



Safety Tips for Parents



Every parent should know and follow these safety tips. Please take the time to read and share this information with your children.

- **TAKE RESPONSIBILITY:** Know where your children are at all times. Be familiar with their friends and daily activities.
- **BUILD SELF-ESTEEM:** A child who has low self-esteem is ill-equipped to protect himself/herself. Listen carefully to your children's fears, be supportive in all your discussions with them, and replace fear with knowledge.
- **TEACH DECISION-MAKING:** Children of all ages can make decisions. Practice early with little decisions so big decisions later are easier. Teach them to trust their own feelings, and assure them they have the right to say NO to what they sense is wrong.
- **BUILD SUPPORT SYSTEMS:** Children need positive adult role models and need to know where to go for help.
- **CHOOSE SUBSTITUTE CARE-GIVERS CAREFULLY:** Interview and monitor babysitters, group leaders, youth pastors, etc. Be alert to **anyone** who is paying an unusual amount of attention to your children or giving them inappropriate or expensive gifts.

more tips →

PROTECT KIDS WHO ARE HOME ALONE: Set ground rules, emergency contacts, and responsibilities for kids who are home alone.

TALK WITH CHILDREN: Teach your children that no one should approach them or touch them in a way that makes them feel uncomfortable. If someone does, they should tell you immediately.

BE SENSITIVE: Watch for changes in a child's behavior. They are signals that you should talk to your children about what is causing the changes.

USE ROLE-PLAYING: Rehearse safety situations with your child. Give them power through knowledge. Play the “WHAT IF?” game.

LET KIDS BE KIDS: Teach them what they will need to know to be safe and let them know you will do your best to protect them. Don't scare the fun out of children.

More information is available from the following organizations:

Jacob Wetterling Resource Center 800-325-HOPE or 800-325-4673
or 651-714-4673 www.jwrc.org

National Center for Missing and Exploited Children 800-THE-LOST
or 800-843-5678 www.missingkids.com

Stop It Now! Minnesota www.stopitnow.com/mn
651-644-8515 stopitnowmn@projectpathfinder.org



For additional information about the Minnesota Department of Corrections, visit www.doc.state.mn.us or phone 651-361-7200, TTY 800-627-3529.

This information will be provided in an alternative format upon request.

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