



# Appendix

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✓ Please send home the “Letter to the Parents/Guardian” in this appendix!



# Basic Safety Concepts

- 1. Most of the people in the world are good, kind, and helpful!!**
- Basic safety motto which applies to all situations:  
“**Check First** before you go anywhere with anyone (for any reason at any time)!”
- 3. Forget about the idea of a *stranger*!** Children think they know a lot of people. Most exploitation, molestation, and abduction is conducted by someone the child knows. A child should never go with anyone without checking first.
- 4. Common lures used by child molesters: need for assistance, friendliness, lost pets, bribes, emergencies, authority figure.**  
LURE:
  - ✓ Ask a child for help to: look for a lost pet, unload a truck, retrieve items under or in a car, carry packages, etc.
  - ✓ Offer money to the child for various reasons (odd jobs, to take a photo, etc.)RESPONSE:
  - ✓ **Check First** with the adult in charge of them at the time to see if it is OK. Adults can get help from other adults.  
LURE:
  - ✓ A person dressed as a police officer, nurse, fireman, etc., says mom/dad/guardian was in an accident and the child needs to go with him or her.
  - ✓ Someone says mom or dad had a flat tire or can't pick up the child for some reason and wants the child to go with him or her.RESPONSE:
  - ✓ **Check First.** Even if the person is dressed as an authority figure, the child is NOT to go without checking first. Call home, ask a Safety Person, or check with the adult in charge of them at the time to verify the situation. Without this confirmation, the child should say *NO*.
- 5. Safety Person**  
The parent should give the child the name of a Safety Person (two names for K-3 or three names for grades 4 and up). A child can go with these people at any time for any reason, without checking first.  
  
**Code Word** (grades 3 and above only)  
The parent gives the child a special word. The child only goes with someone if that person knows and volunteers the code word. Children need to stay at least two arm lengths away to hear the Code Word. Younger children can be tricked with a code word.
- 6. If a person grabs or tries to physically move a child:**
  - ✓ Kick, scream, poke, fight, make a scene, etc.
  - ✓ Scream, “You’re not my dad!” or “You’re not my mom!”

## Basic Safety Concepts

### 7. If a car slows down or stops by a child:

- ✓ Take two giant steps back away from the car immediately. Do not go toward the car to give directions, offer help, or for any other reason.
- ✓ Turn and go in the opposite direction of the car or cross the street.
- ✓ Run if the person gets out of the car.

### 8. Be observant (Be wise with your eyes!)

- ✓ Pay attention to descriptions of people.
- ✓ Notice license plate colors and numbers.
- ✓ Get details if something does not seem right.

### 9. Use the Power NO.

- ✓ Use the **Power NO** to resist pressures, dares, bullies, drugs, and NOT OK Touch or Talk.
- ✓ Know basic Refusal Skills to help in situations of pressure.
- ✓ A child has the right to say NO to words or touches that are inappropriate or uncomfortable.
- ✓ Use the **Power NO** for guns: Do not touch it. Get away from the gun. Tell someone

### 10. Home alone

- ✓ If the door is unlocked or open when the child goes to enter, he or she should not go in.
- ✓ Lock doors and windows. Keep the door shut and locked, even if it is someone the child knows at the door.
- ✓ If the person at the door sees the child in the house and keeps knocking, the child should go into another room and pay no attention. If the person persists, call a neighbor or police.
- ✓ Let the phone ring. Use caller ID or an answering machine. If the child answers the phone the child should not say he or she is home alone. If he or she is in grade 4 or older, the child may pretend to call out for Mom in another room, take a message, and say Mom will call back.
- ✓ Have an Emergency Phone List posted by every phone.

### 11. Know how to use telephone

- ✓ Dial “911” for help, or “0” if applicable.
- ✓ Practice using a cell phone and pay phone and how to make calls without using money.
- ✓ Know area codes.

