

KEEPING OUR CHILDREN SAFE

Safety tips will help keep children safe.

Provide children with clear guidelines to help keep them safe. It is important that children feel safe in their community-educate them on safety without scaring them.

Talk to your children daily about what's going on in their lives (for example school, friends). This will strengthen your relationship and explain they should not keep secrets from you.

Be sensitive to changes in your child's mood and behaviour. Any of these may indicate that your child has a problem or worry.

It is important that you always know where your children are, who they are with, when they are coming back, and what they are doing at all times. It's our job to keep them safe.

Consider this...

Check with Boost – Child Abuse Prevention & Intervention.

www.boostforkids.org

TEACH YOUR CHILDREN:

- Their full name, address, area code and phone number, and also their parents' names.
- How to reach you at any time, or someone else they can call or go to for help (e.g., a trusted neighbour). Make a list of all important phone numbers, including police, the fire department, poison control center, your work and cell phone numbers, and the names and numbers of who they can call for help. Post this list near all your home phones.
- How to make a 911 emergency phone call from home and public phones.
- An escape plan, in case of fire or other emergencies, and how to work the door and window locks.
- To stay away from wooded areas, overgrown shrubbery, abandoned buildings, poorly lit areas, laneways, vacant lots, creeks and rivers. Take a walking tour of your neighbourhood.
- Know the route your child takes to school, to friends' houses, etc. Make sure your child knows not to take shortcuts through alleys and parking lots. Remember, at any age it is always safer to walk with a buddy.
- Never to go into a public washroom by themselves – a responsible caregiver should always accompany children.
- That no one, not even someone they know, has the right to touch them in a way that makes them feel uncomfortable. Let them know that they have the right to say "NO" to any touch that makes them feel uncomfortable or in any situation where they are feeling threatened or in danger and they can tell an adult.

FOR MORE INFORMATION ON THIS SUBJECT, PLEASE CONTACT:

KINGSTON POLICE

Community Services Unit-School Resource Officers

705 Division Street
Kingston ON K7K 4C2
Non-Emergency 613-549-4660
www.kpf.ca

