dentist prepare and maintain dental charts for your child.
- What You Should Do In Case Your Child Is Missing:** Immediately report to your local Police.
- Limit access to your home until law enforcement arrives and has the opportunity to collect possible evidence.
- Give law enforcement investigators all information you have on your child including fingerprints, photographs, DNA, complete description and the facts & circumstances related to the disappearance.



## ADDITIONAL RESOURCES FOR PARENTS

### Help us fight crime in the City of Fullerton!

If you have information related to criminal activity, you can contact the City of Fullerton Police Department by dialing 9-1-1 or you could call in an anonymous tip hotline at (714) 738-6800.

<https://www.fullertonsd.org/> - Fullerton School District (K-8 District) (714) 447-7400

<https://www.safekids.org/> - Safety tips for kids including bicycle and car seat safety

<https://safe2tell.org> – Anonymously report anything that is scaring you or endangering you, your friends, or your family.

<https://wetip.com/> - Anonymously report information directly into the Fullerton School District.

