

Safe and Sound All Around

Parent Guide



The Diocese of Manchester has teamed up with Plymouth State University's TIGER program to develop "Safe and Sound All Around" a production promoting personal safety, good choices, and healthy relationships. TIGER (Theatre Integrating Guidance, Education and Responsibility) is an exciting collaboration between the Integrated Arts and Counselor Education graduate programs at PSU. TIGER is a professional theatre company designed to help children, schools, parents and communities deal proactively and positively with social issues and concerns facing children in schools today.



**DIOCESE OF
MANCHESTER**

Safe and Sound All Around

Parent Guide

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T

“T” is Tell an Adult

I

“I” is for I Say NO!

G

“G” is for Go Someplace Safe

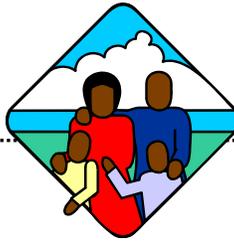
E

“E” is for Exercise Common Sense

R

“R” is for Respect Yourself

PARENT



Safety Tips

Teaching safety to your children should be an ongoing process. It will change as your children grow more independent. Teaching about safety doesn't have to be scary but does need to be revisited right through the teenage years.

Pre-school Children

- Always hold their hand or keep them in the shopping cart or stroller.
- Never leave children alone in the car even if you'll be gone only a few minutes.
- Start teaching your child his full name, full address, phone number, and your full names. Make it into a song that is familiar to them.
- Start teaching your child about private parts (parts covered by a bathing suit.)
- Check to see that your child's day care center carefully screen all of their employees.
- Train your child to always check with you first before accepting a toy or treat.
- Allow your child to make decisions. Do you want to wear the blue pants or the red ones? This helps teach your child to learn how to say no to an adult if there is ever an inappropriate request made.
- Reassure your child that if you ever become separated, you will come looking for her.
- Introduce the "What if..." game, giving them appropriate situations for their level.
- Teach your child to dial 911 if they need help right away.

Safety Tips For Parents

continued

School-age Children

-  Know your child's friends and their parents. Keep their numbers handy.
-  Always know where your child is, who he is with, and what he is doing. This includes the use of the Internet.
-  Teach your child to identify a trusted adult.
-  Have emergency numbers, names and phone numbers of trusted adults, relatives or friends close by the phone
-  Train your child to always check with you first before accepting anything or going anywhere with someone.
-  Encourage your child to tell you when someone has made him feel afraid or uncomfortable.
-  Trust your child's instincts. If he is uncomfortable about something, there's probably a reason, even when it's a family member or close friend. Help your child to sort out what to do.
-  Insist that your child use the buddy system. Children are safer in groups.
-  Role play situations with your child in a matter of fact way, so not to scare them. Use the "What if..." game format.
-  Avoid the word stranger in a negative way. When teaching safety strategies to your child, they need to know that sometimes they may need to turn to someone of "low risk" that they do not know for help, such as a store cashier, a security guard, or a mother with little children, if they become lost.
-  Know that there are more risks from someone your child knows than from a stranger.
-  Reassure your child that if you ever become separated, you will come looking for her.
-  **NO-GO-TELL** -Teach your child to yell, "No, you're not my mom or dad!" and run away if someone tries to make her go with him. Practice!
-  Teach children that private parts are parts that are covered by a bathing suit. Explain that no one has the right to touch them there except sometimes a doctor when you are with them.
-  Discuss sex and sexuality at the level appropriate for your child.

Safety Tips For Parents

continued

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-  Be sure that the name labels on your child's clothing or belongings are not clearly visible. Someone calling your child by name will give them a false security or throw them off guard.
 -  Set good safety habits yourself. Tell your child where you are going, what time you expect to be home, and call if your plans change. Your children will follow your example.
 -  Check to see that your child's after school program, youth group, and school carefully screen all of their employees.
 -  Read as much literature as you can. Your child's librarian can help with books. There are many agencies that will provide you with resources.
 -  Research Parental controls for computers. Decide if they are right for your family.
 -  Bolster self-esteem in your child. A confident child will trust their instincts.
 -  Encourage your child to be assertive when they need to be.
 -  Communicate regularly with your child about their feelings and emotions.
 -  Explain to your children where safe places in their play area would be if they needed to go there. (stores, houses of familiar people, etc)
 -  Update your children's pictures every few months
 -  Have your child practice making decisions at an early age.
 -  Go with your child to sell door to door or trick or treating.
 -  When your child wants to play with a new friend, go in the house with them and meet the family. If you're not comfortable, don't leave your child.
 -  Set up rules about Internet use with your children. Remind them never to give personal information like names, address, phone number, school name, or send a picture to anyone online.

