

# The ABC's of Safety

## Teach your children how to handle getting lost

**1** If your child gets lost, your child should:  
**STOP!** Remain in the same place they lost sight of you.  
**LOOK** all around to see whether they can find you.  
**YELL** your name loudly if they do not see you.  
**LISTEN** quietly so they can hear if you are responding.

**2** If, after step 1, your child has not found you, teach your child to use the "A" of Asking for help from the ABCD's of Safety.

**A**

### Ask for Help

- Safe Helpers are mothers with children, cashiers, store employees, and people in uniforms such as security guards or policemen.
- When asking for help, your children should instruct the Safe Helper to call their parent's cell phone or page them overhead. Make sure your children know your cell number!
- Teach your children to always remain in a public area, even with a Safe Helper. They should never go into a car, private office, parking lot or leave the location where you last saw them.

• **Special Tip:** When initially entering a public or crowded place, help your children identify Safe Helpers

**B**

### Bring a Friend

- Children should always go places with a friend, sibling, classmate or adult.
- Buddies can help your children make safe choices when caught off-guard, unsure or uncomfortable.

**C**

### Check First

- Children are always safest when their parents know where they are, who they are with and when they will be coming home.
- Teach your children to notify you if there is any change of plans on their end. Let your children know that you will always notify them if there are any changes in your plans.

**D**

### Dos and Don'ts

- Do make sure your children know their home address, parents' numbers and contact information of anyone else in charge.
- Do teach your children to trust themselves! If someone makes them uncomfortable or tells them to break the ABCs of safety, they should run away immediately and tell a trusted adult.
- Do make sure your children know that adults should not ask children for directions, help, or other information.

• **Special Tip:** Have a family code word that your child can use when they need to be picked up from a situation in which they feel uncomfortable.

For further information contact Jewish Community Services • 305-672-8080  
Melissa Brail • [mbrail@jcsfl.org](mailto:mbrail@jcsfl.org)  
Zisa Levin • [zlevin@jcsfl.org](mailto:zlevin@jcsfl.org)

# A Gut Shabbos is a Safe Shabbos!

## Create a Safety Plan Before Your Children Go to Shul & Ensure a Safe Shul Experience

Before you go to shul, make sure you have a plan! Discuss it with your children & check that they understand it. Here is a checklist of items to include in your discussion:

- **Who is your child walking to shul with?**  
Always make sure that your child has a walking partner. This can be a parent, an older sibling, or a friend, but this person must be selected with a parent's approval before leaving the house.
- **Who is responsible for supervising your child while in shul?**  
It is the responsibility of the parent or Trusted Adult to know the whereabouts of his/her child at all times.
- **Where in the shul building is your child permitted to be?**  
Instruct your child to check first before going outside to play or going to a different part of the shul. By simply checking in with one another, a parent should never need to go looking for a child.
- **Does your child know how to identify a Safe Helper in the event that they cannot find their own parent?**  
It is the parent's responsibility to tell the child in advance who to go to if ever the child and parent are separated. Just because someone attends your shul, does not make that person a Safe Helper. This must be someone the parent selects and the child feels comfortable with.  
NOTE: Always encourage your children to let you know if anyone does anything to make them feel uncomfortable or unsafe.
- **Are you expecting an older child to supervise a younger one?**  
Make sure that the expectation is fair and age-appropriate and that the plan is clear and agreed upon by all before the children leave the house. If the older child is not willing to follow your rules or cannot handle their sibling calmly, then they may not be ready for this responsibility.
- **At what age should a child be permitted to go into the bathroom alone?**  
Did you know that incidents where children abuse other children in private places like bathrooms are on the rise, even in our own communities? Younger children should always bring a Trusted Adult with them to the bathroom, and should be instructed to tell their parents if anything inappropriate or uncomfortable ever occurs. Remind your children that their bodies belong to them and that if anyone ever asks them to show or touch their private parts, they need to refuse and to tell their parents without delay!
- **Does your shul have a candyman?**  
Children need to be told not take treats or gifts from anyone they do not know. Children may accept treats from the shul candyman or another parent, but only with the knowledge and permission of their parents. Talk to your children and let them know that an adult should never give your child something that is meant to be kept a secret from you!
- **Tell your children to not walk off, away from the public space, with any adult**

For further information contact Jewish Community Services • 305-672-8080

Melissa Brail • [mbrail@jcsfl.org](mailto:mbrail@jcsfl.org)

Zisa Levin • [zlevin@jcsfl.org](mailto:zlevin@jcsfl.org)

*This program has been partially funded by the Greater Miami Jewish Federation Women's Impact Initiative Grant*

## SAFETY SMARTS

### A Message to My Parents

The message you need to give me is simple and clear – No one has the right to touch, see or talk about my body without my permission

I want you to listen to me and to hear me.

I want you to let me know that I can tell you when I feel scared or if someone is touching me or saying something to me in a way that makes me feel “icky” or uncomfortable.

I need to know that I have the right to feel safe in this world.

I want you to help keep me safe.

When you demonstrate Torah values and show me how I can feel good about myself, then I will grow up feeling strong inside.

