

BLUEPRINT FOR BUILDING SAFER, SMARTER FAMILIES

ACTIVITY BOOK

Awareness

Building a Plan for Safety

Safety Barometer

P.L.A.N.



P.L.A.N.



We make a P.L.A.N. before we go places so that the grown up who is in charge knows where we are going and what we are doing. It's important to make a plan – and stick to it – to stay safe.

EACH STEP OF P.L.A.N. HELPS KEEP ME SAFE.

P – is important because I should always have **PERMISSION** from the grown up who is in charge before I go anywhere or do anything.

L – tells the grown up in charge the **LOCATION** where I will be. This is a very important step because if it changes, I must begin the P.L.A.N. process again.

A – tells the grown up who is in charge about the **ACTIVITY** I will engage in while I am gone.

N – is the **NAME** and **PHONE NUMBER** of the person(s) I am with.

P: PERMISSION

Am I allowed to do this?



L: LOCATION

Where am I going?



A: ACTIVITY

What will I do when I get there?





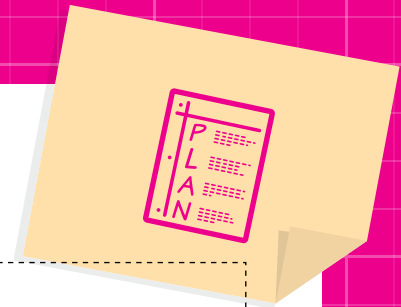
Who am I with & what's their phone number?

