



# After-School Safety Tips

## Tips for Parents and Kids

## TIPS FOR PARENTS



- 1 Know your child's comfort level.**

Don't let your child spend the afternoon alone if he or she is uncomfortable. Enroll your child into an after-school club, ask a trusted person to handle after-school pick-up or schedule a play date.
- 2 Practice your child's route.**

Whether your child walks, bikes or takes the bus to school, find and practice a safe route together. Your child should stay alert and avoid any shortcuts and distractions.
- 3 Establish safe areas.**

Point out safe areas – including a trusted neighbor's home or a nearby police station – in case your child gets locked out of the house or needs help.

- 4 Create an after-school checklist.**

Advise your kids to lock doors and reset the home security system when they get home. Keep your child busy by asking him or her to complete homework or work on another safe task. If your child honors the checklist, reward him or her with dessert or extra TV time.
- 5 Post emergency numbers.**

The American Red Cross suggests posting a contact list that includes 9-1-1 and people you trust. If your child gets scared, he or she should call a listed contact. For emergencies such as a fire or home intruder, have them call 9-1-1.

## TIPS FOR KIDS



- 1 Tell your parents how you feel.**

If you're not ready to stay home alone, let your mom or dad know as soon as possible. This way, you can join an after school-club, get picked up by someone your family trusts or have a play date with a friend.
- 2 Use the same school route.**

Using the same route will help you know your surroundings and find safe areas. Your parents trust you to use the same school route, so don't take a shortcut or try to explore your neighborhood on your own!
- 3 Know where to find safety.**

Stay alert and do not talk to strangers on your route. Also, walk with a friend if you use the same school route. If you need help, safe areas near you could include a police station, public library or neighbor's house.
- 4 Follow your after-school checklist.**

When you get home, lock the door, reset your security alarm and call a parent to let him or her know you're safe. Show your parents how responsible you are by finishing the checklist before they return home. The more time spent working hard, the faster time will pass by.
- 5 Use emergency numbers wisely.**

Only use the phone to call an emergency contact or a parent when you arrive back home. Ask a parent to post an emergency contact list in a convenient place such as the refrigerator door. If you smell smoke or get hurt, call 9-1-1 or another emergency contact for help.