

# Kidpower Safety Tips for Parents

**To help kids be safe from bullying, violence, and abuse, teach them to:**

- ⊗ **Stay Aware.** Notice people, animals, cars, bicycles, & buses. Pay attention to sounds, smells, & sights. Be aware of everything going on around you.
- ⊗ **Move Away From Trouble.** If you notice anything that doesn't feel safe, leave, and go to adults who can help you.
- ⊗ **Act Calm & Confident.** People will listen to you more and bother you less when you act calm, firm, and respectful, not scared or mad.
- ⊗ **Use Stranger Safety Habits.** Younger kids: Check First with your adults before going close or talking to people or animals you don't know well. Older kids: Think First. If you're not sure, move away toward safety.
- ⊗ **Stick to the Plan.** Check First with your adults before you change the plan about where you are, who you're with, or what you're doing.
- ⊗ **Let Go of Your Stuff.** If you need to leave behind or hand over a bag, phone, wallet, etc, in order to be safe, then let it go! Fighting over stuff can be unsafe. You are much more important than your things.
- ⊗ **Speak Up.** If something bothers you, say so. Know how to say "Please stop." Tell adults you trust about anything that bothers you.
- ⊗ **Use Words Safely.** Saying, emailing, texting, or IMing mean words, even if someone else did it first, makes problems bigger.
- ⊗ **Protect Your Feelings.** Notice mean words without taking them in. Practice catching them & throwing them away. Talk with an adult you trust.
- ⊗ **Get Help.** You deserve to feel safe at home, at school, and everywhere you go. Tell - and keep telling - adults you trust about safety problems.
- ⊗ **Put Safety First.** Being polite, kind, and respectful is important, but being safe is more important than being polite, kind, and respectful.



This free resource provided by Kidpower, a nonprofit leader in bullying, abuse, abduction, & assault prevention since 1989. Services, books, & free online library: [www.kidpower.org](http://www.kidpower.org) • 1.800.467.6997 ext 1# • [safety@kidpower.org](mailto:safety@kidpower.org)