Safety Tips For Parents

continued

Middle School and Teenage Children



Keep two-way communication open. Children in this age group need to be encouraged to talk about their feelings and to tell if someone has made them uncomfortable, hurt them, or tricked them in some way.



Continue requesting their whereabouts, friends, and calling if plans change.



Feel confident in your child's decision making skills and good judgment before allowing more responsibility and freedom.



Continue with the "What if..." game, getting into more age appropriate situations. Discuss predators, lures, and cons that adults may use such as asking for help, directions, offering rides, or to take their photograph.



Continue discussions about sex and sexuality with your child, so they will feel less vulnerable toward sexual advances and peer pressure.



Create a family contract with your children. They agree to call you to come and get them at anytime they feel uncomfortable. You agree to save anger, and discussion for a later time.



Be more vigilant about computer use. Know the chat rooms, and sites your child uses. Remind them never to give personal information like names, address, phone number, school name, or send a picture to anyone online. Never plan to meet someone they have met online. Remind them not respond to any Instant message that is uncomfortable for them.



Watch for signs that your teen is troubled. (change in personality, friends, grades)

CHILDREN

Safety Tips



What Kids Need to Know

- Know your full name, full address, phone number, and parents' name
- Use the Buddy system and play with a friend. Kids are safer in groups
- Always check first- Ask your parents if someone offers you something or invites you someplace.
- Know the names and phone numbers of trusted adults, relatives or friends
- Don't keep secrets if someone can get hurt. Tell a trusted adult.
- Follow the **NO-GO-Tell** rule. You should yell, "**NO,**" run away, and tell someone if an adult doesn't follow normal adult rules because:
 - adults shouldn't need to ask kids for help
 - adults shouldn't offer kids things without asking your parents
 - adults shouldn't ask kids to keep secrets
 - adults shouldn't touch you in an uncomfortable way
- It's not your fault if someone tricks you or hurts you. Tell a trusted adult.
- If you are home alone, keep the windows and doors locked. Don't open the door for anyone until you check with your parents.
- Never give personal information like your name, address, phone number, school name, your parents name, or send a picture to anyone online.
- Tell your parents if anything uncomfortable appears on your computer screen. Never agree to meet someone in person that you have met online.

What if...



Parents: Here are some different situations to role play with your children.

1. What if you were in a store and turned to find you couldn't see your mother? Who is a trusted adult you could talk to for help? Should you stay put or go looking?

2. What if a neighbor asks you to come in and help them make cookies? What should you do?

3. What if you are home alone and someone knocks on the door? What should you do?

4. What if you are home alone and the phone rings? It is someone you do not know. What should you say?

5. What if you are at the movies with your friends? You need to use the restroom. What should you do?

6. What if you are walking home? A car stops and a woman asks if you could help her find her lost dog. What should you do?

7. What if a policeman tells you your mother has been hurt and he will take you to the hospital? What should you do?

8. What if a neighbor comes to school and tells you your mother has asked her to pick you up. What should you do?

What if...

continued

9. What if a friend invites you over to play? Your parents are not home. What should you do?

10. What if you are in the mall? Your parents are going into a clothing store but you want to go into the book store. What should you do?

11. What if a woman in a car stops and asks you directions? What should you do?

12. What if someone comes to your house and asks to use the phone because their car broke down? What should you do?

13. What if a teenager that you do know asks if you want to go for a ride in his new car? What should you do?

14. What if you are playing at the playground and someone grabs your arm? What should you do?

15. What if you are walking home from school? A man offers you candy and a ride home? What should you do?

16. What if you are due to come home from the playground? You remember you left your backpack at a friend's house. What should you do?

