



SAFETY CONVERSAIONS WITH KIDS

Having conversations with kids can be tough, but remains important. Here are key points to keep in mind when speaking with your children.

STRANGER SAFETY

The term "stranger danger" can be a useful saying, but it is important for your child to understand the difference between a stranger who can hurt them versus help them. Teach children who they can turn to for help if they are lost or in a scary situation. When in public, point out safe individuals or ask your child who they would turn to if in need.

Examples: a police officer in uniform, a store employee, a parent with children with them, a librarian, a paramedic, a crossing guard, a lifeguard, a teacher, an adult they recognize.

PERMISSION

It is important to teach your child to inform you of where they are going and who they will be with. According to kidshealth.org, only 25% of kids are abducted by strangers. A good practice is to have a password with your child. If somebody else has to pick up your child, have them say the password and if they do not know it, your child can decide to not go with them. It is also a good practice to verify that you child is going where they say they intend to be. Contact a friends parent prior to their departure, verify who is transporting your child, and have your child communicate with you when they leave the house and when they intend to return.

BODY SAFETY

Safe and unsafe touching

Instead of "good" and "bad" touching, describe to your child what is and is not appropriate.

Age appropriate wording

You can describe body safety without discussing sexuality. Teach young children that no one should touch them in an area that a bathing suit covers and they should not touch people in these areas either. Describe situations where it may be okay (ex. Medical professionals or parents when you are hurt).

Proper names for body parts

Although nicknames make the conversation easier, having your child know the proper terms for their body parts can help in the case that there is an emergency or incident.



PHYSICAL SAFETY

Explain to your children that listening to trusted adults is important and that many rules are in place to keep them safe. For example:

- Seatbelts are required no matter your age when riding in a vehicle
- Read safety regulations and requirements on booster seats/car seats
- Remain seated on public transportation
- Wear a life jacket until you are able to swim, and use the buddy system at all times near the water
- Wear a helmet when riding a bike, scooter, or roller skating
- Be aware of your surroundings at all times
- Dress appropriately, throughout the year, and bring layers.
- Drink water when it is hot
- If you are lost, stay where you are
- Wear sunscreen
- Look both ways before crossing the street
- Explain what different road signs, fire extinguishers, and other safety materials and resources look like.

HAVE QUESTIONS?

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219-462-8325

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