N: NAME & NUMBER

Name: _____

Phone Number: _____

AWARENESS OF SURROUNDINGS



My first and last name is: _____

My address is: _____

My street is called: _____

My house number or apartment number is: _____

My phone number is: _____

Grown-Up Buddy's Name: _____

Grown-Up Buddy's Address: _____

Grown-Up Buddy's Phone Number(s): _____

My first and last name is: _____

My address is: _____

My street is called: _____

My house number or apartment number is: _____

My phone number is: _____

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My phone number is: _____

Grown-Up Buddy's Name: _____

Grown-Up Buddy's Address: _____

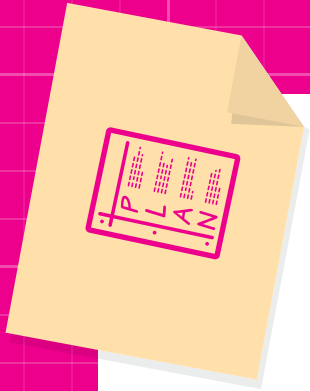
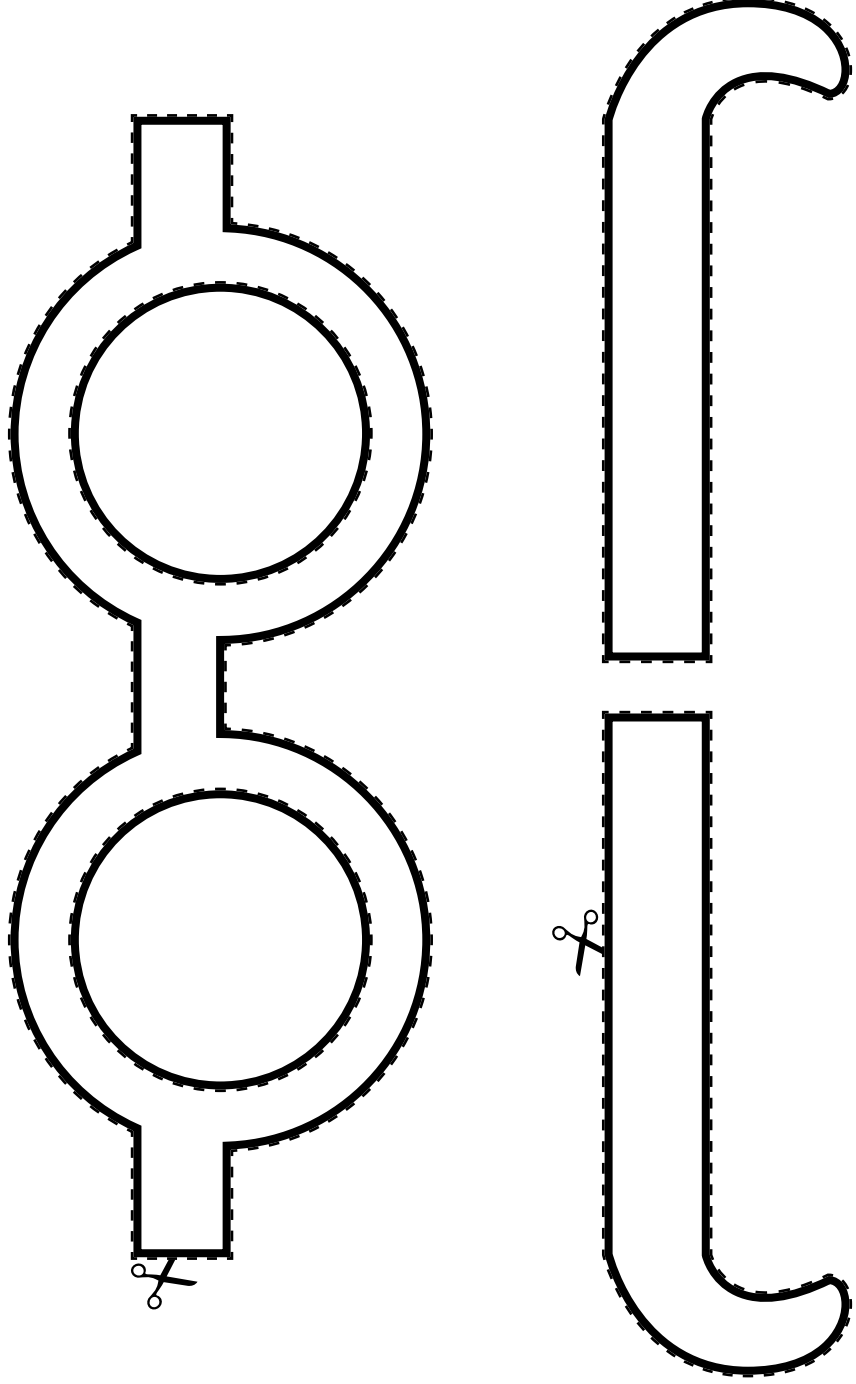
Grown-Up Buddy's Phone Number(s): _____



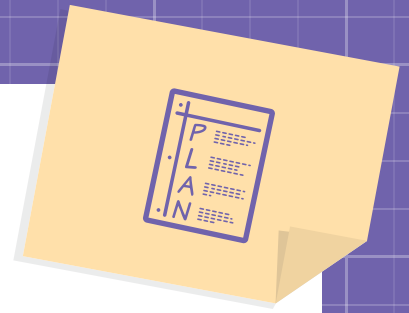
SAFETY SUNGLASSES

Directions:

- Cut out Safety Sunglasses along dotted lines
- Cut out area in the lenses along the dotted lines
- Tape side pieces to front of frame
- Bend to fit side pieces over ears
- Decorate by coloring, adding glitter, and any other desired decorations

