

Tips for staying aware and safe



Allegheny County's **Safe Start** program uses the Safety Kids, Inc. curriculum about Charlie Check-First to help kids learn how to protect themselves and be safe in a variety of situations. By following the tips below, kids can prepare themselves, and caregivers can prepare the children in their care, so they know what to do if someone approaches and tries to lure the child into a car or asks him/her to go somewhere with them.

- Always "CHECK FIRST" before you go anywhere with anyone at any time for any reason. This includes going with relatives and people you know. You should always check first with the person who is caring for you at that time. If it is impossible to check with your caregiver, then the answer is "NO! You may not go."
- Always have at least one other person with you when you are out walking. If you are in a group, make sure everyone stays with the group and no one is left behind.
- When outside your house, do not wear clothing or a backpack or other articles with your name visible on it. A person could read it and call you by name, hoping you'll believe that they are to be trusted.
- If someone tries to talk to you from inside his/her car, stay more than an adult arm's length away from a car so that you cannot be reached by the person inside the car.
- If someone encourages you to get into a car to help find a lost pet, or to leave with them for any reason, you should yell "NO" as loudly as possible and run to the closest adult whom you know and trust. Yelling "No," also called the POWER NO, indicates you are prepared for the situation.
- Run in the opposite direction from the one that the car is facing. It is harder to drive in reverse than straight ahead.
- If an adult tries to convince you s/he is not a stranger and that you can trust her/him, do not be fooled if you are not sure. You are right to yell "NO" and run away.
- Learn your full address and, if possible, your primary caregiver's "best" phone number.
- Once you are in a safe place, write down as much as you remember about the car. What color was it? Was it a car, truck or van? How many doors did it have? Do you remember the license plate? Also, write down what you remember about how the person in the car looked and where you were when this happened.
- Remember you can call 911 for help or to report any attempted luring.



For more tips and helpful safety information, contact **Safe Start** at safestart@alleghenycounty.us; or visit www.alleghenycounty.us/dhs/safestart.aspx and www.safetykids.org.