

Dear Parents and Guardians,

This booklet is designed to provide your child with basic safety information in a fun and interactive way. Your child will learn safety rules for staying home alone, what to do in the event of a fire, getting to school safely, and how to be responsible with friends. This booklet also gives safety tips for bullying, using the Internet, cyberbullying, drugs and violence, and how to prepare a Family Emergency Plan and Emergency Kit. There is a section with safety contact information for parents and guardians.

Become familiar with the safety subjects presented in this booklet as many of the activities involve discussions between the child and a parent or guardian. Be sure to fill out the safety certificate with your child to show your support.

#### Special appreciation to:

Drug Abuse Resistance Education (D.A.R.E.) iKeepSafe Internet Safety Coalition National Crime Prevention Council Phillip Martin Clipart Rescue 1 Fire Safety for Kids, Inc. U.S. Department of Homeland Security/FEMA U.S. Fire Administration for Kids

The information in this publication is available, upon request, in an alternative, accessible format.

Prepared by the Michigan Legislature

This information is provided free to Michigan citizens and is not for reproduction for resale or profit.

## Safety at Home, at School, and With Friends

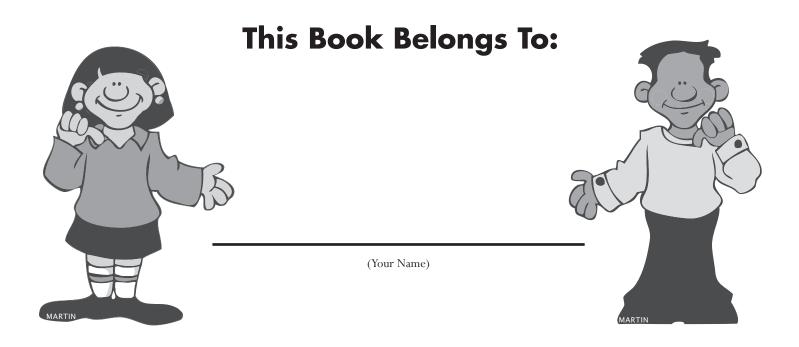




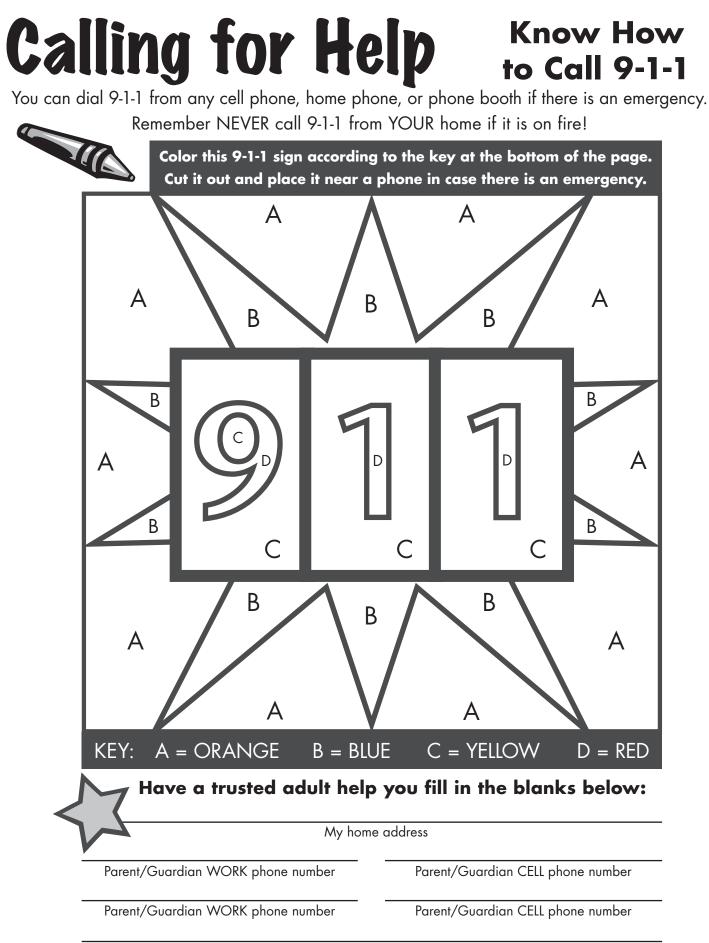


Calling 9-1-1	3
Staying Home Alone	4
Fire Safety	6
Getting to School Safely	14
Internet Safety	16
Bullying	23
Cyberbullying	24
Drugs and Staying Safe	27
Gun Safety	31
Vandalism	32
Gangs	33
Good Secrets and Bad Secrets	34
Emergency Safety—Are You Ready?	35
Safety Certificate	40
Answers	41
Parents and Guardians Safety	
Contact Information	41





My Family Members Are:	
Trusted Adults I Know:	



The address and phone number of your Safe House — a trusted neighbor who you can call or go to in case of an emergency.

## Home Alone Safety

Do you stay home alone sometimes? Here are good safety tips you can talk over with a parent or guardian to see what works best for you and your family.

- If someone knocks at your door, DON'T ANSWER IT...even if they look friendly or wear a uniform, like a delivery person or cable worker.
- If someone calls and asks for an adult in the house...don't tell the person there isn't an adult home. Just say, "They can't come to the phone right now. May I take a message?" NEVER tell anyone you are home alone.

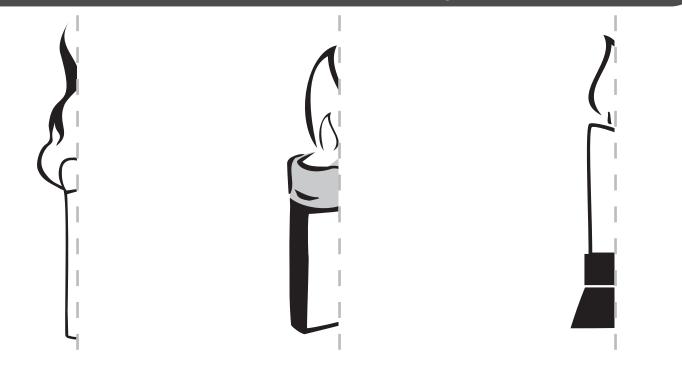


- Lock up. Learn how to lock and unlock all the doors and windows. Always make sure everything is locked, even when you are inside.
- If you hear strange noises...ask a parent or guardian what the noises may have been. Talk about HOW and WHEN to call 9-1-1.
- Never cook by yourself. Always ask a grown-up first before using the stove, microwave, toaster oven, or sharp knives.
- **Choose a Safe House.** With a parent or guardian, ask a trusted neighbor if you can go to their home if you need help fast. This will be your **Safe House**.
- Be alert. Be aware of your home BEFORE you go inside. If something doesn't look right, like a broken window or a door is open, DON'T GO INSIDE! Go to your Safe House and ask for help.