17. What if it is pouring out as you walk home from school? Your neighbor offers you a ride home. What should you do?

18. What if you are waiting in the store while your mother is paying for her purchases? Someone tries to pull you out of the store. What should you do?

911 Calls



Parents: You can have your child practice making emergency calls using a disconnected real phone or a toy phone. You can pretend to be the operator. Explain to your child that the operator is a friend on the phone and to give vital information and to listen to the operator's instructions. Be sure to stay on the line until the operator says they're done.



Your dad has fallen down the stairs and can't get up.



You're alone & someone keeps banging on your door.



You saw a car accident happen in front of your house.



Your babysitter is on the couch and won't wake up.



Your mother is not home yet. You smell smoke.



You just saw someone pull your friend into a car.



Doem to Learn and Recite

RECITE:

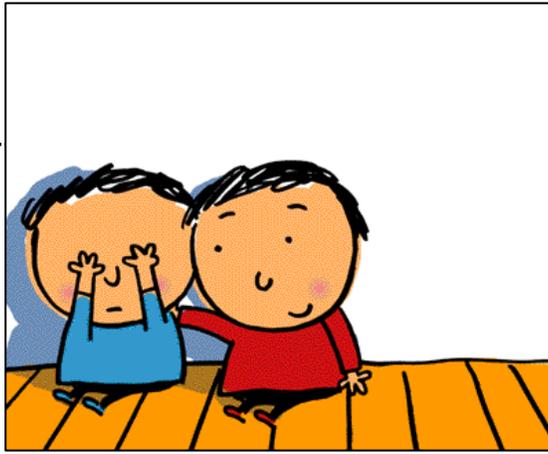
*If there's an emergency, I'll call 911
and tell them exactly what needs to be done.
I'll listen real hard and stay on the line
Until I'm told to hang up that I did just fine.*

Practice giving important information such as:

Full Name
Address
Town
Phone Number

Secrets

Parents: Teach your children the differences between secrets they can keep and secrets they should tell. Explain that secrets need to be told if someone might get hurt. Discuss or role play the following situations.



1. You bought Dad a birthday present. Mom tells you to keep it a secret.

Secret or Tell?

2. Your friend tells you about a touching game her uncle plays with her. He tells her to keep it a secret. She tells you not to tell anyone.

Secret or Tell?

3. Your babysitter had her boyfriend over. That's against your parents rules. He tells you to keep it a secret.

Secret or Tell?

4. You know your friend is supposed to wear his bike helmet. He takes it off once he's left home. He tells you to keep it a secret.

Secret or Tell?

5. Your friend tells you she likes a boy in your classroom. She tells you to keep it a secret.

Secret or Tell?

6. Your friend invites you to a sleepover. She tells you to keep it a secret because she can't invite anyone else.

Secret or Tell?

No — Go — Tell



Yell as loud as you can, “NO.”



Run away as fast as you can.



Tell an adult you can trust.

Internet Safety



Parents: Computers and Internet use are wonderful tools for your children to learn, explore, and discover. Most computer experiences will be positive. However, some aspects of online use may be inappropriate for children. Here are some safety tips to help you guide your child safely through the world of technology.

Check into parental controls for your computer. Your online service will have information. They may have monitoring and filtering capabilities. The controls will assist in keeping children from potentially exploitative sites.



Spend time with your children while they are online so you know what sites they are viewing and what they are doing.



Keep the computer in the family room or other open area.



Instruct your children never give out personal information such as their full name, address, phone number, your names, or their school name.



Instruct them to never plan to meet someone you have met in a chat room or through instant messages without checking with you first.



Let children show you what they can do online, and visit their favorite sites.



Have children use child-friendly search engines and directories when completing homework, such as Yahoo!igans, Kidsclick, Google, and Ask Jeeves for Kids.



Instruct them to never go to a site that you have not approved of first.



Set rules that if they see a site, message, or picture that makes you uncomfortable, to tell you right away so you can alert the proper people.



Develop a contract regarding computer use that your child signs.



