

# NOTE TO PARENTS

This can be a difficult topic to talk about. However, statistics show that outcomes are improved when children are prepared for these types of situations.

## STRANGERS ARE:

- Someone you do not know.
- Someone you are unsure if they may be harmful to you or not.
- Sometimes strangers are people you have seen or do know. People in the neighborhood; friends of the family; family members.
- They can be anywhere – in the park, at your school, on the internet, or any other place you might be.

## WHAT DO STRANGERS LOOK LIKE?

- They may look very nice and friendly.
- They may be old or young.
- They may be a man or a woman.
- They may be with their families or friends.

**SAFE ADULTS ARE GROWN-UPS YOU KNOW AND CAN TRUST LIKE PARENTS, POLICE AND FIREFIGHTERS!**

# RULES ABOUT STRANGERS

### 1. *Never Take Rides from Strangers!*

A stranger may offer you a ride or stop to ask a question. The stranger may even call you by name. That is a trick. No matter what a stranger says, NEVER go near a stranger's car. STAY AWAY!!

### 2. *Never Take Gifts from Strangers!*

A stranger may offer you a gift. NEVER take a gift or candy from ANY stranger!

### 3. *Always Go Straight Home After School!*

### 4. *Always go home the same way!*

### 5. *Always Let Your Parents Know Where You Are!*

When playing away from home, let Mom or Dad know where you are. Never play in deserted areas, and ALWAYS play in groups.

### 6. *Always Get Help If There is Trouble!*

If you are grabbed or touched by a stranger, RUN AND SCREAM, and tell your Parents right away. If you see a stranger grabbing a friend, remember as much as you can about what the stranger looks like. If the stranger is in a car, write down the license plate number of the car.

### 7. *Never Open the Door To A Stranger!*

If you are playing at home and someone knocks at the door or rings the doorbell, NEVER open the door to a stranger!



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# SAFETY AROUND STRANGERS



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## HOW TO BE SAFE

- Always stay in groups, even in public places like parks, stores and malls.
- Never take short-cuts away from the public.
- Never separate from groups in areas like stores, fairs, theme parks!
- Remember, your safety comes first!



## THINGS STRANGERS DO TO GET YOU TO COME WITH THEM

- Give gifts.
- Ask for help.
- Act like your friends.
- Create isolation and separate you from friends and family.
- Act lonely or sad to get you to talk to them.
- Give you a lot of attention.
- Earn your trust.
- Encourage you to tell secrets to them.
- Make you keep secrets they tell you.
- Get angry when you don't do what they ask you to do.
- Threaten you.

## WHAT DO YOU DO IF A STRANGER WANTS TO TALK TO YOU?

### GROWN UPS SHOULD NEVER ASK KIDS FOR HELP!

- Say NO! and walk or run away.
- Go to a safe adult.
- Yell LOUD FIRE! GUN! NO! *anything* to get attention so someone will know you need help.
- Throw dirt or rocks at their face.
- Kick, bite, poke them in the eyes and RUN.
- Never panic.
- Always tell a SAFE ADULT if someone you do not know tries to talk to you or touch you.
- Never be ashamed or embarrassed.

## WHAT IF THEY GRAB YOU?

### DO NOT COOPERATE!

- Stop walking and DROP like a bag of potatoes.
- If you are carrying something hit them with it and run!
- If you are on a bike DO NOT let go of it!
- DO NOT let them take you!

## WHAT DO YOU DO IF THEY GET YOU INTO THEIR CAR?

### NEVER PANIC!

- Pull on the steering wheel.
- Climb on top of their head.
- If you are on the floor try to pull the keys out of the ignition.
- Try to make yourself visible in a window.

## IF YOU ARE IN THE TRUNK OF A CAR:

### DON'T PANIC!

- There is a button or handle near where the trunk opens, try to feel for it to open the trunk.
- Feel for tools you may be able to use to pry open the trunk.
- Find something to pull out the tail lights and wave an arm or leg out of the hole.

## WHAT IF SOMEONE HAS YOU ALONE IN AN ISOLATED AREA?

### DON'T PANIC!

- Tell them they haven't done anything wrong yet, it's not too late to let you go.
- Plead, or cry without getting them angry.
- If they get angry, learn quickly what makes them angry and don't do it.
- Study the area and look for a way out, make a plan in your head and when the time is right RUN!
- Try to get to a phone and dial 911.



## IF YOU CAN GET AWAY:

- Step on rocks so your footprints can not be followed.
- If you are being chased and find an opportunity to hide:
  - Be still and listen for their footsteps.
  - Breathe through your nose and not your mouth.
  - Cover yourself with dirt and lay still, even if they are nearby until it is safe.

## SAFE PLACES TO RUN TO:

- Nearby houses that it looks like the owners are home.
- Stores, anywhere with a phone, and scream Call 911.
- Busy streets.
- Be careful, they may be looking for you.

## WHAT TO DO AFTER YOU GET AWAY

### TELL A SAFE ADULT!

- DO NOT feel embarrassed or ashamed!
- Never keep secrets!
- Know there are people that want to help you!

## PREVENTION

- Always tell your family where you are going.
- Always stay in a group of friends.
- Never wander from an organized group.
- Carry a cell phone if you must walk by yourself.
- Arrange to practice wrestling with your family.
- Practice how to not panic.
- Have your parents show you the buttons and handles to release the trunk lock.
- Play a game with your family when you are at an outing of how to escape from the room or area.
- When you drive by houses notice the difference between owners that are home and owners that are not home.