



10 Helpful Rules to keep young people safe

Things to do as a family

1. An unattended child is a child at risk. Arrange with you child an alternative place where he/she can wait if you are delayed, especially in the darker winter evenings. Suggest a well-lit store or inside an arena or school.
2. Whenever possible, have children walk in pairs or groups. Children should always travel the same way home.
3. Know the adults who work with your children ...both at school and in recreational programs.
4. Use a secret family code. Children should never go with anyone unless they are able to give the child the code. Once the code has been used, it should be changed.
5. Don't allow you young children to go to a public washroom unattended.
6. Check you baby sitter's credentials thoroughly. Know the latchkey rules if you child is at home alone after school: he or she should be taught never to admit visitors an never to let telephone callers know he or she is alone.

Things to tell your child

7. Explain to your children the difference between “good touched” and “bad touches” and encourage them to listen to their feelings.
8. Give your children the self-confidence to assert themselves if they get a “no feeling” because someone either touched them or asked them to do something they felt was not right.
9. Give them permission to say “no, don't touch me” to that person, and reassure them that it is not rude to do so.
10. If anyone threatens or touches them in a way that doesn't feel right, impress upon them that they must come and tell you. Explain if an adult wants your child to have a secret only the two can share, tell your child it is not right and your child must tell you immediately.