CHILD SAFETY GUIDE FOR ADULTS
San Francisco SAFE Inc., is a non-profit 501(c)(3) corporation founded in 1976. SAFE is a community crime prevention and public safety organization that works in cooperation with the San Francisco Police Department and other city agencies to help make our neighborhoods a safer place to live, work and play. You can help keep our city SAFE! Tax deductible donations can be made by check or on our website www.sfsafe.org.

MISSION STATEMENT

SAFE engages, educates and empowers San Franciscans to build safer neighborhoods through crime prevention education and public safety services that result in stronger, more vibrant and resilient communities.

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CHILD SAFETY GUIDE

We hope you will use this guide to make choices that will increase your safety, and the safety of your family. The content of this guide is designed to help you become more aware of your surroundings and the activities of your children, and how to build a safer community.

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Children, like adults, have the right to be safe. In addition to protecting children, we adults—the caretakers of children must teach them the skills to make safe choices, to stay out of danger. Child Safety requires the attention of both adults and children. We cannot always be with our children, so we must trust in their intelligence and good judgment. That will come from knowing that we taught them well.

By working together we can equip children with skills and strategies to keep themselves from becoming victims of abuse, neglect, or abduction. Our goal at SAFE is to provide information and resources to help adults and children make the choices that will keep all children safe and free from hurt or harm wherever their paths may take them.

By fostering a strong relationship between parent and child, healthy communication can be the most effective means of promoting child safety. Strong, healthy relationships help children develop into responsible, independent people.

This booklet is meant for adults to read and then share with children to give them skills to exercise good judgment.
If a child feels in danger:

**YELL, RUN, AND TELL**

**YELL:**
Yell loudly to draw attention to yourself and the stranger.

**RUN:**
Run to a safe place.

**TELL:**
Tell a trusted adult what happened.

For TELL to be effective, adults must set the stage open for open communication.

**THINGS FOR ADULTS & CHILDREN TO DO TOGETHER:**

- Make a list of trusted adults.
- Make a list of safe places.
- Practice **YELL, RUN** and **TELL**
- Plan family meetings to discuss important issues.
PEOPLE SAFETY

STRANGERS (Someone you don’t know)
- Not every stranger is bad; not every stranger is good.
- Always stay at least an arm’s length away from a stranger.
- An unfamiliar adult should ask another adult for help, not a child.

TRusted ADULTS (Speak to children about who they can consider to be trusted adults)
- Police officers.
- Trusted neighbors.
- Relatives.
- Store owners.
- Someone who knows your name or who looks familiar is not necessarily a trusted adult.
- Even people you know maybe potentially dangerous.

Lures and Tricks Dangerous People Use:
- Offer a ride in a vehicle.
- Offer candy, gifts, money, drugs or jobs.
- Offer companionship or affection.
- Offer assistance.
- Request help.
- Request to find a lost item, purse or animal.
- Pretending to be a trusted adult.
- Fake an accident or an emergency.
- Misuse of authority.
- Use of threats/fear.
- Promise a party, fun and games.
WHAT’S THE RIGHT AGE FOR YOUR CHILD TO HAVE A CELL PHONE?

If you answer “yes” to most of the following, it may be time to get a cell phone for your kids:

- Are your children independent enough?
- Do your children need to be in touch for safety reasons?
- Would having easy access to friends benefit them for social reasons?
- Do you think they’ll use a cell phone responsibly? (e.g. not texting during class or disturbing others with their phone conversations)
- Can they adhere to limits you set for minutes talked and applications downloaded?

CELL PHONE TIPS

- **Explain that cell phone is expensive and that “extras” cost money.**
- **Work out guidelines for use with your kids.** No phones in class, phones turned off at night, and no phones at the dinner table are a few common ones.
- **Make sure your kids are using phones appropriately.** That means no rude or sexual texts, no embarrassing photos or videos. Monitoring messages sent and received is possible too.
- **Talk about cyber bullying.** Tell your kids to come to you or a trusted adult if anything like that happens.
- **Tell your children that sexual talk of any kind is not allowed.**
- **Make sure they pick up your call.**
- **Have them review each month’s bill.**
- **Make sure you anticipate increased phone bill.**
- **Draw boundaries.** No phones at the dinner table, in the car, in a restaurant, or while in class.
INTERNET SURVIVAL TIPS FOR KIDS AND TEENS

• Never give any personal information to anyone you meet online.
  ▪ Your real name.
  ▪ The physical address of your home.
  ▪ Whether or not your parents, guardians, or other responsible adult are home.
  ▪ Any phone number (home or cell).
  ▪ Passwords; Birth dates or years.

• Never meet up with anyone you don't already know.
  Don't tell anyone your schedule; don't post where you'll be hanging out. No party announcements.

• Don't fill out any "fun" questionnaires that are forwarded to you, even if they're from your friends.

• Make sure you know everyone on your buddy list.

• You do not have to answer emails or IMs from people you don't know.

• There's no such thing as "private" on the Internet.

• Be careful about posting pictures of yourself (if you must, don't post sexy ones or ones showing behavior you wouldn't want your mom, teacher, or potential college advisor to see).