Draw the other half of the pictures below to help you remember that kids should never touch matches, lighters or candles.



6

### Learn Fire Safety Basics What will you do if there's a fire in your home?

#### Have an escape plan.

Talk with your family about an escape plan. You should have two ways out — a Plan A and a Plan B — in case one way is blocked by fire.

#### Have a family meeting place.

Decide with your family where to meet outside, away from the fire.

#### Crawl.

Remember to stay close to the floor when moving. The smoke of a fire will rise to the ceiling. It will be easier to breathe if you are close to the floor.

#### Feel.

Always feel doors before you open them. A hot door means there may be fire on the other side. Try another way out.

#### Know how to open windows and doors.

Have a parent or guardian show you how to unlock windows and doors in your home.

#### IMPORTANT! Get out first.

Stay calm and move quickly. NEVER look for your favorite things. You need to get out fast! Call 9-1-1 AFTER you get outside.



#### STAY outside.

Stay outside — no matter what. NEVER go back into a burning building!

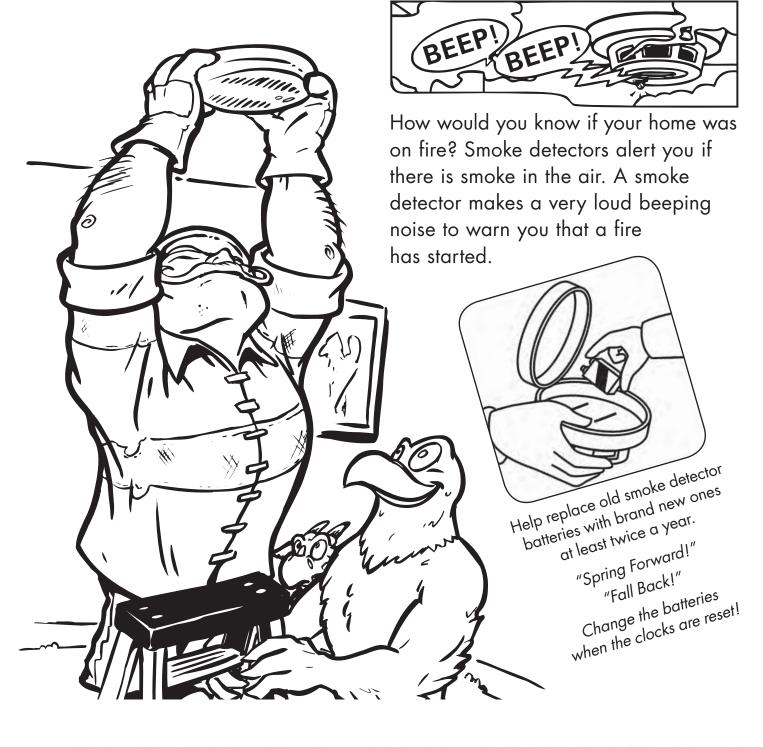
#### Practice what to do.

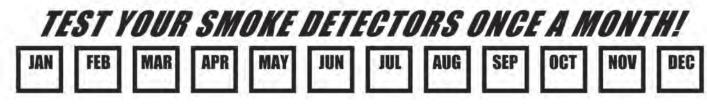
As a family, have a fire drill. Practice your escape Plans A and B and know where to meet outside.

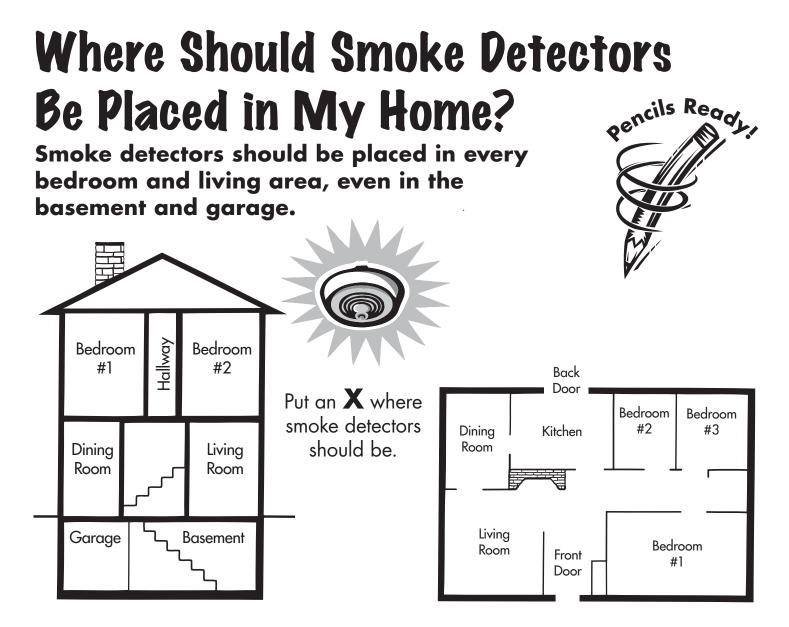




## **Smoke Detectors Save Lives!**







### Make a List!

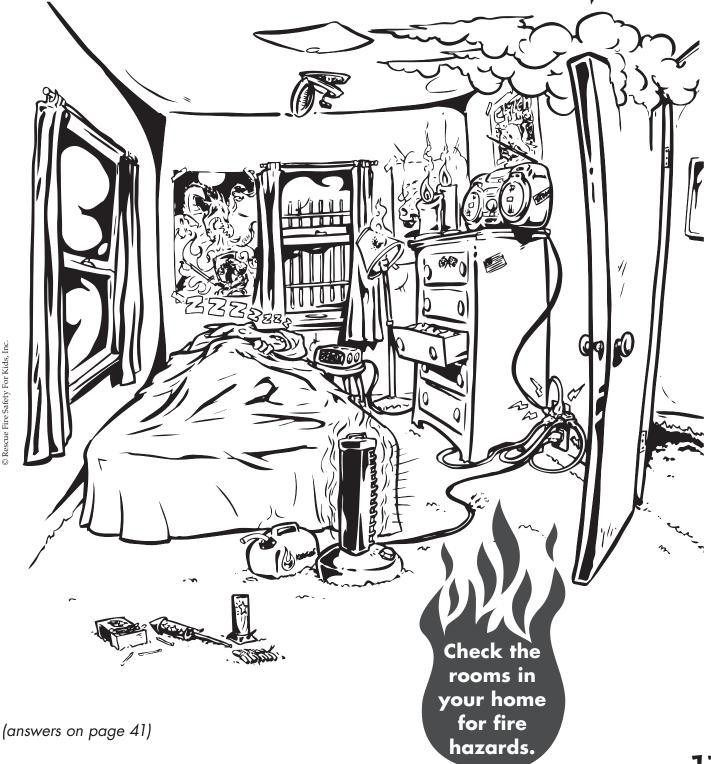
Walk around your home and write down where you see smoke detectors and where you might need them.