### 12. Safe practices:

- ✓ Use the buddy system.
- ✓ Cyber-safety—never give out personal information on the Internet. Visit only parentally approved sites.
- ✓ Know which houses are Safety Houses.
- ✓ Avoid dangerous places (vacant buildings, alleyways, isolated areas, etc.)
- ✓ Avoid shortcuts. Go the way parents will know.

## Basic Safety Concepts

### 13. Kind and Caring

- ✓ Each child is special and unique in his or her own way
- ✓ It is important to be kind and caring toward others
- ✓ We should not dislike someone just because that person is different in some way.
- ✓ There are two steps to help accept differences in others:
  1. recognize the differences
  2. respect the differences

### 14. Conflict Resolution

- ✓ Children need to learn:
  - How to: not cause conflict
  - How to: prevent conflict
  - How to : resolve a conflict without violence
- ✓ Ways to resolve conflict include: take turns, share, avoid the conflict, cooperate, “I” messages, paraphrase and active listening

### 15. The A+ Way is helpful in the issue of bullying

#### Behave

Act kind and caring



#### Prevent

1. Alert yourself to problems
2. Avoid the situation

#### Respond

1. Assert yourself
2. Act (use a Refusal Skill)
3. Ask for help



## Safety Scenarios

*Judge, Think, and Act carefully.*

**Check First** before you go anywhere with anyone!

It is a freezing February morning and you are waiting at the bus stop. A car pulls up with some kids in it; even a friend of yours is in the car. The driver is someone you have seen before at school. The driver says, "The school bus broke down and I'm supposed to pick up all the kids. Come on, I'll give you a ride." It's cold outside. This is someone you have seen before. Even your friend is in the car. Should you go?

ANSWER: **Check First** with the adult in charge of you or check with your Safety Person to see if it is OK to go. If you cannot check, the answer is NO.



You are at the soccer field and you are waiting for your parent to pick you up. Someone you do or do not know (it doesn't matter which) says that your dad had a flat tire and cannot pick you up so you should go with that person. The field is clearing out and there are not too many people left. What should you do?

ANSWER: **Check First** with the coach or an adult you know well at the field. If you cannot check, the answer is NO. Your dad is on the way or he would have given this person a code word. Ask your coach or another adult you know to wait with you until your ride comes.



Someone dressed like a paramedic, a nurse, a fireman, a policeman comes up to you and says, "You're mom has been in a terrible accident and I need to take you with me to the hospital. Come on, let's go." What do you do? I know you want to see your mom if she is hurt, but should you go? This is a person with a uniform and authority.

ANSWER: **Check First** with your Safety Person or the person who is in charge of you at the time. If you cannot check, the answer is NO, even if the person looks official and has a uniform and a badge. A police officer is always your friend, and you can certainly go to one whenever you need help. But if someone wants you to go with him or her when you do not need help, then you need to **Check First**. A real police officer or paramedic will be proud of you for checking.



## Safety Scenarios (continued)

Someone comes up to you and asks for help. He says that he just dropped his wallet underneath the seat in his car and he can't reach it because he is too big. You are the right size. Please put your hand under the back seat and pull out the wallet and he will give you some money from it as a thank-you. He promises that he doesn't want anything else from you; he is not offering a ride or food or anything. He just needs help. What do you do?

ANSWER: **Check First** with the adult in charge of you. It is nice to help someone, but if you cannot check, the answer is NO. Do not help--especially near a car. Adults can get help from other adults.



You are going into the mall and someone comes up to you and asks if you can do a quick favor and he'll pay you for it. He is delivering a lot of packages to a store and he can't carry them all. If you carry a few boxes from his truck he'll give you \$25 to thank you for helping and saving him time. It seems like an easy enough task. The truck is there by the door with the packages and you could sure use the money. What do you do?

ANSWER: Even though you are old enough to be at the mall by yourself, you are not old enough to make that kind of decision by yourself. Offers of quick and easy money very often lead to a lot of trouble. Just say *no thanks* and leave the area, unless you can **Check First** with the adult in charge of you at the time.