If you suspect stalking online or child exploitation contact your local law enforcement.



You can also report it to the CyberTipLine section on the website for the National Center for Missing and Exploited Children at www.ncmec.org.

Internet Contract



I agree to never give out personal information such as my full name, address, phone number, my parents' names, or my school name.

I agree to tell my parents if I need to go to a site that I have never been to before.

I agree to never plan to meet someone I have met in a chat room or through instant messages without checking with my parents first.

I agree to tell my parents if I see any information that makes me uncomfortable.

I agree not to answer any messages that are mean or nasty. It's not my fault I receive a message like that.

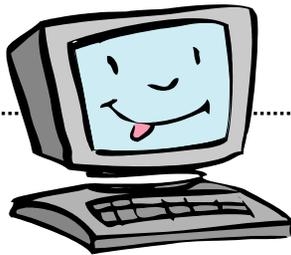
I agree to never send my picture to anyone online.

I agree to discuss with my parents the rules for computer use in our home, which will include, when I can be online, how long I can be online, and what sites I am allowed to visit.

_____ date _____
(Child Signature)

_____ date _____
(Parent Signature)

PARENT



Resource List

Internet Resources For Parents



Childlures

www.childlures.com

Great web site with effective personal safety resources available for parents, educators, professionals, and most importantly, children. The Child Lures Prevention Community Plan is based on author Kenneth Wooden's original groundbreaking research.



National Center For Missing and Exploited Children

www.ncmec.org

1-800-THE-LOST/1-800-843-5678

www.missingkids.com

Non-profit organization that acts as a clearinghouse for information on missing and exploited children working with citizens and law enforcement agencies, distributing photographs and descriptions nationwide, and offering programs, literature, and other resources.



NetSmartz Workshop

www.netsmartz.org

The NetSmartz Workshop™ is an interactive, educational safety resource from the National Center for Missing & Exploited Children® (NCMEC) and Boys & Girls Clubs of America (BGCA) for children aged 5 to 17, parents, guardians, educators, and law enforcement that uses age-appropriate, 3-D activities to teach children how to stay safer on the Internet.



Polly Klaas Foundation

www.pollyklaas.org/safe

The Polly Klaas Foundation is a national nonprofit that helps find missing children, safety issues and works with policymakers to pass laws like Amber Alert that help protect kids. Some of their work includes providing missing child case work around the clock, distributing child safety kits for parents, holding public events and trainings on protecting children, and promoting public policies such as the Amber Alerts.

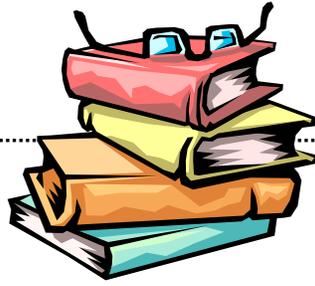


Safe Kids

www.safekids.com

www.safeteens.com

Great websites for parents and kids making the Internet and Technology fun, safe and productive. The Online Safety Project operated by Larry Magid, a broadcaster and syndicated columnist and author of numerous articles about online safety.



Resource List

Printed Resources For Parents



The Babysitter Survival Kit: A Guide for Parents and Sitters

By the Editors of Parenting Magazine, Time-Life Books, 2001.

Finding a great babysitter -- someone you trust, someone the kids adore -- can be a real challenge. The experts at *Parenting* magazine have just made it easier with this information-packed guide for parents and sitters. *The Babysitter Survival Kit* includes:

- Tips for finding, choosing, and hiring the right sitter
- Tools for communicating information about your child, your household rules, and what to do in case of an emergency
- Dozens of fun activities for keeping kids of all ages entertained
- Basic childcare and safety information, including emergency first aid for infants and children
- A dry marker and magnetic, erasable board for handy placement of emergency numbers.



Not My Child!: Thirty Simple Ways to Help Prevent Your Child from Becoming Lost, Missing, Abducted, or Abused By Jan Wagner, Barry Geller (Illustrator), Yello Dyno, Incorporated, 1994. A practical guide for parents and educators.



Not My Kid 2: Protecting Your Children from the Threats of the 21st Century.