#### HAVE smoke detectors:

NEED smoke detectors:

## **How Many Fire Hazards** Do You See in the Room?

Circle all the fire hazards you see.



Rescue Fire Safety For Kids, Inc.

pencils Ready

## Don't Hide, Go Outside!

Or go to a window and shout for a firefighter to come and help you.



Firefighters wear masks, helmets, and other equipment to protect them from fires. They can look scary! But they are there to help you.

### What Have You Learned About Fire Safety?

2

1

4

3

5

DOWN: 1. MATCHES 3. FIRE 6. PLANS

Across: 2. OUTSIDE 4. SMOKE 5. ESCAPE



6



ACROSS:

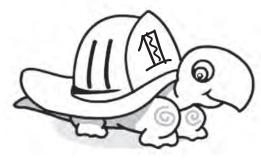
- 2. If there is a fire, don't hide, go \_\_\_\_\_.
- 4. A burning home fills with this and makes it hard to see or breathe.
- 5. You should have two \_\_\_\_\_ routes in each room of your home.

#### DOWN:

- 1. Kids must never play with these.
- 3. This is hot, dark, loud, and scary.
- 6. You and your family need to practice your fire escape \_\_\_\_.



Find and circle the words from the list in the puzzle to the right. Words can be horizontal, vertical, forwards or backwards.



(answers on page 41)

ALARM BATTERY CRAWL ESCAPE FIREPLACE PRACTICE OUTLET EMERGENCY PLAN RESCUE SAFETY SMOKE



## School Safety Follow These Rules and Get to School Safely!



DON'T FORGET! Check with a parent or guardian about other special rules they have for you.



Don't stop to talk to strangers! Never go anywhere with anyone you don't know – no matter what they tell you.



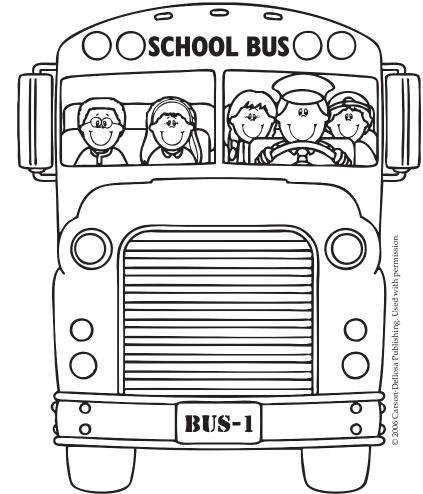
While waiting for the bus, stand on the grass or sidewalk. Never walk behind the bus.



Stay with your friends. It is always safer in a group!



Practice getting to your bus stop 5 minutes early so you won't be left behind.

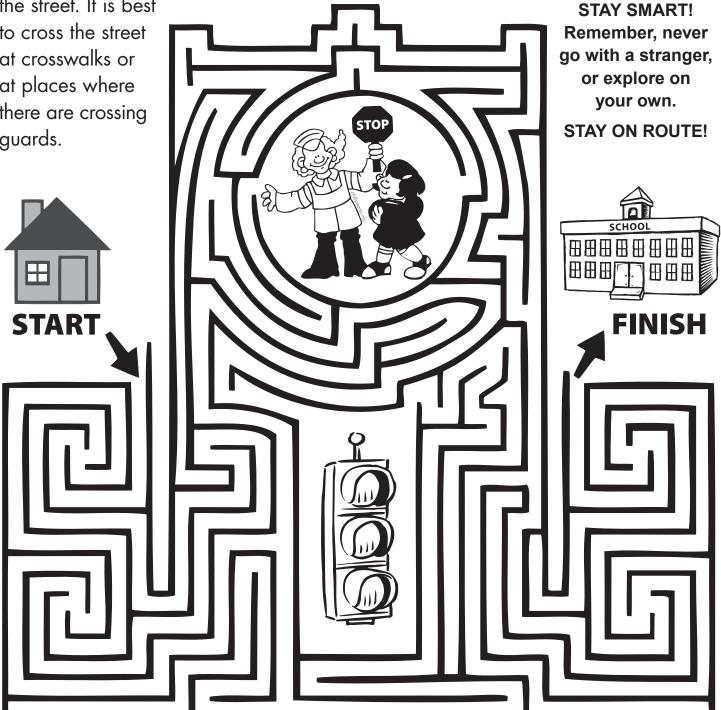


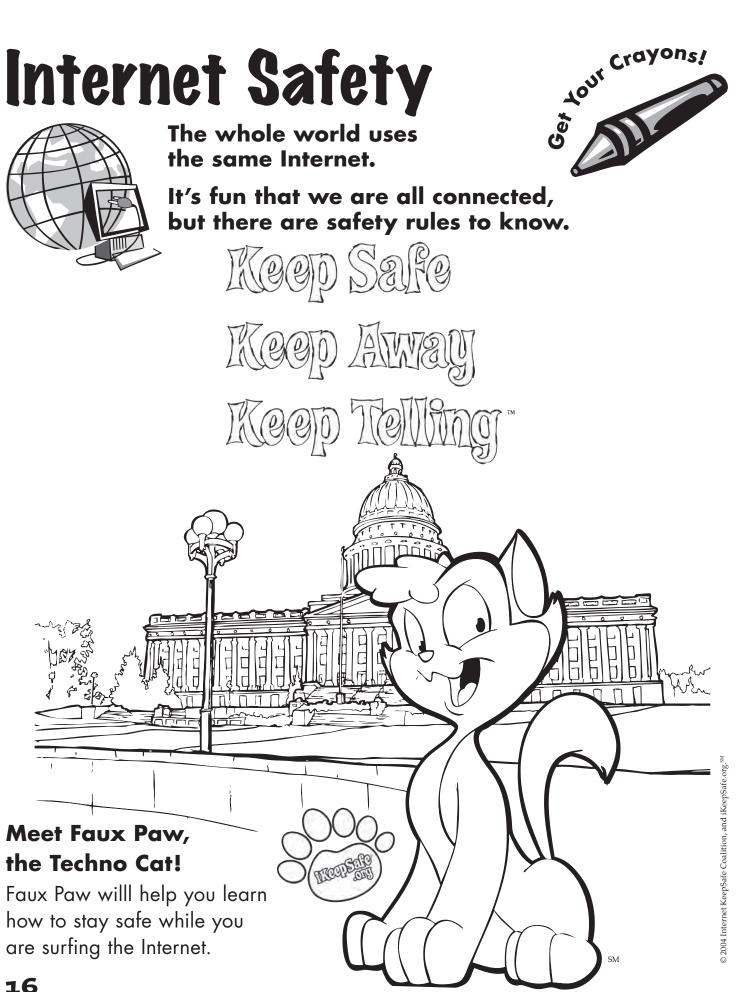
## a-MAZE-ing Fun!