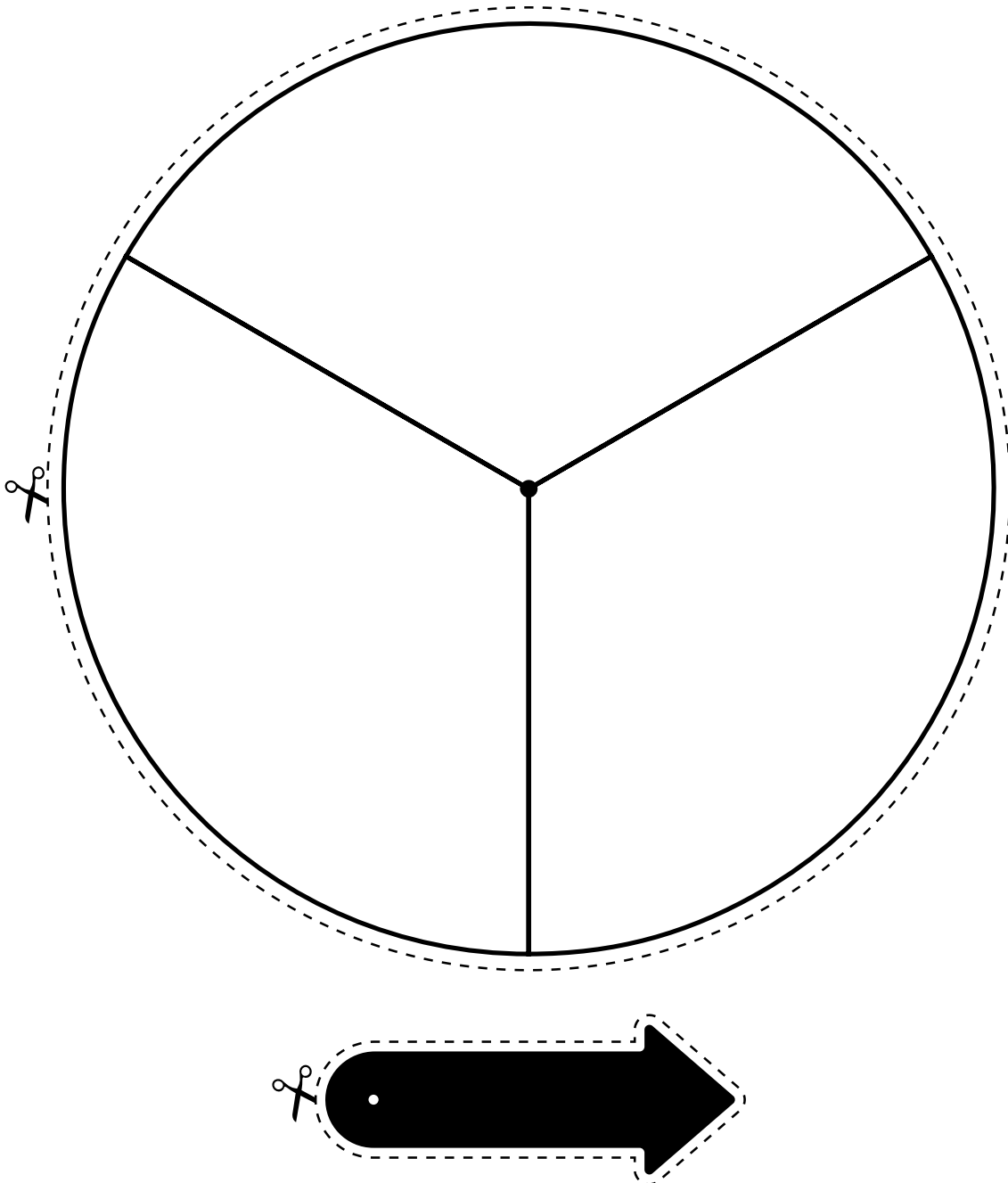


MAKE A SAFETY BAROMETER

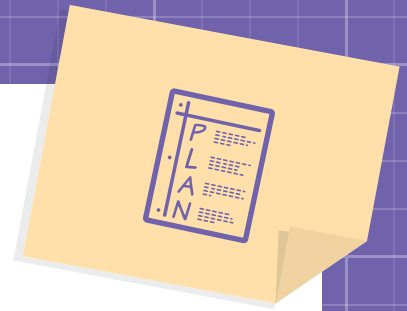


Directions:

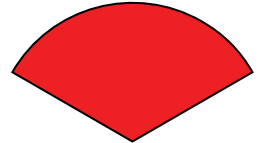
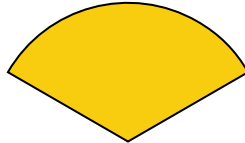
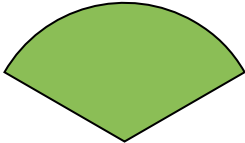
- Color one segment of the circle green, one segment of the circle yellow, and one segment of the circle red, as shown on the Safety Barometer card.
- Cut out the Safety Barometer on the dotted lines.
- Cut out the arrow on the dotted lines.
- Poke a small hole in the middle of the Safety Barometer and at the bottom of the arrow.
- Attach the arrow with the brad, inserting it through the hole in the arrow and the hole in the Safety Barometer.



