



## Developing a Safety Plan with Your Child

Developing a safety plan with your child is a way for you to show him or her that they are special. The development of a safety plan can teach your child ways to be involved in their own safety, with the help of an adult, as well as teach him or her how to respond in case of an emergency. Children who are prepared and have been taught how to respond in specific situations will be less likely to become targets of abuse and will fare better when they are equipped with strategies to keep themselves and others safe. Ultimately, adults are responsible for keeping children safe; however, a situation may arise where the child is without the support of a responsible adult who is willing to help. Here are some ideas you can use when developing a safety plan with your child.

- Teach your child to call 911 in case of an emergency
  - Discuss what constitutes an emergency and what does not
  - Keep the number close to the phone
  - Keep other important numbers close to the phone and explain what these numbers are used for (i.e. family or friend's numbers)
  - Pretend to have a conversation on a 911 call so that he or she can practice
- Identify neighbors you know are safe that your child can go to if needed; make sure your child is aware of these people and locations
- Teach your child to ask permission to leave the home and to tell you where they are going.
- Talk to your child about safety related to weapons
- Create a password with your child to use in emergencies or if someone he or she doesn't know approaches him or her claiming to have your permission to pick them up or talk to them, etc.
- Post and discuss Internet, game, and cell phone rules in your home
- Review and update the safety plan at least once a year