Someone wants to take your photo and pay you for it. He or she says that it would make a great photo for a magazine and it may even lead to a modeling job. Do you let the person take your photo? What if it involves money? What if there is no money involved? What should you do?

ANSWER: NO. Have an adult **Check First** to see if the situation is legitimate.



A police officer comes up to you, shows you his or her badge, and tells you that your friend has been picked up and taken to the police station for questioning about drug use. Your friend wants you there as a witness. The officer wants you to go with him or her to the station. What do you do?

ANSWER: Even though the police are there to help you and not to harm you, you are not to go unless you **Check First** with an adult. A police officer is always your friend, and you can certainly go to one whenever you need help. But if someone wants you to go with him or her when you do not really need help, then you need to **Check First**. If you cannot check, the answer is NO. The police will be pleased that you are thinking and acting wisely.



## Safety Check-Points for Kids

**Most of the people in the world are good and helpful!**

- 1. Check First** before you go anywhere with anyone (for any reason at any time)! Check with the adult who is in charge of you at the time. If you cannot check, then the answer is NO!
- 2.** Adults can get help from other adults. You do not need to help anyone find a lost puppy, unload a truck, etc., unless you **Check First**.
- 3.** Know your full name, address (including state), and telephone number with the area code. Know your parents' or guardians' names, too.
- 4.** If you are separated or lost from your parent or buddy, *freeze* and *yell* your parent's or buddy's first and last name. You may ask a clerk or a parent with children to go get help for you, but stay where you are.
- 5.** If anyone tries to move or hurt you, make sure you scream, kick, fight, and yell, "You're not my dad (or mom)!"
- 6.** Use the buddy system; go in groups.
- 7.** You are in charge of your body. No one has the right to touch you or talk about your body in a way that is wrong or makes you feel uncomfortable. Use the **Power NO**, and then tell someone.
- 8.** If you find a gun, do not touch it. Get away from it and tell someone. If a friend wants you to touch or hold it, use the Power NO!
- 9.** Use the Power NO (and other Refusal Skills) for bullies, dares, and drugs, too.
- 10.** When you are home alone, keep the door locked and closed for everyone. Let the phone ring, use caller ID or the answering machine, or work out a system with your parents so that no one realizes you are home alone.
- 11.** On the Internet, keep personal information to yourself! Ask your parents which sites you can visit.
- 12.** Be Kind and Caring Kids! Control your anger, don't be a bully, and use non-violent actions and words.
- 13.** Be a **STAR** and tell an adult if you think that something is wrong or someone could get hurt. It is not snitching—it is **Responsible Reporting!**

***Make good choices. Follow these Check-Points and you'll stay safe!***

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## Safety Check Points for Parents

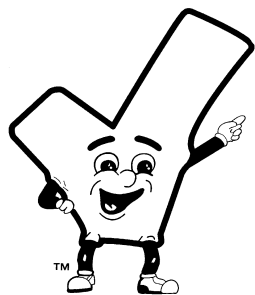
1. Tell your child that you will love him or her *unconditionally*, no matter what happens. You may not like his or her actions or words, but you still love the child.
2. Teach your child safety tips in small, repeated, positive doses. **Avoid using the word *stranger!*** Children think they know people more than they actually do, and the term *stranger* is ineffective. Most children are molested, abused, abducted, or exploited by someone they know. Remind your child always to **Check First** before going anywhere with anyone!
3. Never leave a child unattended in a vehicle! It can take as little as three seconds for someone to steal the car; the inside temperature may be harmful; the child may release the brake. You are also subject to a fine!
4. Give your young child the names of two Safety Persons who can always be trusted for rides, help, etc. Use a code word with children older than third grade.
5. Monitor what your child is doing on the computer! Instruct him or her not to give out personal information on the Internet or to make arrangements to meet in person someone he or she met online. Make sure your child knows how to be *cyber-safe*.
6. Remind your child that he or she is in charge of his or her body, and no one has the right to touch or talk about this body in a way that is inappropriate or makes the child uncomfortable.
7. ASK if there are guns in the house where your child is going to play. Discuss gun safety with your child.
8. Update photos four times a year for preschoolers and once a year after that. Keep a Child Profile booklet up-to-date with important data about your child.
9. Have your child wear items with his or her name on them only inside the house. Children are more likely to trust someone who calls them by name. Know what your child is wearing each day in case you need to describe him or her.
10. Teach your child to be kind and tolerant of others. Children need to understand and accept others who are *different* from them. Model this behavior yourself.
11. Be alert to situations around you involving other children. Pay attention to people and details.
12. "Watch my child, and I'll watch yours."