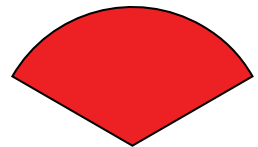
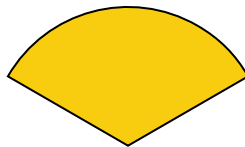
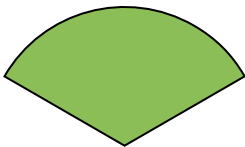
IS IT SAFE?



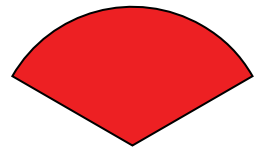
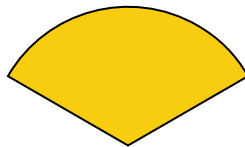
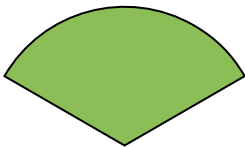
You accidentally get off at the wrong school bus stop. You are in your neighborhood, but several blocks from your house. You are very familiar with your neighborhood and feel safe, but you are alone and a long way from your house. How do you feel about the situation? Why? What should you do?



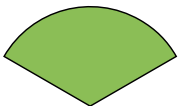
Your mom is in the car pick up line waiting to pick you up from school. How do you feel about the situation? Why? What should you do?



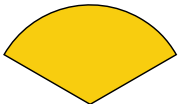
You are home alone and want to go outside and play in your yard. There is a person that you don't know well sitting in a car outside your house. How do you feel about the situation? Why? What should you do?



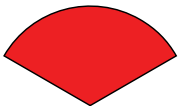
WHAT DO YOU DO IF YOUR SAFETY BAROMETER IS...



Safe: _____

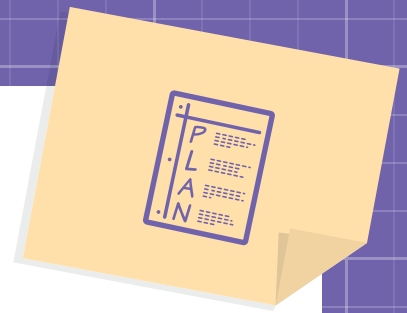


Caution: _____



Unsafe: _____

SAFETY WORDS



F P M S A D D R E S S Q W U Q
Y E N S J O Q G R A C Z W C V
A R Y U R Q N U M B E R T A T
C M K R H N K Y H L R R B Z S
T I V R N Q A A V G Y Q V K W
I S E O I I F M E I W J M B S
V S U U P H O N E N U M B E R
I I O N L A W A R E N E S S E
T O J D A R Q K A D R U F F I
Y N S I N C B T W W U H E X Z
L D A N S X C U Z R A X O P P
U M N G T U E G R V C B I O U
L H W S E B P O F L I M F M M
H D V F N C D U W X I C V S C
M M K L O C A T I O N F T X M

FIND THE SAFETY WORDS

Words can go horizontally, vertically and diagonally in all eight directions. Words may overlap.

Activity

Address

Awareness

Location

Name

Number

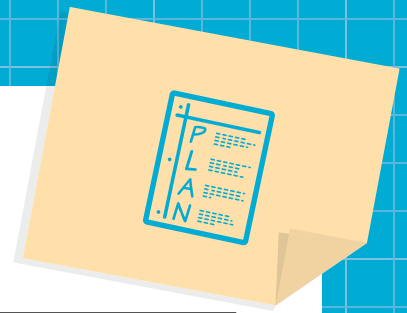
Permission

Phone Number

PLAN

Surroundings

MAKE A P.L.A.N.



