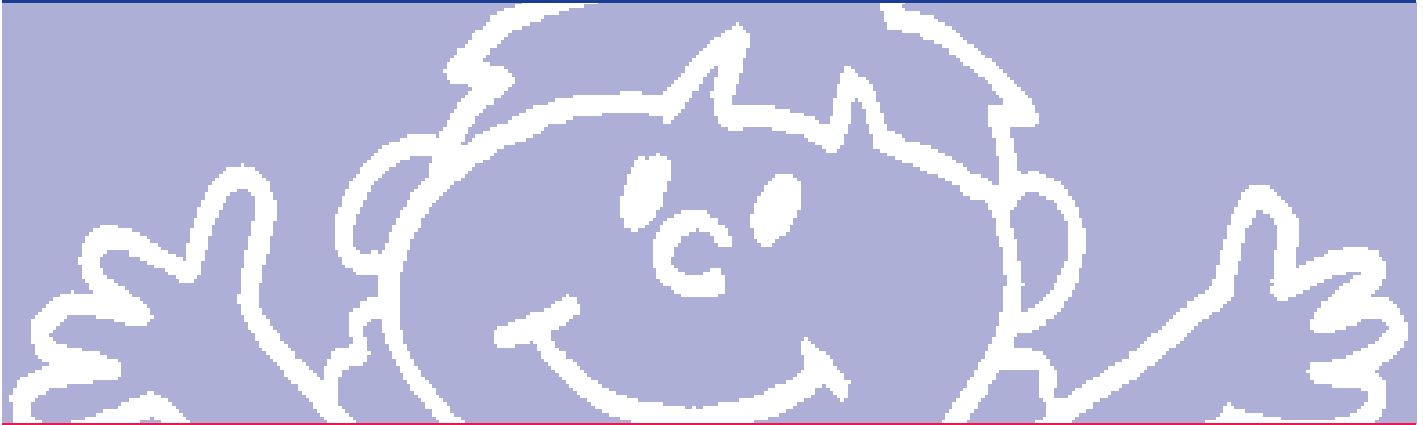


Children First: Safe and Secure



Section II—Kid's Corner

Safety Tips for Children

Water Safety Checklist

- ◆ Learn how to swim.
- ◆ Always ask permission of a parent or adult before you swim.
- ◆ Always swim with an adult or an experienced swimmer.
- ◆ Never run, push, or jump on others around water.
- ◆ Swim only within marked safe areas of rivers, lakes, and oceans.
- ◆ Never dive into a river, lake, ocean, or shallow pool.
- ◆ Never play in drainage ditches or drainage pipes.
- ◆ Always wear a U.S. Coast Guard approved life jacket when you are in or near an open body of water, a boat, or when playing water sports.
- ◆ Do not use inflatable inner tubes or "floaties" instead of life jackets.

Home Alone Guidelines

- ◆ How are you getting home? Never ride with anyone unless you ask your parents first. If you walk home, never use unfamiliar short cuts.
- ◆ Are you there yet? Don't go in if there is a door open, a window broken, or if anything looks strange.
- ◆ Got your key? Always keep your key hidden and don't let anyone borrow it. Don't forget to take it out of the door.
- ◆ Are you inside? Lock the door. Now call your parents to check in. Don't wait; you can get a snack in a minute.
- ◆ What should you be doing? Follow the schedule your parents have set like chores, snack, and homework. Do not use appliances like a toaster, oven, or stove unless you have permission from your parents.
- ◆ Was that the doorbell? Don't go to the door, no matter how long the person stays or if you think you know who it is. Pretend that no one is home. The person will come back later when your parents are home.
- ◆ On the phone? Never say you are home alone. Say your mom is in the shower or your dad is taking a nap and offer to take a message.
- ◆ Is that your friend? Do not invite friends to your house when your parents aren't home. Do not visit a friend's house unless you have permission from your parents.