Can you find your way through the maze and arrive at school safely?

Follow traffic signals and rules for crossing the street. It is best to cross the street at crosswalks or at places where there are crossing guards.









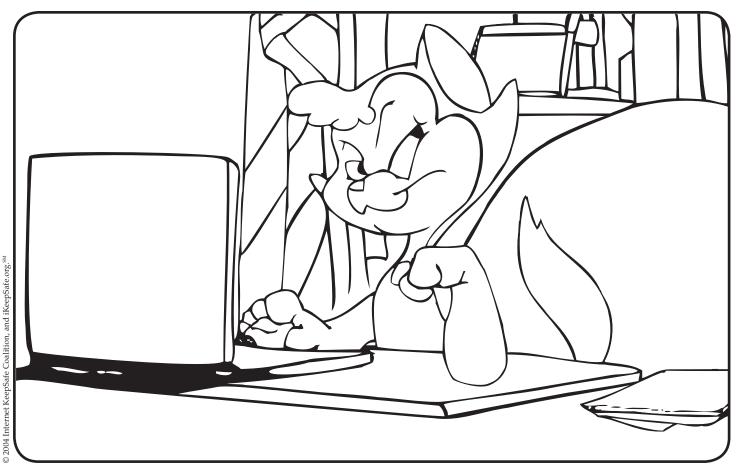
### Keep your personal information safe — all of it!

#### What is your personal information?

- 1. your name
- 2. your address
- 3. your phone numbers
- 4. the name of your school
- 5. a picture of yourself
- 6. private thoughts and feelings



### Faux Paw says NEVER give any of this information to anyone online.





#### **McGruff the Crime Dog Says...**

EVERYONE online is a STRANGER. You can never know who they really are – no matter what they tell you.

### Talk only with people you know and NEVER MEET STRANGERS FACE TO FACE.





## Keep Telling

The Internet can be fun – you can play games, learn a language, read a book and even listen to songs, but ALWAYS tell a parent or guardian if someone or something bothers you online.



### Check with your parent or guardian about the computer rules in your home.

Below are some rules to follow when you are online. Check off the rules as you talk about them.

NEVER give out your name, address, or phone number.

NEVER tell where you go to school.



NEVER send a picture of yourself to strangers.



NEVER plan to meet someone from the Internet, face to face.

_		

ALWAYS tell a parent or guardian if an email or something you saw online makes you feel uncomfortable, sad or angry.

KEEP all passwords a secret with your family.





# How much do you know about computers?



#### Check with a parent or guardian to see how much they know about computers, too!

Match the definitions on the right with the correct word from the list on the left. Write the letter in the blank next to the matching term.

- 1. Mouse \_\_\_\_\_
- 2. E-mail \_\_\_\_\_
- 3. Cursor \_\_\_\_\_
- 4. Laptop \_\_\_\_\_
- 5. Internet Address \_\_\_\_\_
- 6. Chat Room \_\_\_\_\_
- 7. Virus \_\_\_\_\_
- 8. Password \_\_\_\_\_
- 9. SPAM \_\_\_\_\_
- 10. Message Board \_\_\_\_\_
- 11. Instant Messaging \_\_\_\_\_
- 12. Internet \_\_\_\_\_
- 13. Website \_\_\_\_\_
- 14. Monitor \_\_\_\_\_
- 15. Cyberspace \_\_\_\_\_
- 16. Username \_\_\_\_\_
- 17. Keyboard \_\_\_\_\_

- A. A place where you "talk by typing" to other people
- B. A secret word that only you and your parents know
- C. A letter you send through cyberspace
- D. A hidden program that can hurt your computer
- E. Junk mail that comes to your e-mail box
- F. A name you use on the Internet that isn't your real name
- G. The part of the computer you use to type
- H. A place on the Internet you can visit
- I. What you use to move the cursor
- J. These often start with "www."
- K. Another name for the computer screen
- L. The world that connects computers to the Internet
- M. A small computer that's easy to move
- N. A worldwide network of computers; your computer uses this to visit websites
- O. The arrow or small flashing line on your monitor
- P. Like talking on the phone, only using text instead of spoken words
- Q. A place on the Internet where you can post information

#### 20

## Take the Pledge!

Complete the pledge below with the members of your family. Then cut out the pledge and hang it near your family's computer.

## Our Family's Internet Promise

We,	the		family,	commit	to:	
-----	-----	--	---------	--------	-----	--

- Keep telling each other about the things we do on the Internet.
- <u>Keep away</u> from Internet strangers. Only talk to people we know.
- □ <u>Keep safe</u> our personal information.
- □ Keep the computer in a common area.
- Keep our passwords safe. We never share them with anyone outside of our family.
- Avoid pop-ups.
- □ Use filters and other safety software.
- □ Update our anti-virus software often.

□ Scan attachments with anti-virus software before opening.

Other Rules:

Signed: .

Date:

2004 Internet KeepSafe Coalition, and iKeepSafe.org

Keep Safe

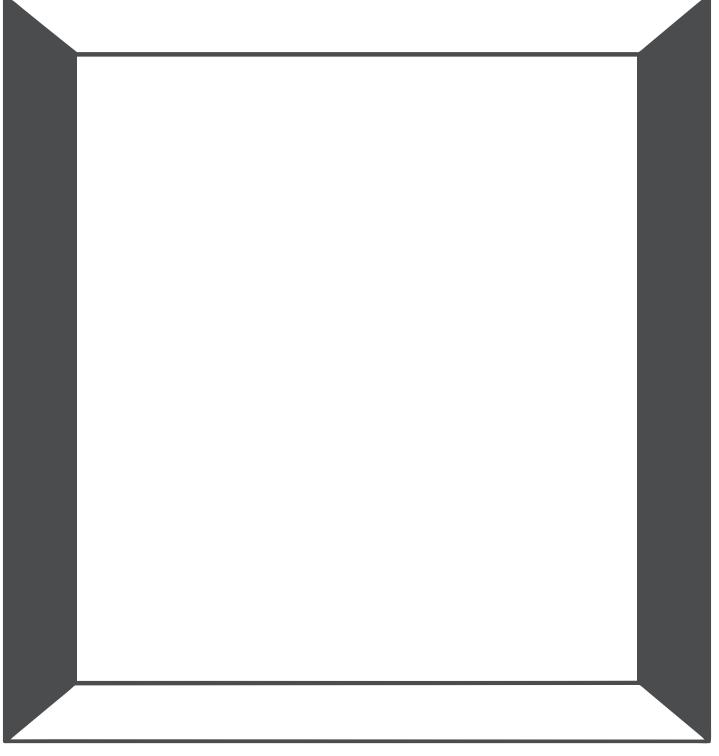
Keep Away

Keep Telling

## We Signed the Pledge!

Draw yourself with your family members in the picture frame below!