By Mary E. Muscari, University of Scranton Press, 2005.

Abductions, sexual molestation, terrorism, the Internet, school shootings. Today's children face unprecedented dangers, yet they still confront danger from water, fire, poisons, vehicles and other perils that have worsened since we moved into the new millennium. Dr. Muscari addresses these issues and more, giving parents practical guidelines based in common sense, research, expert advice, and her more than 30 years of experience as a pediatric, psychiatric and forensic nursing specialist.



On the Safe Side: Teach Your Child to Be Safe, Strong, and Street-Smart

By Paula Statman, HarperCollins Publishers, 1995.

A guide that shows parents how to protect their children from molestation, abduction, and other forms of abuse without instilling fear by teaching them to be safe, strong, and street-smart.



A Parent's & Teacher's Handbook on Identifying & Preventing Child Abuse: Warning Signs, Choosing a Day Care Center & Babysitters, Keeping Children Safe on the Internet

By James A. Monteleone, MD G.W. Medical Publishing, Inc., 1998.

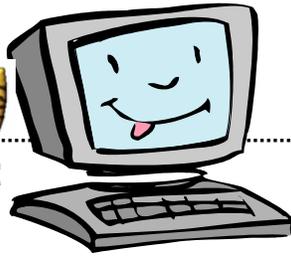
A practical guide to the recognition of child abuse, as well as the areas and situations where it may occur. The book clearly describes physical and behavioral indicators of abuse, the use of art therapy in disclosure and treatment, and how the legal and social systems process a child abuse case.



Safe Child Book: A Commonsense Approach to Protecting Children and Teaching Children to Protect Themselves, By Sherrill K. Kraizer, Simon & Schuster Adult Publishing Group, 1996.

This book gives parents effective and non-threatening techniques for teaching children how to protect themselves without making them afraid. It is a comprehensive educational program covering a wide range of topics that concern parents today, including sexual abuse, abduction, leaving children alone, surfing the Internet, school safety, and choosing a day-care center or babysitter.

CHILDREN



Resource List

Internet Resources For Kids



Kid Connects

www.kidskonnct.com/Safety/SafetyPage.html

Great web site for kids and maintained by educators.



McGruff the Crime Dog

www.mcgruff.org

This great site sponsored by the National Crime Prevention Council and features McGruff the Crime Dog. This site guides children in developing the skills they need to make good choices today and for the rest of their lives. It contains lots of resources for parents.



NetSmartz Workshop

www.netsmartz.org

The NetSmartz Workshop™ is an interactive, educational safety resource from the National Center for Missing & Exploited Children® (NCMEC) and Boys & Girls Clubs of America (BGCA) for children aged 5 to 17, parents, guardians, educators, and law enforcement that uses age-appropriate, 3-D activities to teach children how to stay safer on the Internet.



PBS Kids

www.pbskids.org/itsmylife

“It’s My Life” is funded by the Corporation for Public Broadcasting through its Where Fun and Learning Click initiative to create safe, engaging, and educational online media for kids aged 9 to 12.



Safe Kids

www.safekids.com

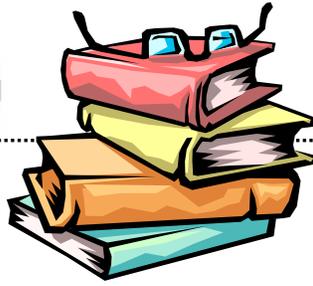
Great websites for parents and kids making the Internet and Technology fun, safe and productive. The Online Safety Project operated by Larry Magid, a broadcaster and syndicated columnist and author of numerous articles about online safety.



Safe Teens

www.safeteens.com

A place for parents and teens to learn how to use the Internet safely. No preaching, just good advice.



Printed Resources For Kids Children's Books with a Safety Theme



The Berenstain Bears Learn About Strangers

By Stan Berenstain and Jan Berenstain, Random House, Incorporated, 1985.

