

## Staying Safe

Although crime and violence exist in the United States, the crime rate differs throughout the country. No matter where you live, you should take basic precautions, such as locking your home and car, never carrying large amounts of cash with you, and knowing which neighborhoods to avoid at night.



### Helpful Tips

#### Door Safety:

Doors should be locked. Don't open doors until you ask the person through the door to identify themselves. Children should not open the door, an adult should, and then only if proper identification has been given. Explain to children the rules about answering the door. Make a list for them of who they can open the door to and post the list near the door. Sales people can make attractive offers but do not sign or buy anything unless you are sure you know what you are signing or buying. Get someone to help you read over any paper to be signed.

#### Fire Safety:

Children should be taught about appliances in the house so that they do not accidentally injure themselves. Children should be taught how to protect themselves in case of fire. Teach the child the technique of: **STOP, DROP AND ROLL**. You should not run if your clothes are on fire instead, you must: **STOP, DROP AND ROLL**. Cover your face, drop to your knees and roll over on the part of your clothing that is on fire. Keep rolling until the fire is out. Another technique with fire is **GET LOW AND GO**. When there is fire, there is smoke. Smoke actually kills more people than fire. Smoke rises, therefore you must get low, next to the floor and crawl to avoid most of the smoke. Explain to your children how to get out of the house in case of a fire.

#### Traffic signals:

Explain to children the common traffic symbols. A green light means you have permission to stop and search for cars. Before walking, look Left-Right-Left. A yellow light means you should not be crossing. If you are already in middle of a crosswalk, you should pick up your pace. A red light means you should not cross under any circumstances.

#### Bicycle Safety:

- Keep your bike in good condition
- Always lock up your bike
- Wear a helmet (it's the law for riders under 18)
- Watch for car doors opening
- Keep away from broken glass, litter, or broken pavement
- Keep both hands on the handlebars
- Don't ride double (two people sharing one seat)
- Drive on the right-hand of the road
- Stay in the bike lane while riding in the street

#### Car Safety:

For children and adults, lock car doors, put on safety belt, children under 60 lbs. and under 6 years of age should be placed in a car seat which is buckled to the car seat. Adults also need to be buckled up and this demonstrates to the children that the same rules and safety precautions

are followed by adults. In California, the law says you must use seatbelts and child car seats when driving.

### **Home Alone:**

Children should be taught when left at home alone that taking care of themselves is a big job and a large responsibility. Children often get bored when alone, give children many activities that they can occupy their time: reading a book, doing homework, drawing or painting, talking to a friend on the phone, playing a game, writing a letter to a friend or relative, exercising, doing chores around the home, listening to music, playing with cards and other activities that you together come up with. Young children should not be home in the evenings without adult supervision.

### **Safety Against Crimes:**

- Leave a night light on at night when no one is home in order to discourage burglars
- Lock your bike or moped to a bike rack
- Avoid certain areas because its too dangerous
- Wait for a bus in a lighted area or with other people
- Tell someone where you are and when you will be back
- Ask a neighbor to pick up the mail and newspaper when you are away from home for a few days
- Lock your door when you leave and while your at home
- Keep your wallet in your front pocket to avoid pick-pockets
- String your purse across your neck in order to discourage pick pockets.

### **Talk To Your Children:**

About dangers of "Gangs", "Drugs", "Alcohol" , "Guns" and help them learn the importance of education, being well-behaved, having common courtesy and saying "Please", "Thank You", "Excuse Me" and "I'm Sorry". Make sure they know how to dial 9-1-1 in case of emergencies and that they know their address well enough to be able to tell the 9-1-1 operator.