



YOUR CHILD'S SAFETY TOWN MESSAGE TO YOU

Dear Family,

Here is what SAFETY TOWN will teach me:

PEDESTRIAN SAFETY:

- First, I STOP my feet at the curb, EVERYTIME. Then I LOOK left, right, and over my shoulder. I WAIT for cars to go by or the light to turn green. I LISTEN for any sirens or cars coming.
- In the crosswalk, I stay between the 2 white lines on the right side so I don't bump into other people.
- If there is a red light or a red hand sign, I wait until the walking person sign comes back or the light turns GREEN and I LOOK and LISTEN one more time before crossing.

PARKED CARS/DRIVEWAYS/STREETS:

- I am much smaller than a car. If I go between parked cars, drivers can't see me. Playing between parked cars is dangerous.
- I always stop to see if cars are backing out of a driveway because they can't see me, especially if there are bushes or buildings nearby.
- The street is for cars only, not for play. I play in my yard or a friend's yard or at a playground.
- All drivers have to stop at the STOP signs and at a red light. Safety Town will teach me how to do that. I can't drive now, I'm too small! But it's fun to learn that red means stop!

SAFETY SIGNS:

- There are many safety signs including STOP, traffic lights, crosswalks, yield, railroad crossing, etc. Please help me review them.

CROSSING GUARDS:

- They help me cross the street. I always obey and listen to them.
- They wear a vest and carry a STOP sign so I know who they are.

PLAYGROUND SAFETY:

- I'm careful of people swinging. Going in front or behind a swing could hurt me.
- Throwing sand or wood chips could hurt my eyes and someone else's.
- On the slide, I take turns ONE AT A TIME and always go UP THE LADDER and DOWN THE SLIDE sitting on my bottom. This way, no one gets hurt.
- On the monkey bars, swinging upside down is dangerous. I keep my hands only on the bars, taking turns ONE AT A TIME.
- I keep my hands and feet to myself.

OUTDOOR SAFETY:

When I am hiking or camping:

- I always stay with the group. I stay near a trusted adult.
- I wear warm, brightly colored clothing so if I do get lost, I can be seen easily.
- I carry a whistle with me so I can blow it if I get lost. I can blow a whistle louder than I can call for help and I won't get as tired as quickly. I will stay where I am until someone finds me.

STRANGER SAFETY/Tricky People:

- A stranger is someone I don't know. Not ALL strangers are bad. Most are good.
- I will only follow an adult I know and trust; even if a stranger tries to trick me and wants to give me candy, toys, money, or wants me to help them look for a lost puppy.
- If someone tries to get too close to me, I will yell NO as loud as I can, then GO (run away fast) and I will TELL a trusted adult like my parents, a teacher or a police officer.
- I will keep my distance (Safety Zone), if I am near a stranger.
- I will always play with someone I know and trust. I will stay with my friends under the supervision of an adult.
- Only my Mom, Dad, or my doctor should touch me in the private areas that are covered by my bathing suit. If anyone, even a trusted adult, touches me in a way that makes me feel uncomfortable, I will tell another adult that I trust. I have the right to be in charge of my own body.
- Tricky people may want me to go with them, but I will make sure I stay with my trusted adult.
- Building self-esteem and self-confidence are important in empowering children to become assertive in trusting their instincts, fighting back and/or finding help from a trusted adult.

9-1-1 EMERGENCY INFORMATION:

- An emergency is something that happens all of a sudden that is serious or dangerous that can hurt someone. Examples: a fire, a robbery, someone falls and can't move.
- Dial 9-1-1 to call the fire department, ambulance, and police department.
- I will stay calm and say my name, address, and what is happening.
- Call 9-1-1 only if there is an emergency!
- Please help me create a family safety plan and survival kit.

EARTHQUAKE SAFETY:

- An earthquake is when the ground shakes suddenly from deep inside the Earth. (Sometimes the Earth needs to get its wiggles out, too!) Things that aren't secured in place might move and fall

and break. We need to protect ourselves from things that might fall on our bodies, especially our heads.