The Berenstain Bear cubs learn not to be overly friendly with strangers and give their rules for dealing with them. When Papa Bear tells the cubs why they should never talk to strangers, Sister begins to view all strangers as evil until Mama brings some common sense to the problem. "The Bears' rules for safe conduct among strangers are listed on the last pages, including a rule about the privacy of a bear's body. A good book to start awareness in young children."—*School Library Journal*.

Age Range: 4 to 7



Helping Out and Staying Safe

By Pamela Espeland, Free Spirit Publishing, Inc., 2004.

This book focuses on four empowerment assets: Community Values Children, Children as Resources, Service to Others, and Safety. Each chapter begins with an inspiring story about a child who is in a situation that needs improving. Young readers should be able to relate to these examples, which are followed by several ways that the protagonists can take charge and make change, thereby adding the appropriate asset. Readers are encouraged to choose one activity for their own lives, and to note the outcome. To help children get started, some Web sites and phone numbers are included within specific activities, and there are also "Helpful Resources" sections at the end geared toward kids and adults, along with an index. This book is ideal for school counselors and teachers, or any other adult who serves as a mentor for youth and can share this if a need arises. Ideal for young readers, this resource does not have to be read cover-to-cover, and although packed with ways to create empowerment assets, it will not be overwhelming. The ideas are written in short paragraphs, and the entire book can easily be skimmed by a reader who is looking for specific information.

Age Range: 8 to 12



I Can Be Safe: A First Look at Safety

By Pat Thomas, Barron's Educational Series, Incorporated, 2003.

This friendly little book acknowledges kids' fears and makes them aware of things they need in order to feel safe in different situations. They learn, for instance, to look both ways when crossing a road, to wear special clothing for sports, to know their parents' names, phone number, and emergency numbers, and many other details.

Age Range: 4 to 7



Impatient Pamela Says: Learn how to Call 9-1-1

By Mary B. Koski, Trellis Publishing, Incorporated, 1999.

A fabulous teaching aid that walks children through learning about emergencies, including: a letter to parents and teachers; what is a true emergency; when it is appropriate to call; who will come to your home. Includes a certificate of completion, a children's phone book page, and 48 full-color stickers of the *Pamela* characters. This practical workbook walks children through the process of learning how to handle an emergency. Pamela's adventures help kids understand what a true emergency is, when it is appropriate to call 911, and who will come to the house when a call is made. It includes a certificate of completion and a children's phone book page. It can accompany *Impatient Pamela Calls 911* or be read separately.

Age Range: 4 to 8

Printed Resources For Kids

continued

-  **It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch**
By Lory Freeman, Parenting Pr., Inc. 1984.
Young children can learn safe boundaries, how to distinguish between "good" and "bad" touches, and how to respond appropriately to unwanted touches. **Age Range:** 5 to 8
-  **My Body Is Private**
By Linda Walvoord Girard, Kathleen Tucker (editor), Albert Whitman, 1992.
A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private. **Age Range:** 5 to 8
-  **A Stranger In The Park**
By Stuart Fitts, Agreka Books, LLC, 1999
The "nice man" needs help finding his lost puppy. An excellent non-scary teaching tool for parents to read to children and discuss the family who unknowingly set the stage for an attempted kidnapping of their daughter in the park. When the "nice man" is arrested, the Police Chief cautions and teaches Grant and Karen about safety rules and challenges them to teach other kids. Grant and Karen begin with their multi-cultural, multi-racial neighborhood friends and they form a group and call themselves THE CAUTION CREW. They proceed to teach other children important personal safety rules. Cautioncrew.com, a site designed for children, reinforces these safety rules and lists state policies for missing children. **Age Range:** 5 to 11
-  **Telling Isn't Tattling**
By Kathryn M. Hammerson, Parenting Pr., Inc., 1996
Distinguishes between telling and tattling and explains the motivations behind tattling. **Age Range:** 5 to 8
-  **Trouble with Secrets**
By Karen Johnsen, Parenting Pr., Inc., 1986
This book presents situations which illustrate when to share and when to keep a secret. Secrets can be a confusing issue for children--which secrets should be told and which secrets should be kept? This book helps children distinguish between hurtful secrets and good surprises. **Age Range:** 5 to 8
-  **What Would You Do?: A Kid's Guide to Tricky and Sticky Situations**
By Linda Schwartz, Creative Teaching Press, Incorporated, 1990
Gives advice on what should be done in confusing, ambiguous, dangerous, or unexpected situations at home, school, or out on your own. **A practical, 'must-have' book for every parent!**
This book is a great springboard for dinner table discussions between parents and kids. It describes how to handle emergency situations at home, at school, and in social situations. **Age Range:** 7 to 11
-  **Who Is a Stranger and What Should I Do?**
By Linda Walvoord Girard and Abby Levine (editor), Albert Whitman, 1992
Practical story for young children. **Age Range:** 7 to 11
-  **Your Body Belongs to You**
By Cornelia Maude Spelman, Teri Weidner, Albert Whitman, 2000
In simple, reassuring language, therapist Cornelia Spelman explains that a child's body is his or her own; that it is all right for children to decline a friendly hug or kiss, even from someone they love; and that "even if you don't want a hug or kiss right now, you can still be friends." This is a wonderful book to help parents and teachers deal with young children on the subject of sexual abuse. With appealing illustrations and simple text, it aids children in understanding the difference between "good and bad" touching by others. Written by a licensed social worker, it includes a brief introduction to parents to help prepare them for introducing this subject to their children without overdoing it. **Age Range:** 5 to 7