P.L.A.N.	
P = PERMISSION	You should always ask for and receive permission before you go somewhere. If you want to go somewhere your parents won't agree to, then you probably shouldn't be there.
L = LOCATION	Make sure your parents or another responsible adult knows where you are going. This means the exact location, not just a "friend's house." If there is an emergency, you need to know the address so you can get help.
A = ACTIVITY	What are you going to be doing when you get to the location?
N = NAMES & NUMBERS	Give your parent or responsible adult the names and phone numbers of the person or people you are going to be with.

P.L.A.N.	
P = PERMISSION	
L = LOCATION	
A = ACTIVITY	
N = NAMES & NUMBERS	

CUT OUT AND TAPE TOGETHER WITH FOLLOWING PAGE



FOLLOW THE STEPS TO P.L.A.N.

Choose your own adventure! Begin with the P.L.A.N. to the left, and work your way to a fun and safe day... but make sure to follow your P.L.A.N., or you may have to start over!

START HERE

You've developed a **P.L.A.N.** that your mom agrees to:
P - Permission to go to the...
L - Rec Center to...
A - Play basketball with...
N - Rodney and his older brother, Rick. Rick's phone number is 555-1234.

After you meet up with Rodney and Rick, Rick decides to take the group to the movies instead. That sounds fun to you and Rodney. **Do you ...**

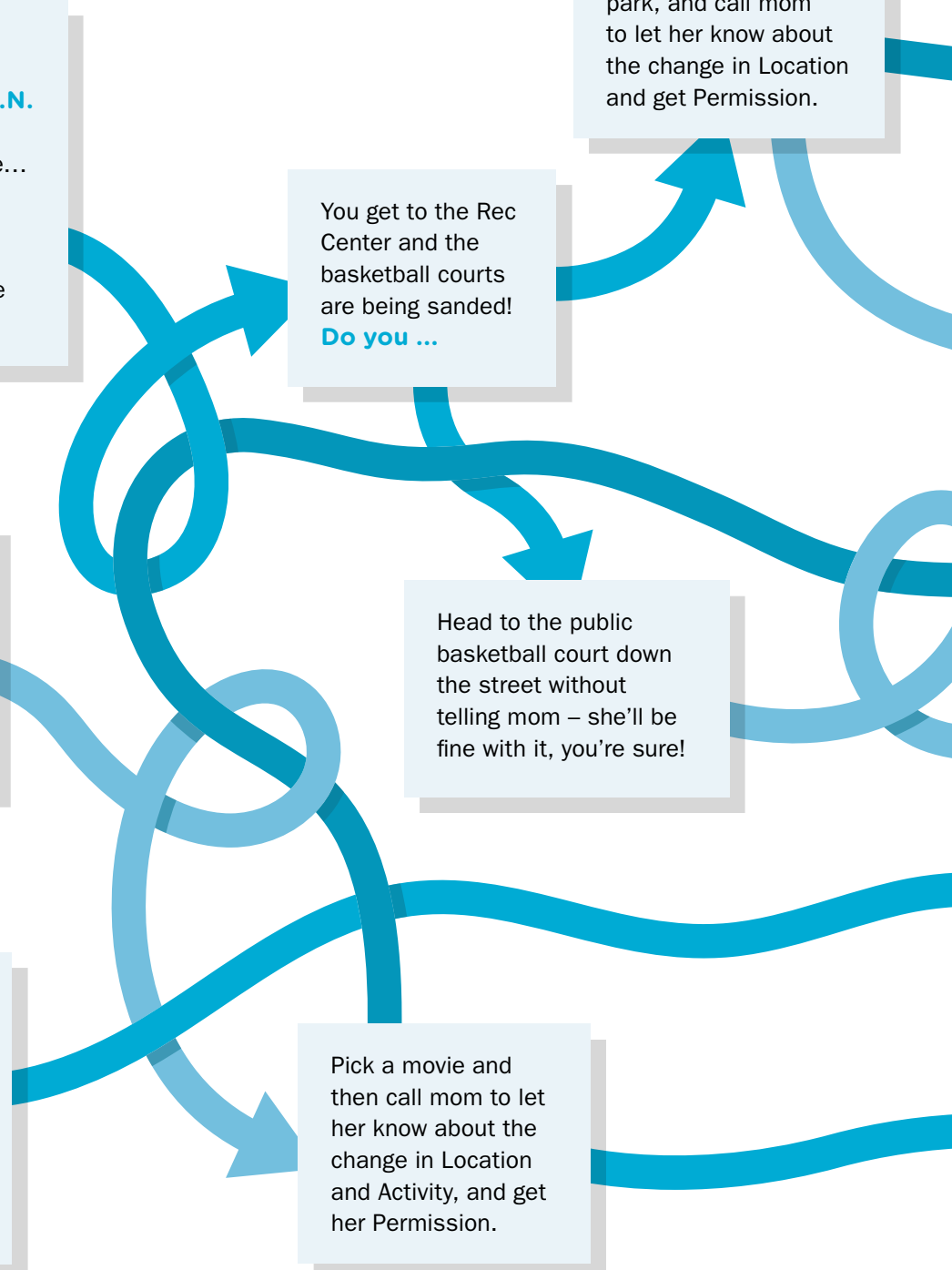
Go ahead to the movie theatre without telling mom. You know she'll be OK with the movie you picked, and you've been to the theatre with Rodney and Rick before – it'll be fun!