## Is There a Bully at Your School?

Bullies can tease you, call you names, push you, tell bad secrets about you and embarrass you. Bullies can be scary, mean and harmful. Some schools have anti-bully rules, which means bullying is against school rules.

**REMEMBER**: Always tell a trusted adult about bullies — no matter what! Read these safety rules with a parent or guardian.

- Try to Talk it Out.
   Say, "Why are you being mean to me? What have I done to you?"
- Speak Up.
   Say, "Stop picking on me!"
- Make a Joke.
   If you say something funny, even about yourself, the bully might laugh and forget about picking on you.
- Walk Away From the Bully. That's right — just turn around and walk away! You don't

and walk away! You don't have to put up with someone being mean to you.

- Stick with Your Friends.
- Tell an Adult about Bullies.



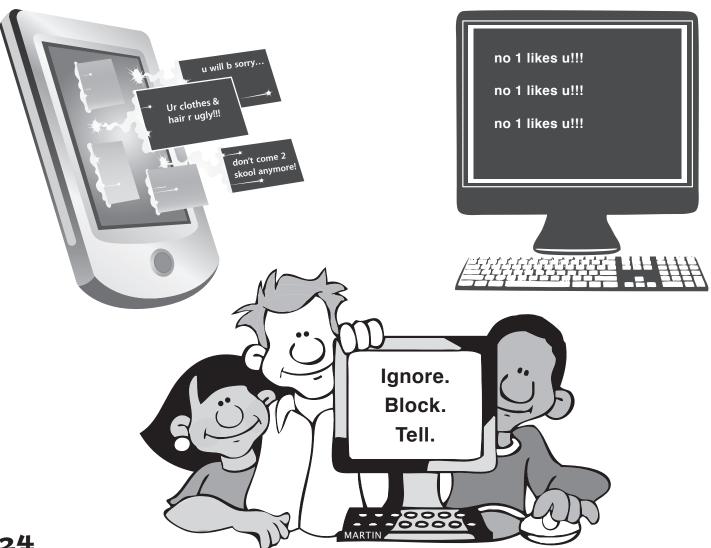
## Cyberbullying

#### What is a cyberbully?

Cyberbullies use emails, instant messaging (IM), social networking sites and cell phones to say mean, embarrassing, or hurtful things about someone else.

#### What might a cyberbully do?

A cyberbully might tell others embarrassing information about you or put photos of you online for everyone to see. They might also start rumors about you. It's a lot like bullying that can happen at recess or on the school bus — and it can hurt just as much.



Μ C G R U **REMEMBER!** 

**Reminder Tip!** 

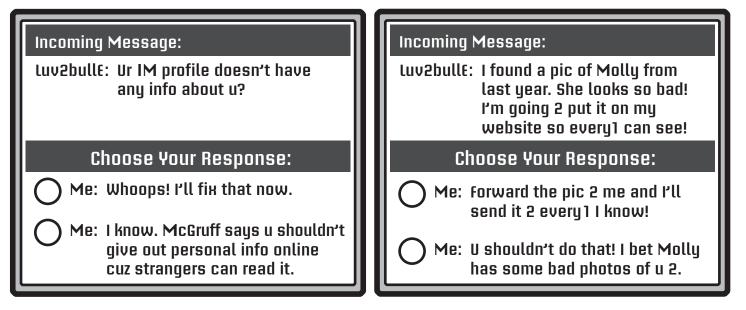
Be as nice online as you are offline.

## Protect Yourself From Cyberbullying

#### Follow these safety rules:

- Keep your passwords safe! You can tell your parents but no one else. Not even your best friend!
- Don't share secrets, photos or anything online you wouldn't want the whole school to see.
- Have your mom or dad or a trusted adult help you set up your email and instant message accounts. Never include your name, age, address, or phone number in your profile or screen name.
- Don't send messages when you're angry. Wait until you cool off so you don't say something you'll regret.
- Let bullies know that cyberbullying is <u>not</u> OK. If your friends are cyberbullying, tell them it's not funny and that cyberbullying hurts people.
- Be as nice online as you are offline.

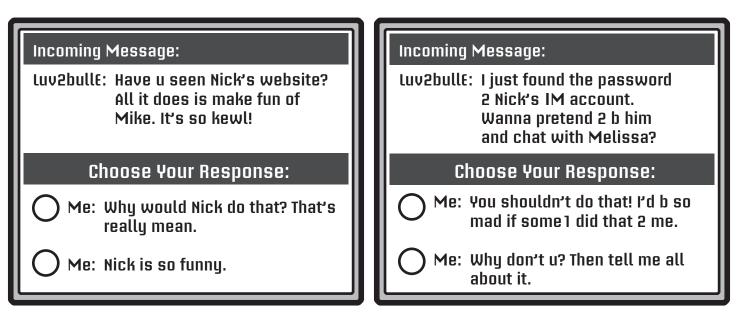
#### Pretend the boxes below are your cell phone or computer screen. Read the incoming messages, then choose your response.





## If a Cyberbully is Bothering You:

- Don't respond to emails or messages that are mean to you or your friends.
- Don't forward emails or messages that are mean or that spread rumors about other people.
- Don't open emails or messages from someone you know is a bully.
- Block anyone who acts like a cyberbully.
- Save or print all messages from bullies.
- Show the messages to an adult you trust like a parent or a teacher and ask for help. If the first adult you tell doesn't help you, keep telling until someone does.





## Drugs and Staying Safe

Let Daren the Lion teach you about good drugs and bad drugs, and ways to stay in charge. D.A.R.E. PARE TO RESIST PRUGS AND VIOLENCE. 27

### Stay Safe Good Drugs:

Good drugs are medicines given to you by your doctor or a parent or guardian.

You take good drugs to feel better when you are sick or to keep from getting sick.

### What Daren the Lion says about Bad Drugs:

Bad drugs *could* look like medicine from the doctor, cigarettes, or candy. IF you find something and it could be a bad drug...

Inhaler

IF anyone offers you a bad drug...

...DO NOT TOUCH IT OR TAKE IT.

Tell a trusted adult right away.

