Dear Parent:

Please take the time to go over the following safety rules with your child/children.

Basic Safety Rules to Share

- 1. DO NOT get in a car or go anywhere with any person unless your parents have told you that it is okay (Parents: Share a code word with your child known only among family members. Stress to your child that anyone offering a ride unexpectedly even a family friend will have been given the code word in advance.)
- 2. If someone follows you on foot or in a car, immediately get to a safe area.
- 3. Don't approach the car of anyone who claims to be asking for directions or looking for a lost pet.
- 4. If someone tries to take you somewhere without your parents' permission, quickly get away from him or her and scream, "This person is not my parent."
- 5. Always ask your parents' permission to go somewhere and try to have a friend with you.
- 6. Know where your children are at all times. Insist they ask permission to go to a friend's house or play in the neighborhood.
- 7. Be sensitive to changes in your child's behavior. Keep the lines of communication open so you can ask your child what's going on.
- 8. Be alert to a teenager or adult who is paying an unusual amount of attention to your child or giving them inappropriate or expensive gifts.
- 9. Remember what your child is wearing each time your child leaves the house.
- 10.Do not permit your child to wear any clothing that has your child's name visible to others. Personalizations can help a kidnapper gain your child's trust.
- 11. Please report any unusual incidents immediately to school and local authorities.

Source: Metropolitan Life Insurance Co.