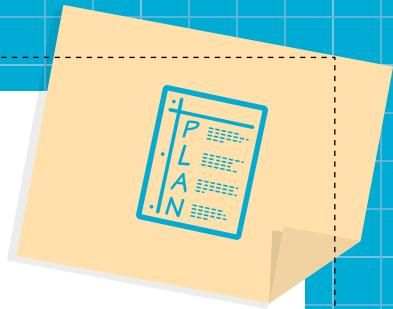
You get to the Rec Center and the basketball courts are being sanded! **Do you ...**

Head to the public basketball court down the street without telling mom – she'll be fine with it, you're sure!

Pick a movie and then call mom to let her know about the change in Location and Activity, and get her Permission.

Decide to head to the courts down the street at the public park, and call mom to let her know about the change in Location and get Permission.





CUT OUT AND TAPE TOGETHER WITH PREVIOUS PAGE

Call your mom and tell your mom the new Name and Number of the trusted adult who will be with you at the basketball court.

Your mom agrees and says to have fun, and be home in time for dinner!

Your mom agrees. Then Rick says he has to leave the courts early to go to work, and that their dad will come pick you up. **Do you ...**

Your mom doesn't answer, and you don't leave a message. You're sure she'll be OK with it!

Your mom has met Rick and Rodney's dad before, and you know she'll be fine with it. You keep playing basketball and having fun. **Go Back!**

