

My Child's Personal Safety Inventory

child's name _____

Personal safety skills should be taught over a period of years, starting at age three. Complete this inventory for each of your children and use it as a guide for granting privileges and responsibilities. Ask pre-teens to fill out their own inventory. Then compare theirs with yours and discuss what skills need to be improved.



Safety Skills Your Child Has

- Can say "no" to adults
- Can name all parts of her body, including private parts (genitals)
- Can refuse a dare
- Can recognize and trust feelings
- Can say "no" to unwanted touches
- Can follow rules well
- Can talk about problems or feelings
- Will risk making a scene if necessary
- Can use "911" or Operator in an emergency
- Knows name, address and phone number
- Knows how to safely respond to strangers
- Would refuse a bribe no matter who offered it
- Knows how to answer the phone without disclosing too much information
- Will only open the door according to our rules
- Would "Yell, Run and Tell" if in trouble
- Questions adults' motives and doesn't immediately trust them
- Knows what to do if he gets lost or separated from me
- Would share a secret with a trusted adult if scared or threatened
- Would be able to recognize and resist common lures
- Follows our internet safety rules

Safety Skills My Child Needs to Learn

- To obey adults who treat him/her appropriately
- To name all parts of her body, including private parts (genitals)
- How to refuse a dare
- To recognize and trust his or her feelings
- To be able to say "no" to unwanted touches
- To follow rules better
- To be able to talk about problems or feelings
- To be willing to scream for help
- How to call "911" or "O" in an emergency
- Memorize and recite all identifying information
- Safely respond to strangers
- To refuse a bribe no matter who offers it
- To answer the phone safely and wisely
- To open the door according to our rules
- To be able to think and act quickly in an emergency
- To learn who to trust
- To know what to do if he or she gets lost or separated from me
- To share a secret with a trusted adult if scared or threatened
- To recognize and resist common lures
- How to follow internet safety rules