- If I am inside, I will DROP under a table if I can, COVER my head, and HOLD ON to a table leg. I will make sure my whole body is under the table,
- If I am outside, I will DROP, COVER, and HOLD ON making sure I stay away from wires and buildings.

FIRE SAFETY:

- Matches should only be used by adults. I could get burned.
- If I ever find matches or a lighter, I will tell Mom or Dad without touching them.
- If there is a fire in my house, I will use my walking feet to quickly walk outside.
- If there is a lot of smoke, I will CRAWL REAL LOW under the smoke to get outside so I can breathe.
- I will practice an EMERGENCY PLAN with my parents so I know where we can all meet if there is a fire and we get separated.
- It's important to remind parents to check the batteries in our smoke detector every time we change the clocks for Daylight Savings Time.
- If my clothes catch on fire I will remember to STOP, DROP, and ROLL.
- Dial 9-1-1 to call the fire department.
- Firefighters are my friends. They want to help people. They can protect me from danger.
- Firefighters wear protective gear and may look scary, but they are there to save me. I will call out to them and yell, "I'M HERE!"

HOME SAFETY:

- I put toys away after playing so no one falls over them.
- Soaps, bleaches, paints, and all the other cleaners are for adults to use. They are not toys and could hurt me and make me very sick.
- Tools and lawn mowers are very dangerous and are for adults only.
- Plastic bags and spray cans are not toys either. They can hurt me.

MEDICINE SAFETY:

- I should only take pills or medicine when my adult or the doctor give them to me. I could get very sick and it is dangerous.
- If I ever find any bottles with pills or other medicine, I will ALWAYS give them to my adult.

WATER SAFETY:

- I will ONLY go swimming if I am with an adult.
- I will stay in the shallow end until I learn how to swim and then only dive into the deeper end of a pool.
- I will get out of the water in a lightning storm. I could get hurt.
- I always use my walking feet around a pool. Pools are wet and slippery and I could get hurt.

- Glass containers are dangerous near a pool. It could break and I could hurt my feet,
- If someone needs help in the water, jumping in to help is not safe. I could throw a safety ring in to help and go tell an adult or lifeguard.

BUS SAFETY:

- I board the bus one at a time, I hold onto the railing and sit back in my seat, bottom to bottom and back to back so if the bus driver stops quickly I won't bump your face. I can put my hands up to protect myself.
- I will keep my hands to myself and keep my hands and head inside the bus at all times.
- I will keep my feet and belongings in my seat and not in the aisle so no one trips, falls, or gets hurt.
- I will talk in a quiet voice.
- I can go to a bus stop and wait for a bus to come, if am lost, hurt, or need help. Bus drivers are my friends.

BICYCLE SAFETY:

- I will always wear a helmet that fits properly when I am riding on wheels.
- I will always wear other safety equipment when riding anything on wheels. (knee and elbow pads.)
- I will always ride on the right side of the road in the same direction as traffic.
- I will always ride with an adult.

CAR/PASSENGER SAFETY:

- I will always have an adult with me when I get in a car.
- I will always ride in a car seat and buckle my seatbelt.
- I will play, talk, or sing quietly so the driver can hear sirens and other traffic. Drivers need to concentrate on the road to drive safely.

ANIMAL SAFETY:

- I will always ask the owner of an animal if it's okay to pet the animal.
- Before I pet a strange animal, I always let it smell my closed fist first.
- I always use gentle touches with animals.
- I will always stay away from a fight between animals or pet any animal that acts scared. Animals can't talk so they sometimes bite to say "You're scaring me!"

Our teacher said that because I am still very small and I forget things, that you would keep these papers and remind me. Please do, because I don't want to get hurt and I always want to remember my safety rules. Please take the time to help me practice and tell me about new things so I'll know what to do! Thank you!

Love,

Your Precious Child