**Not a moment spent on a child to teach them the skills to be safe is ever wasted!**

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# Emergency Phone List



**Charlie Check-First says:**

**Keep these numbers by your phone. Know how to call for help!**

\_\_\_\_\_ Dad's work number \_\_\_\_\_  
(Dad's full name)

\_\_\_\_\_ Dad's cell number

\_\_\_\_\_ Moms work number \_\_\_\_\_  
(Mom's full name)

\_\_\_\_\_ Mom's cell number

\_\_\_\_\_ Neighbor \_\_\_\_\_  
(Neighbor's full name)

\_\_\_\_\_ Other \_\_\_\_\_  
(full name)

\_\_\_\_\_ Police

\_\_\_\_\_ Fire

\_\_\_\_\_ Poison Control



## MY Address

(street) \_\_\_\_\_

(city) \_\_\_\_\_ (state) \_\_\_\_\_ (zip) \_\_\_\_\_

MY Phone Number (\_\_\_\_\_) \_\_\_\_\_

For emergencies, tell the operator your name, phone number, age, address, and the problem.

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## Dear Parent or Guardian

Today your child received a program on personal safety. This non-frightening approach may have included the following lessons:

- **Check First before you go anywhere with anyone!**
- **Safety Person/Safety House**
- **Power NO (for dares and pressures, guns, drugs, NOT OK Touch/Talk)**
- **Home Alone Skills**
- **Buddy System**
- **Emergency Situations**
- **Observation Skills**
- **Kind and Caring Kids**
- **Self-Esteem / Tolerance**
- **Conflict Resolution**
- **Bullying**

Please discuss these concepts with your child again. Review these safety tips in **gradual** and **consistent** methods. Especially remember the following:

- ✓ **Avoid using the word *stranger* in your safety tips!** Most children are molested, abused, and abducted by people they know or think they know. Instead, instruct them to evaluate the entire *situation*.
- ✓ Help your child practice making phone calls and getting emergency help.
- ✓ Give your child the names of two Safety Persons. These are people you and your child can trust for rides, help, etc.
- ✓ Encourage him or her to use the Power NO in appropriate situations.
- ✓ Love your child *unconditionally* and let him or her know it. You may not like what your child did or said, but you will still love him or her.
- ✓ Model a kind and caring atmosphere in your home. Practice tolerance of others.
- ✓ Remind your child about our two rules:
  1. **Check First** in all situations!
  2. **Kind and Caring** is the way to be!

Learn more about our safety tips by visiting our website. Thank you for caring about your child's safety!

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## Dear Parent or Guardian (Do you use a Safety Person?)

Your child has learned a very basic, important, and *effective* safety tip:

**Check First before you go anywhere with anyone!  
(for any reason at any time)**

Children are not always able to identify a safe person or a safe situation. It is best for the child to check with the adult who is in charge of him or her at the time. If they cannot check, the answer is **NO**.

There may be a time when this approach is not workable and you need a back-up safety tip. **We encourage you to establish a Safety Person and Safety House with your child.**

### **SAFETY PERSON**

✓ This is someone YOU trust. Your child may go with that person at any time without checking first.

✓ If your child's Safety Person offers him or her a ride, it is OK to go. If your child's Safety Person comes to the house when he or she is home alone, it is OK to open the door. If you need someone to pick up your child because you cannot be there in time, send your Safety Person. The child knows it's OK.

