



Home Alone Safety Parent Handout

DATE:

SOCIAL SKILL OBJECTIVE: Students will learn the importance of being responsible when left home alone. They will learn the importance of taking responsibility, completing homework, doing chores, and following the rules that parents make. Instructors will use one or more of the following activities.

BOOKS: *A Smart Girl's Guide to Staying Home Alone*, by Dottie Raymer; *Watch Out at Home* by Claire Llewellyn and Mike Gordon

SOCIAL SKILLS EXPECTATIONS: When discussing specific behaviors that impact relationships, ask: Who, What, Where, When, Why, and How in relation to behaviors.

GAME: Home Alone Safety

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FOLLOW UP AT HOME:

It's important for parents to prepare for when their child is home alone. These tips may be helpful.

- Rule number one is when the child arrives home after school, they must check in with parents. Consider consequences for non-compliance.
- Determine if you will allow another child to come over when you are absent.
- You must decide if cooking is an option.
- Will you let your child go somewhere?
- Post an Emergency Phone List that can be easily seen numbers near all the phones in your home. Include your child's doctor, the hospital, police department, fire department, poison control center, a trusted neighbor, and local Emergency Medical Services.
- Include information on how to call 911.
- Develop and post an Emergency Plan for fire, injury and other emergencies.
- Have a flashlight easily accessible and have plenty of batteries in each room.
- Remove or lock up dangerous items: guns, tools, knives, and scissors, lighters, matches.
- Lock up poisonous items: pesticides, cleaning supplies, and detergents.
- Store medicine in a locked storage cabinet.
- Install safety outlet covers in ones not being used.
- Make sure smoke alarms are on every level of your home and are working.
- Make sure CO Detectors are working.
- Make it a house rule to not give out personal information over the phone, at the front door or the Internet.

- Point out possible dangers to your child, such as electrical appliances and heating equipment. Discuss which appliances and electronic devices can and cannot be used when you're not home.
- Have a family fire escape plan. Remind them to get out of the house right away if an alarm goes off and to call the fire department from a neighbor's phone.
- Prepare a snack or meal for in advance, if possible, one that does not need to be heated.
- Have a First Aid Kit available.

Home Alone and Bored Ideas

Draw a picture and cut it into a puzzle	Create a "Family" or "What To Do When Home Alone" Newsletter
Draw cartoons	Write a letter to someone using cut out letters from a newspaper or magazine
Put a puzzle together	Pretend you are an ant and write a story about what you see and hear
Draw a picture and cut into a puzzle	Create a Super Hero with Legos
Write a story and illustrate	Pick a theme and create a collage from magazines
Create a "What if a" story starting with something that starts with "a" and then then add something "a" does with "b", etc.	Create a Mystery Story using the words: who, what, when, why, where, and how
Make paper airplanes	Make a snowflake
Create secret code letter	Make puppets and tell a story with them
Make up a crossword puzzle	Create Origami objects
Read a book	Read a story to the dog or cat
Build a dinosaur with Legos	Read a magazine



SAMPLE After School Plan

Status	Scheduled Time to Complete	Job To Do	Expected Time to Complete
	4:00 – 4:05	Call parents	5 minutes
	4:05 – 4:10	Get a snack	10 minutes
	4:10 – 4:15	Clean up snack mess	5 minutes
	4:15 – 5:00	Complete homework	45 minutes

Home Alone After School Plan

Status	Scheduled Time to Complete	Job To Do	Expected Time to Complete

Intruder Safety

<p>Have a plan.</p>	<p>A break-in can be terrifying. When you're scared, you can't think clearly. Have a plan in place before trouble occurs-so you won't have to figure out what to do when you're in danger. To prepare for this situation before it happens, know your escape routes. Practice leaving the house through different doors and safe first-floor windows. Notify a trusted neighbor beforehand that you would go to their house in case of a break-in.</p>
<p>Leave the house if you can.</p>	<p>Many crime experts will tell you to get out of the house immediately. This is good advice, if there's a safe way out available and a populated area nearby to run to. But if you live in an isolated area with no nearby houses, or if you're stuck in a third-floor bedroom, running may not be an option.</p>
<p>Keep quiet.</p>	<p>If a break-in occurs, do your best to keep conversation to a minimum. Even whispering, you could give away your location to the intruder.</p>
<p>Avoid confronting the intruder.</p>	<p>It's not true that all intruders will flee if confronted. In many cases, it can provoke violence. You stand a better chance of keeping safe if you avoid confrontation at all costs.</p>
<p>Go somewhere safe.</p>	<p>Do not lock yourself in a bathroom because there is no escape route. A safe room can be as simple as a closet with a strong door and a deadbolt. You should choose a designated safe room before a break-in occurs. Choose a room with heavy furniture you can use to block the door.</p>
<p>Keep your cell phone charged.</p>	<p>In a break-in situation, you can't rely on your land line. Burglars can take them off the hook or cut the phone line, leaving you stranded. To get around this, keep a cell phone charged near your bed or in your safe room. You should call the police as soon as you know there's been a break-in. Keep your conversation brief and calm. Tell them there's been a break-in; your address; the location of the intruders if you know it; and your location in the house. Keep the phone on so the police can hear what's going on, but don't talk if you don't have to; you risk being overheard.</p>
<p>If you come face-to-face with the invaders: Keep calm.</p>	<p>Do not make sudden moves-the person is probably jittery already, and may have a gun. Don't make direct eye contact if you can help it; you don't want them to think you can identify them.</p>