



A CHECKLIST FOR PARENTS

As loving parents, nothing gives you more peace of mind than knowing your child is safe from harm regardless if it's at home, school or while you're out together. Your child's safety should never be compromised and it's time to take extra precautions by educating your child on the dos and don'ts of safety.

HERE'S HOW YOU CAN PROTECT YOUR CHILD FROM HARM

1

TEACH

your children to remember their full name, home address & phone number.



2

Post your **CONTACT DETAILS** where your children will see it such as on the fridge or near the house telephone.



3

When it comes to **BABYSITTERS**, choose one that is recommended by someone you trust.



4

Teach your children that **STRANGERS** should not approach them for help or directions because this may be a "trick".



5

Tell them it's ok to say

NO

to an adult if they feel uncomfortable.



6

Never leave your children **UNATTENDED** in a car, or at public areas such as malls or parks.



7

REMEMBER what your child wears every day.



8

Explain the use of emergency numbers such as

9 9 9

thoroughly.

9

Know the **ROUTES** your children take to school.



10

Keep the contact details of your children's **FRIENDS** and their parents.



11

Monitor your child's daily **ONLINE ACTIVITIES** especially to whom he/she chats with.



12

Know your child's whereabouts and class **SCHEDULES** at all times.