✓ You should only have 2 names for younger children and 3 for older children. They should not assume that every neighbor or every friend of yours is a Safety Person! You need to give your child specific names.

### **SAFETY HOUSE**

✓ This is a place your child can go if he or she needs help (perhaps on the way home from school or when he or she is home alone).

If you decide to use a **Code Word** with your child, keep in mind the following:

1. The child is not to tell anyone the code word.
2. If someone comes to pick up the child, that person must say the code word without clues.
3. Children younger than third grade should **not** use a code word.
4. It is important to stay at least two arm lengths away from the person, even if he or she wants to whisper the word! If they are too close they could be grabbed.

**You** decide the names of the Safety Person and Safety House. Discuss this with your child! It only takes a few minutes, but it is worth it. Teach your child to be a **Safety Kid!**

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# I'm a Safety Kid!

This certifies that I, \_\_\_\_\_,  
am an official **SAFETY KID**. I will follow the Safety Check-Points  
and stay safe.

Instructor's signature \_\_\_\_\_

Date \_\_\_\_\_

Approved by *Charlie Check-First*



Make smart  
(and safe)  
decisions!





Be

a

Safety Kid!

Give a Safety Kid Coupon to students as you catch them in a “random act of safety.” Perhaps they **Check First**, do something with a buddy, pay attention to details, etc.

**Caught Being a Safety Kid**

Redeem for \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


Student  Teacher

**Caught Being a Safety Kid**

Redeem for \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Student  Teacher

**Caught Being a Safety Kid**

Redeem for \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Student  Teacher



# SAFETY KIDS SONGS

## **Check, Check, Check!**

Charlie Check-First, Charlie Check-First,  
Check! Check! Check! Check! Check! Check!  
Check with an adult before you go anywhere.  
Check! Check! Check! Check! Check! Check!

## **Check First!**

Listen up kids  
Before you go anywhere  
Remember  
You have to Check First

Check First! Check First before you go  
anywhere with anyone! There is just one thing to do.  
To be safe and remember to

Check, Check, Check before you go anywhere  
Check, Check, Check, Check first!

## **Charlie Check-First**

Charlie Check-First (Charlie Check-First)  
He's our guy. (He's our guy.)  
He says "Check First!" (He says "Check First!")  
I'll tell you why. (I'll tell you why.)  
To be safe, (To be safe) you need to ask (you need to ask)  
Ask an adult (Ask an adult), an easy task! (an easy task!)  
Hear me say C-H-E-C-K!  
Hear me say C-H-E-C-K, C-H-E-C-K, C-H-E-C-K

## **Home Alone**

What do you do when you're on your own and an  
emergency comes along? All you must do is use the phone,  
call 9-1-1 or zero.

What do you do when you're home alone and ringing  
comes from the door or phone?  
What do you do? Answer on our own?

No, just let it keep ringing!  
This is the last verse to sing. Just remember these two  
things.  
"Let the door and phone just ring,"

"Call 9-1-1 or zero!"

## **Power NO**

"Power NO!" (8 times)  
Be sure and use the "Power NO" (repeat)  
If you don't want to just say so! (repeat)

If someone bullies you around, (repeat)  
Be sure and say "NO!" Stand your ground. (repeat)

If there's a touch that you don't like, (repeat)  
Say loud and strong "Go take a hike." (repeat)

If guns are ever used in play, (repeat)  
don't ever touch them. Say "NO way!" (repeat)

You're much too special to agree (repeat)  
to take a dare at all, you see. (repeat)

If you are offered drugs you'll know (repeat)  
just what to say. Use "Power NO!" (repeat)

"Power NO!" (8 times) NO!

## **Kind and Caring is the Way to Be**

"Kind and Caring is the way to be!" (2 times)  
KC Koala says to you and me,  
"Kind and Caring is the way to be!"

"Thoughtfulness and patience is the key." (2 times)  
KC Koala says to you and me,  
"Thoughtfulness and patience is the key."

"Be respectful and be friendly." (2 times)  
KC Koala says to you and me,  
"Be respectful and be friendly."