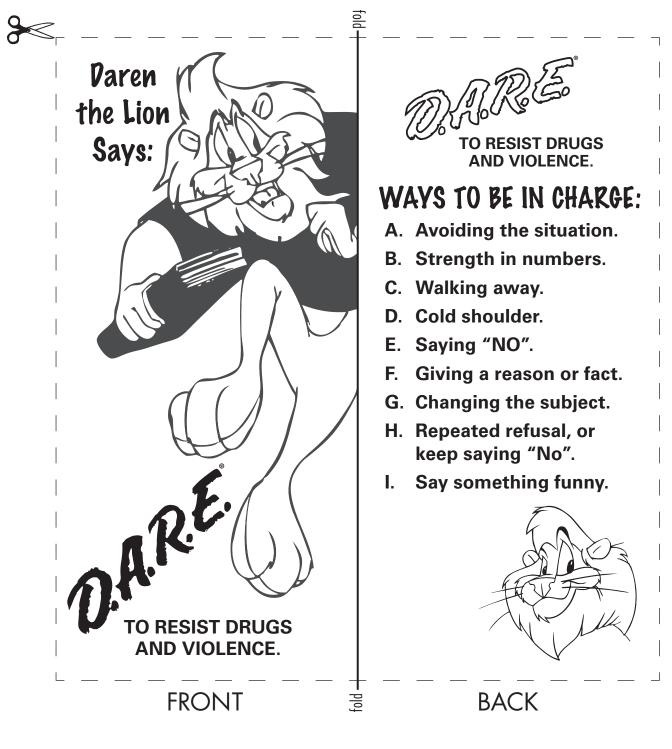


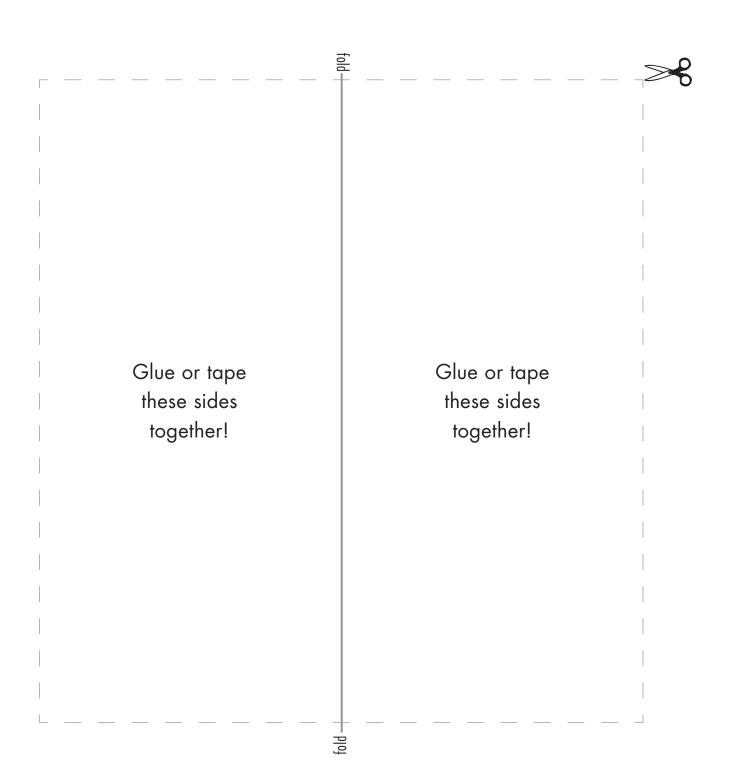
## tour Crayons! Make Your Own Bookmark!

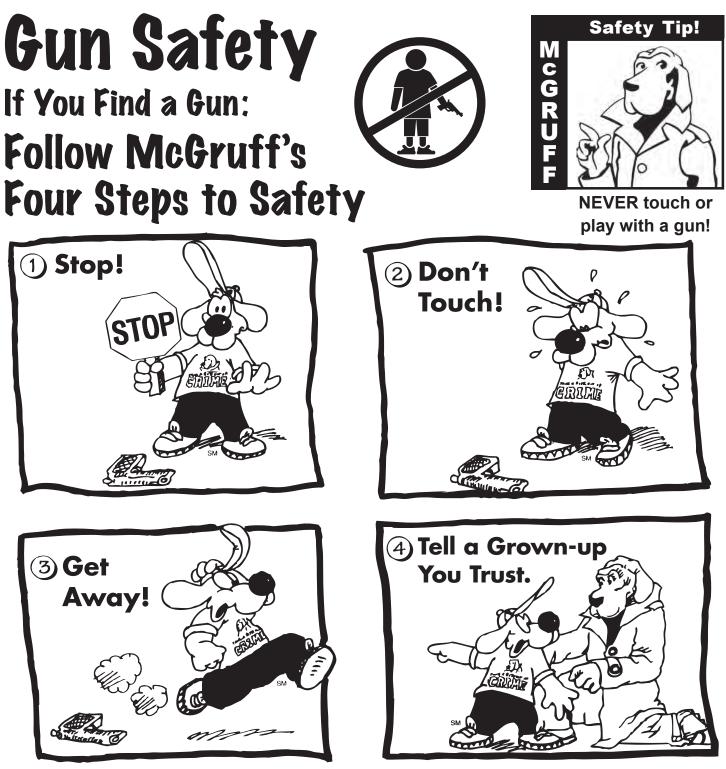
#### **Carry Daren the Lion's Drug Safety Rules** Wherever You go!

- 1. Color the front and back of the bookmark below.
- 2. Cut along the dotted lines.
- 3. Fold in half.
- 4. Then glue or tape the two blank sides together.

#### Now you have your own Daren the Lion bookmark!







Talk with a parent or guardian more about gun safety. What you should do if...

...your friend wants to show you their parents' gun — and they say it isn't loaded:

#### Leave! Tell a trusted adult!

... you find a gun in a park or on the playground:

#### Don't touch it! Get away!

## Vandalism

#### Do you know what VANDALISM is?

Vandalism is deliberate destruction of public or private property. Many kids think vandalism is fun, exciting and daring, but **vandalism is against the law**.

Some types of vandalism:

- writing or scratching your name on a park picnic table, bench, or on a tree
- spray painting a building
- throwing a rock through a store, house, or car window
- scratching a car with keys
- ripping pages out of a library or school book
- painting or scratching street signs



Another type of vandalism is called *graffiti*. You might see graffiti on railroad cars, empty buildings or highway bridges. Graffiti, or words made into graphics, can look interesting and colorful — but it is still vandalism and against the law.



## Gangs Stay away and stay safe!

Gangs are groups of kids or adults that might get into trouble with the police, they might sell drugs, give you money if you do something illegal for them, vandalize property, and carry guns.