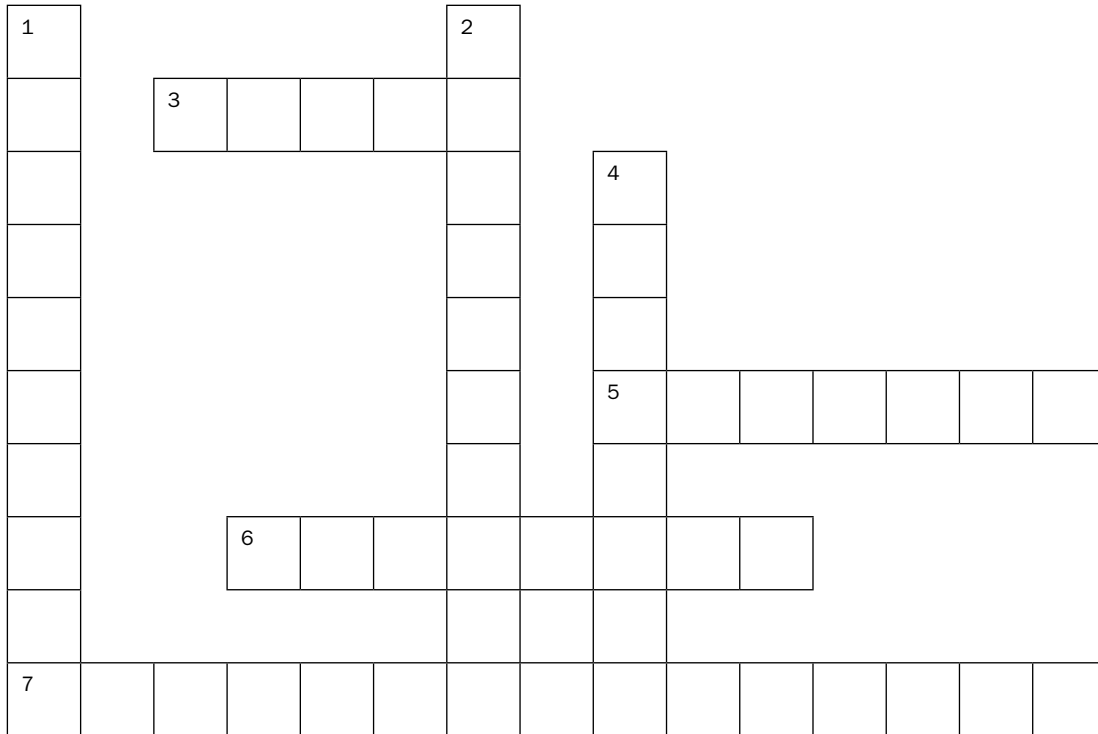
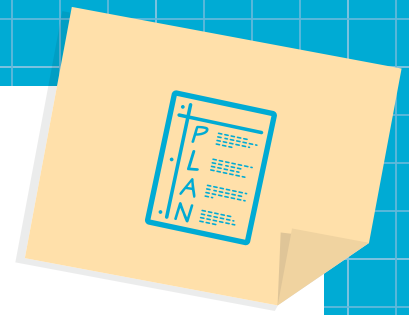
Start over! You didn't follow the P.L.A.N. agreed upon by you and your mom, and did not get Permission for your new Location!

Your mom gives Permission to go to the movie theatre location, but says no to the activity – the movie you picked was rated R! You agree to a different movie, and mom says to have fun.

Start over! You didn't follow the P.L.A.N. agreed upon between you and your mom, and did not call her to get Permission for your new Location and Activity!

What a fun and safe day! Good job, Safety Super Star!

SAFETY CROSSWORD



Use what you have learned about safety to complete the crossword puzzle!

ACROSS

3. You must be _____ of your surroundings at all times
5. Where you live
6. The third step in P.L.A.N. – you must tell your trusted adult what _____ you'll be doing
7. The final step in P.L.A.N. – you must share the _____ of the adults you'll be with

DOWN

1. The first step in P.L.A.N. – you must ask _____
2. If your P.L.A.N. changes, you must check back in with your trusted adult to get _____ for the new P.L.A.N.
4. The second step in P.L.A.N. – you must tell your trusted adult the _____ at which you'll be



WHAT THIS MEANS TO ME

Each part of your safety P.L.A.N. is important in keeping you safe. Tell why getting PERMISSION, your trusted adult knowing your LOCATION and ACTIVITY, and the NAMES and NUMBERS of who you are with is important.

SAFETY CHECK UP

See what you learned about building a plan for safety!

1. You really don't need to know your address if everyone in your neighborhood knows who you are. True or False

2. The parts of P.L.A.N. are _____, _____, _____, and _____.

3. If you are not sure about your address because you might have just moved there, what can you do?

4. If you don't know the name and phone number of the person you are going somewhere with, you should not go. True or False

5. Think about what would happen if you have a P.L.A.N. and some part of your P.L.A.N. changes after you leave your house. What do you do?