## **My Friend**

Every single person is different from the rest.  
Doesn't matter what we say or do or how we're dressed.

We are all so special and unique in our own way.  
That's what makes the world so much fun each and every day.

When I'm kind and caring, I'm nice to every one.  
Doesn't matter how they talk or walk or where they're from.

I can be accepting of our differences; and then, I will have so  
many people I can call "My Friend!"

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# STAR Songs

## **If You're Special and You Know It**

If you're special and you know it clap your hands. (repeat)  
If you're special and you know it then you'll really, really show it. If you're special and you know it clap your hands.

If you're special and you know it pat your back. (repeat)  
If you're special and you know it then you'll really, really show it. If you're special and you know it pat your back.

If you're special and you know it shout hooray! (repeat)  
If you're special and you know it then you'll really, really show it. If you're special and you know it shout hooray!

If you're special and you know it do all three.  
If you're special and you know it then you'll really, really show it. If you're special and you know it do all three.

## **Be a Safety Kid!**

To avoid an argument, to avoid a fight; try to share your toys and games. Sharing's always right.

Take your turn, cooperate; you'll be glad you did. You will learn to keep the peace. You'll be a "Safety Kid!"

## **The A+ Way**

When someone is bothering you, what's best for you to do?  
The letter "A" will give you a clue.

When someone is bothering you, what's best for you to do?  
Alert yourself to problems; Avoid the situation; Assert yourself with words; Act kind and caring; Ask for someone's help; See the letter "A" will give you a clue.

## **Be a STAR**

Be a STAR-- like Ima STAR.  
Show what a great kid you are!  
Tell someone when something is bad--  
A teacher or your Mom or Dad.

## **I'm a STAR**

I'm a STAR. You are, too.  
We know just what to do.  
Reporting is not tattling.  
Report when something is troubling.  
Reporting can be just the thing  
That you should do!

## **STAR Friends**

Reporting a danger to an adult is not tattling.  
If someone's safe because you told, you know you did a good thing!

**IMA STAR** and all your friends remind you what to do.  
They're Sensing, Thinking, Acting, Responsible kids like me and you!

**Sensing Sam** is so aware; He knows what's going on—  
His senses gather information that he can act upon.

**Thinking Theo** uses his brain to think what he should do.  
"Will someone get hurt?" he asks himself. A friend? Himself? Or you?

**Action Annie** gets right to work to report the situation.  
Adults can handle things the best if you give them information.

**Responsible Rob** knows the way that you can be a STAR.  
Sense, Think, Act Responsibly like the great kid you are.

## **A STAR Cheer**

Give me an S. ( S ) Give me a T. ( T ) Give me an A. ( A ) Give me an R. ( R ) What do you spell? ( STAR )  
What are you? ( I'm a STAR! ) Say it again. ( I'm a STAR! )  
( Students Together Are Responsible )

## **A STAR Cheer**

Give me an S. ( S ) Give me a T. ( T ) Give me an A. ( A ) Give me an R. ( R ) What do you spell? ( STAR )  
What are you? ( I'm a STAR! ) Say it again. ( I'm a STAR! )  
( Students Together Are Responsible )

## **Call me IMA**

They call me Ima STAR and I'll tell you what that means,  
I know just when to tell a grown-up something unsafe that I've seen.  
I'm a Sensing, Thinking, Acting, Responsible kid,  
When I've sensed something dangerous, let me tell you what I did.  
First I thought about the danger and how badly things could go,  
Then I knew I should report it, because someone ought to know.

Found a grown-up who was nearby, then I told her what I knew,  
And she smiled and said to me, "That was just the thing to do!"  
So she stepped in to make sure that everything was okay,  
She said, "Great job of reporting! You really saved the day."

If it's harmful, or it's unsafe, it's not tattling at all.  
Just report it to a grown-up. Do it right away; don't stall.  
Call me Ima, I'm a Safety Kid, and I know just what to do.  
I report it, if there's danger. I'm a STAR. You be one, too!

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