To join a gang, you may have to do something against the law or bully someone before you can join the gang.

#### What you can do to stop violence:

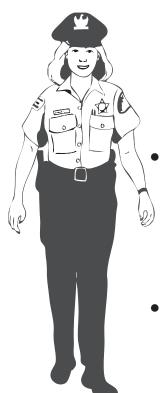
- Settle arguments with words, not fists or weapons. Don't stand around and form an audience when others are arguing. A group makes a good target for violence.
- Learn safe routes for walking and know good places to seek help. Trust your feelings, and if you sense danger, get away fast.
- Report crimes to the police, school authorities, and a parent or guardian.

#### YOU COULD GET HURT!

Learn to avoid gangs:

- stay with your friends
- walk away from a gang when you see one
- NEVER join a gang
- ALWAYS tell an adult you trust about gang activity





## Do You and Your Friends Keep Secrets?

Secrets can be GOOD and fun — like planning a surprise party for a friend, or knowing what your sister will get for her birthday.

BAD secrets make you feel sad, scared, angry or uncomfortable — like cheating on a test or stealing something. You should always tell a trusted adult about BAD secrets, and they can help you decide what to do.



If you're not sure if a secret is good or bad, ask an adult you trust!

### With the help of a parent or guardian, decide which of the secrets below are GOOD or BAD?

Make a smiley face 😳 for the GOOD secrets. Make a frown face 🏟 for the BAD secrets.

- \_\_\_\_\_Your mom is planning a surprise party for your dad.
- \_\_\_\_\_Your name, address, and phone number when you're online.
- \_\_\_\_\_When you are staying home alone.
- \_\_\_\_\_You see your friend spray paint a building, like your school, and they ask you not to tell anyone.
- \_\_\_\_\_ An adult does something that makes you feel uncomfortable.
- \_\_\_\_\_Your best friend tells you the person they secretly like.
- \_\_\_\_\_Your brother tells you he's joining a gang.
- \_\_\_\_\_Your sister tells you she met a boy online and is going to meet him later at the park.
- \_\_\_\_\_Your computer password (but be sure to tell your parent or guardian).
- \_\_\_\_\_ The neighborhood kid has a new bike that looks just like your friend's. You ask the kid where he got the bike and he says he found it, but don't tell anyone.
- Your grandmother bought your family a dog that you helped pick out. She tells you to keep it a secret because she wants it to be a surprise.



## Are You Ready?

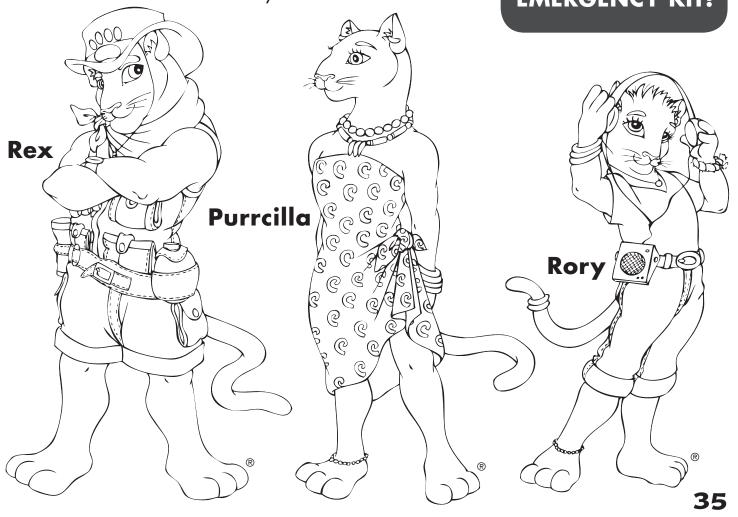
Every family should have a **Family Emergency Kit** and a **Family Communication Plan**. This includes a **Family Meeting Spot** — which is a place where



which is a place where everyone in your family knows to go in case you cannot go home. Family members should also carry a contact list with two different phone numbers of family or friends who live out of town. You can contact them to let them know you are safe.



The Mountain Lion Family will show you how to make a FAMILY EMERGENCY KIT!

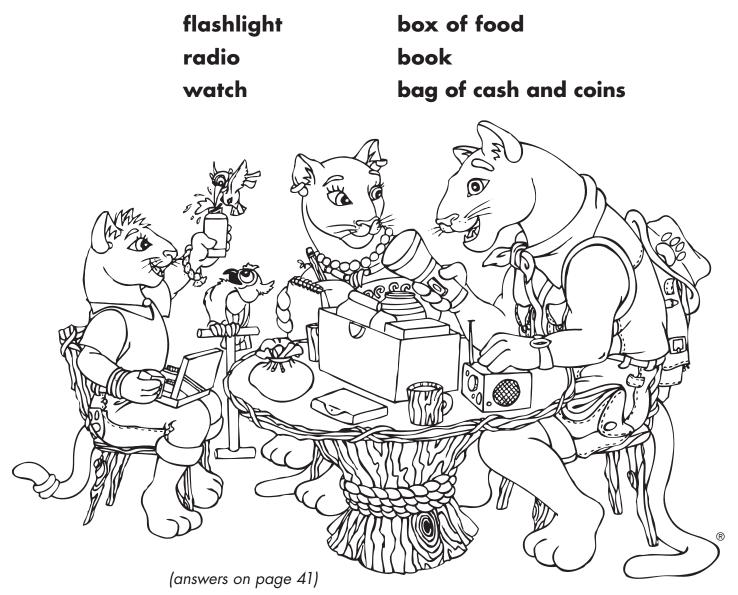


## What is a Family Emergency Kit?

A Family Emergency Kit includes items to use in case your family experiences an extended period of time when there is no electricity or running water. There may not be power for the television or the Internet, and no cell phone signals.

### Talk with a parent or guardian about what might cause a family emergency and when to use your Family Emergency Kit.

The Mountain Lion Family is gathering items for their Family Emergency Kit. Circle the items listed, then color the picture!



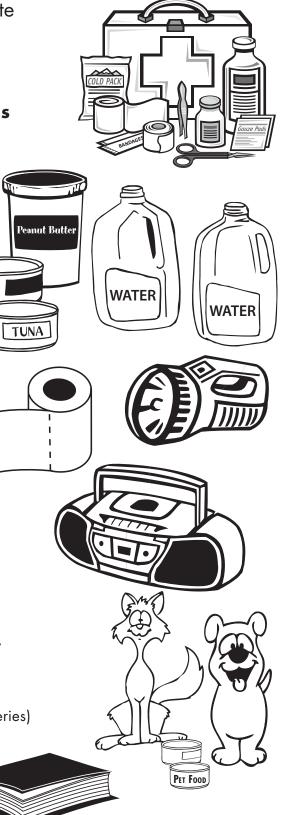
## Our Family Emergency Kit

Make sure you have enough items to last several days and include items like your medicines, cash and coins, and important family documents. You will need to update your kit at least twice a year with fresh supplies so everything is ready to use at any time.