When you teach me how to take care of myself, I feel empowered and secure inside.

The stronger and more secure I feel, the harder it will be for someone to take advantage of me.

Then I can have confidence in my relationships with the outside world.

<b>LEARN THE TRICK</b>	<b>BEAT IT</b>
<p><b>THE OFFER TRICK</b> A child is offered something desirable – like candy, money, toys, or a ride.</p>	<p>Children should not accept gifts without your permission. Use teachable moments, like when a friend or relative offers a gifts, to practice this concept with your child.</p>
<p><b>THE ANIMAL TRICK</b> A cute or interesting animal is used to get the child to follow or enter a vehicle or home.</p>	<p>Teach your children to never enter anyone’s vehicle or home without your permission.</p>
<p><b>THE EMERGENCY TRICK</b> Someone fakes an emergency and offers to take the child to another location.</p>	<p>Instruct your child to never go anywhere with anyone without asking the permission of the adult in charge. Have your child practice saying, “I can’t go with you until I check with my mom/dad/teacher” in a firm voice and walking away.</p>
<p><b>THE HELP TRICK</b> The child is asked to help with something such as directions, looking for a lost pet, carrying something.</p>	<p>Adults should ask other adults for help, not children. Have your child practice saying “I can’t help you” in a firm voice. Teach children to stand at least one to two arms’ lengths away while interacting with unknown adults.</p>
<p><b>THE HELP TRICK</b> A person tells the child he or she has been sent by the child’s parent. Sometimes the person actually does know the parent.</p>	<p>Talk to your child’s school about obtaining permission from you before releasing your child to anyone.</p>
<p><b>THE “BAD” CHILD TRICK</b> Someone accuses the child of doing something wrong and says the child must go with him or her.</p>	<p>Teach your child to always check with you or the adult in charge before going anywhere with anyone. Instruct children to immediately tell you if someone approaches them or tries to take them away.</p>
<p><b>THE FLATTERY/MODEL TRICK</b> Someone compliments the child and asks to take his or her picture. The person may promise the child fame or fortune.</p>	<p>Instruct your child not to accompany anyone anywhere without your permission. Teach older children that a legitimate photographer or casting agency will try to talk to a parent or guardian, not a child.</p>
<p><b>THE OPEN-THE-DOOR TRICK</b> Someone tries to get the child to answer the door when the parents aren’t home.</p>	<p>Remind your children they shouldn’t open the door for anyone when you aren’t home. Let them know legitimate service people will return.</p>



**TIPS FOR PARENTS:**

**GOING OUT CHECKLIST**

Heading out for some family fun at an amusement park, movie theater, mall or any other public place? Use this checklist to make your outing safer.



**REVIEW THE SAFETY SMARTS RULES**

Make sure your children understand the basic rules of safety – check first before going anywhere; take a friend everywhere you go; tell people “NO” if they try to touch or hurt you; and tell a trusted adult if anyone makes you feel sad, scared or confused



**PLAN FOR EMERGENCIES**

Look at a map of the facilities and locate information booths or customer service centers. Carry recent pictures of your children in case they get lost. You can even take a picture of them on your cellphone just before leaving.



**CHARGE YOUR CELLPHONE**

Check that your cellphone is charged and your children have the number memorized. Consider giving older children a cellphone of their own so you can reach more easily.



**PAY ATTENTION TO CLOTHING**

Remember what your children are wearing so you can describe their clothing to staff members in case they are lost.

Tip: If your children are wearing bright colors, they will be easier to spot in crowds.



**IDENTIFY ADULTS WHO CAN HELP**

Teach younger children to look for people like security officers, store employees or park staff members who can help them look for you in case you are separated.



**CHOOSE A MEETING SPOT**

Instruct older children to go directly to a designated spot, like a store or an information booth, to meet you. They should never leave or go to the parking lot



**PAY ATTENTION TO RESTROOM BREAKS**

You should always go with younger children to the restroom. Make sure older children take a friend; it’s safer than going alone.



For further information contact Jewish Community Services • 305-672-8080  
 Melissa Brail • [mbrail@jcsfl.org](mailto:mbrail@jcsfl.org)  
 Zisa Levin • [zlevin@jcsfl.org](mailto:zlevin@jcsfl.org)

*This program has been partially funded by the Greater Miami Jewish Federation Women’s impact Initiative Grant*

## Portable Protection

1. Keep no secrets from your parents or those who look out for your safety and welfare.
2. Your body belongs to you.
3. Ok/not ok touch. No one looks at or touches your private parts. You do not look at or touch other peoples' private parts.
4. Trust your gut feelings. You have the right to feel comfortable and safe.

-Adapted from Rabbi Yakov Horowitz's video, CFJFL Child Safety/Abuse Prevention video, Project Yes, The Center for Jewish Family, New York

For further information contact Jewish Community Services • 305-672-8080

Melissa Brail • [mbrail@jcsfl.org](mailto:mbrail@jcsfl.org)

Zisa Levin • [zlevin@jcsfl.org](mailto:zlevin@jcsfl.org)