• Don't send pictures of other people.
• **Be aware and involved.**
  It's up to parents to teach kids how to use the Internet — and all media — safely, responsibly and respectfully.

• **Do your homework.**
  Check out sites, investigate ratings, and explore safety and privacy tools and parental control features.

• **Talk to your kids.**
  Ask them questions about where they're going online and who their buddies are.

• **Teach safety.**
  Make sure your kids know how to avoid dangers. No party postings, no personal information, no meeting strangers.

• **Set rules.**
  Time limits, place limits, codes of conduct. Try to keep computers with Internet access in a central room of your house where you can observe them.

• **Report suspicious activity.**

• **Help kids view online information with a critical eye.**

• **Embrace their world.**
  Download music, IM your kids, play an online game, visit Social Media sites so you'll know what you're dealing with.
SAFETY TIPS FOR TRAVELING AND TRANSPORTATION

DO

- Travel with a friend.
- Travel in areas with lots of people.
- Travel on streets with people and businesses.
- Stay in well lighted open areas.
- Tell your caregiver where you will be.

AVOID

- Travelling alone.
- Vacant lots or playground.
- Shortcuts or alleyways.
- Dark streets, small areas.
- Having a child’s name visible on back packs and clothing.
- Changing plan suddenly without permission.

PUBLIC TRANSPORTATION SAFETY

- Wait for bus in lighted area.
- Have your ticket, pass or money ready.
- Know the necessary schedule, routes, transfer and stops.
- Sit or stand near the driver as possible.
- Sit by the aisle.
- If someone is bothering you, or making you uncomfortable, get up and tell the bus driver.
- Do not get off the bus unless you know the area and it's safe.

GUIDELINES FOR CHILDREN WAITING FOR A RIDE

- Arrange in advance who will pick you up and what time.
- Stay in your designated pick up spot.
- If your ride is late, go back into school or the building you were in.
- Carry telephone numbers and emergency contact.
- Have a back up plan in case of emergency or change of plans.
- Your caregiver would not send a stranger to pick you up.
Providers should request the following:

- Emergency contact information of family, friends and medical offices.
- Information on the child’s health history and any food and medication allergies.
- A list of authorized people allowed to pick up the child.
- A written note or phone call if someone not on the list will be picking up the child.
- Anyone familiar who comes to pick up the child has to show identification.

Adults should:

- Thoroughly investigate and research the people and organizations in contact with the child.
- Check references and appropriate licensing agencies.
- Question and observe to ensure that you agree with the program’s mission and views on children (rules, activities, language, etc.)
- Meet and introduce themselves to the people interacting with the child.
- Question and discuss with the child their daily activities.
- Provide timely, accurate information on custody issues, restraining orders and people not permitted to have contact with the child.
- Notify employees if the child will be late, early, absent or if someone else will be picking up the child.
CAR SEAT RECOMMENDATION
FOR CHILDREN

- Select a car seat based on your child’s age and size, and choose a seat that fits in your vehicle and use it every time.
- Always refer to your specific car seat manufacturer’s instructions; read the vehicle owner’s manual on how to install the car seat using the seat belt or LATCH system; and check height and weight limits.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer’s height and weight requirements.
- Keep your child in the back seat at least through age 12.

Recommended by the NHTSA

DESCRIPTION OF CAR SEATS

A **REAR-FACING CAR SEAT** is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child’s fragile neck and spinal cord.

A **FORWARD-FACING CAR SEAT** has a harness and tether that limits your child’s forward movement during a crash.

A **BOOSTER SEAT** positions the seat belt so that it fits properly over the stronger parts of your child’s body.

A **SEAT BELT** should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area across the neck.
DESCRIPTION OF CAR SEATS

BIRTH – 12 MONTHS
Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

1 – 3 YEARS
Keep your child rear-facing as long as possible. It’s the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat’s manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

4 – 7 YEARS
Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat’s manufacturer. Once your child outgrows the forward-facing car seat with a harness, it’s time to travel in a booster seat, but still in the back seat.

8 – 12 YEARS
Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: Your child should still ride in the back seat because it's safer there.
There is no law that dictates what age a child can be left home alone, it is up to the caregiver and child whether they both feel he/she is mature enough to handle the situation.

- Children must know how to dial 9-1-1.

- A list of numbers of relatives, friends, trusted neighbors and emergency contacts should be posted by each telephone or near the child at all times.

- There should be a set of rules to be followed when the child is home alone.

- Rules should be clear about who is allowed in the home and what activities are permitted.
PLEASE FILL IN INFORMATION AND KEEP IN A SAFE PLACE

(Update photo and information every 6 months)

Child's Full Name

Birth Date  Age  Boy or Girl

Race  Language

Weight  Height  Hair Color  Eye Color

Identifying Marks (scars, braces, eyeglasses or other marks)

Home Address

City  State  Zip code

Parents and/or Legal Guardian Names (and contact numbers)

Emergency Contact & Telephone Number

Child's School  Address and Phone Number

Local Family and Friends (and contact numbers)

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**IMPORTANT INFORMATION ABOUT YOUR CHILD**

Important:
Place your child’s current headshot photo here.

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Date of Photograph

If Your Child is Ever Missing,
Call 911 Immediately

Cell phone Emergency Number in SF:
(415) 553-8090