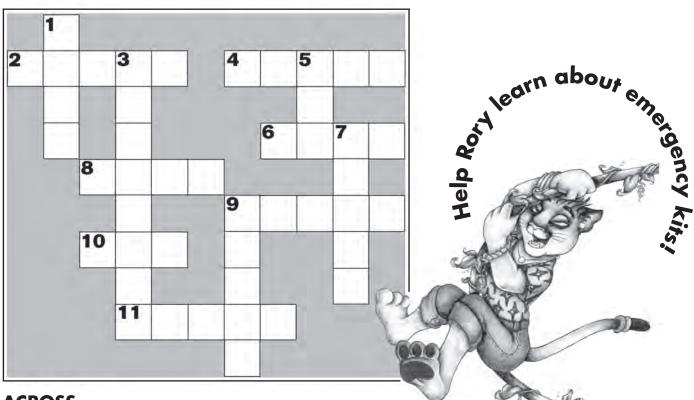
#### With a parent or guardian, talk about what items will be in your Family Emergency Kit. Check off items you gather from the suggested list below.

- WATER (one gallon per person, per day)
- NON-PERISHABLE FOOD (canned fruits and vegetables, peanut butter, canned meat)
- CAN OPENER (hand-crank type)
- PORTABLE RADIO (battery-powered with extra batteries)
- FLASHLIGHTS (and extra batteries)
- MATCHES AND LIGHTERS (in a waterproof container)
- FIRST AID KIT
- WRENCH OR PLIERS (to turn off utilities)
- ] WHISTLE (to signal for help)
- ] PAPER AND PENCILS
- ] HAND SANITIZER, MOIST TOWELETTES, TOILET PAPER
- GARBAGE BAGS
  - PLASTIC TARPS, DUCT TAPE, ROPE, HAMMER
  - BLANKETS, SLEEPING BAGS
  - EXTRA CLOTHING (socks, sweater, raincoat, hat and gloves)
  - IMPORTANT FAMILY DOCUMENTS (copies of insurance policies, ID cards, bank account records)
  - CASH AND COINS
  - OTHER ITEMS (medications, eye glasses, and hearing aid batteries)
  - ITEMS FOR YOUR BABY BROTHER OR SISTER (formula, diapers, bottles)
  - PET NEEDS (pet food, medicines, toys)
  - FUN STUFF! (some books or toys to help pass the time)





## Try this Puzzle!



#### ACROSS

- 2. \_\_\_\_light: A handy tool to have if the lights go out!
- 4. Every person needs one gallon of this per day!
- 6. A great place to sit with your family and talk about what to include in your emergency kit.
- 8. Furry family members that should be a part of your emergency plan.
- 9. Some people have a \_\_\_\_\_ between meals if they are hungry, and this can be a part of your family's emergency food box.
- 10. You might find water, a flashlight, or a whistle in an emergency supply \_\_\_\_\_.
- 11. Fun items that families can play together.

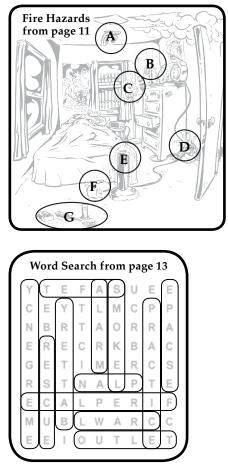
#### DOWN

- 1. Families can create a communication \_\_\_\_\_ so that they know where to meet and whom to call during an emergency.
- 3. A \_\_\_\_\_ bag is great for napping or keeping warm.
- 5. Every family member should carry a contact list with at least \_\_\_\_\_ different phone numbers so you can keep in touch during an emergency.
- It's important to get the \_\_\_\_\_ about different kinds of emergencies, so that you know what to expect.
- 9. Keep an extra pair of these in your supply kit to keep your feet dry!





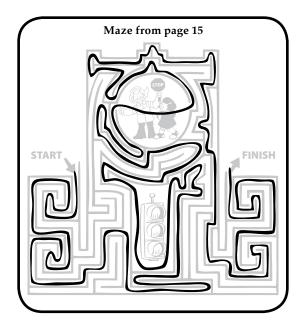
#### **Answers Page**

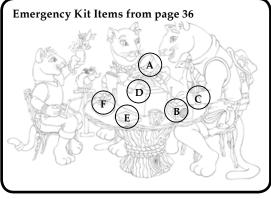


- A battery out of smoke detector
- B unattended candles burning
- C tipped lampshade
- D too many cords plugged into electrical socket
- E unattended space heater close to blankets
- gasoline in the house and next to heat source
- G fireworks in the house and near open matches

#### Definitions from page 20

- 1. Mouse: I
- 2. E-mail: C
- 3. Cursor: O
- 4. Laptop: M 5. Internet
- Address: J
- 6. Chat Room A
- 7. Virus: D
- 8. Password: B
- 9. SPAM: E
- 10. Message Board: Q
- 11. Instant Messaging: P
- 12. Internet: N
- 13. Website: H
- 14. Monitor: K
- 15. Cyberspace: L
- 16. Username: F
- 17. Keyboard: G





A - flashlight B - radio

- D box of food
- E book
- C watch

- F bag of cash and coins

#### **Parents and Guardians Safety Contact Information**

**American Association of Poison Control Centers** (800) 222-1222 www.aapcc.org

#### **Consumer Protection**

Michigan Office of Attorney General (877) 765-8388 www.michigan.gov/ag

**Cybersecurity Information Website** www.michigan.gov/cybersecurity

#### CyberTipline

(800) 843-5678 www.cybertipline.com

iKeepSafe Internet Safety Coalition www.ikeepsafe.org

**Michigan Homeland Security** www.michigan.gov/homeland

#### Michigan Kids!

24/7 contact: (877) 932-6424 www.michigan.gov/kids

#### National Center for Missing & Exploited Children

24-hour hotline: 1-800-THE-LOST (1-800-843-5678) www.missingkids.com

#### The National Crime Prevention Council (202) 466-6272 www.ncpc.org www.mcgruff.org

The National Cyber Security Alliance -StaySafe Online www.staysafeonline.org

**U.S. Department of Homeland Security/FEMA** (800) 621-FEMA (3362) TDD: (800) 462-7585 www.fema.gov



For more information regarding the Michigan Legislature, scan this QR code with your smartphone.