Brochures and Resources



The following brochures and resources are available from The National Center for Missing and Exploited Children
Call to order 1-800-THE-LOST or visit their web site at www.missingkids.com

Abduction

A Family Resource Guide on International Parental Kidnapping

Presents practical and detailed advice about preventing international kidnapping.

An Analysis of Infant Abductions

Findings from interviews with and record reviews of infant abductions .

Family Abduction

Step-by-step information for parents who have experienced a family abduction .

LOCATER™ Lost Child Alert Technology Resource

Information for law-enforcement agencies on available technology to rapidly disseminate images of and information about missing children .

Missing and Abducted Children: A Law-Enforcement Guide to Case Investigation and Program Management

Standard of practice for law-enforcement officers handling missing-child cases .

Picture Them Home

Help raise awareness about the power of pictures and their importance in the search for missing children.

"The Kid is With a Parent, How Bad Can it Be?:" The Crisis of Family Abductions

Issue brief by NCMEC President and Chief Executive Officer Ernie Allen

Recovery and Reunification of Missing Children: A Team Approach

"Best practice" guidelines and training tips for returning recovered children to their families .

When Your Child is Missing: A Family Survival Guide

General Information

Investigative Checklist for First Responders

Checklist of actions to be taken by law enforcement in the initial stages of a missing-child investigation

National Center for Missing & Exploited Children

Summary of NCMEC publications

NCMEC Resources

Information regarding NCMEC's resources and support services

Never Forget a Face: A Case for Your Support (ICMEC)

Information regarding ways to support the International Center for Missing & Exploited Children

Never Forget a Face: A Case for Your Support (NCMEC)

Information regarding ways to support the National Center for Missing & Exploited Children

Nonprofit Service Provider's Handbook

Guide for building and maintaining a nonprofit organization

Brochures and Resources

continued

The following brochures and resources are available from The National Center for Missing and Exploited Children
Call to order 1-800-THE-LOST or visit their web site at www.missingkids.com

Project ALERT

Information about NCMEC's Project ALERT program

The Front Line

NCMEC quarterly bulletin

Internet Safety

Ad Council Information Package

Online sexual exploitation prevention information, tips on how to talk to your kids, and a list of commonly used chat acronyms

Child Safety on the Information Highway

Safety tips for families whose elementary-school-aged children use computer online services

Cyberspace Strategy

Issue brief by NCMEC President and Chief Executive Officer Ernie Allen

CyberTipline: Your Resource for Reporting the Sexual Exploitation of Children

Information regarding NCMEC's CyberTipline

Know the Rules...Internet Safety Quiz for Adults

Tips for parents on how to make their children's online visits safer

NetSmartz Brochure

Information on this innovative web site that educates children about online safety

Online Victimization: A Report on the Nation's Youth

Groundbreaking national survey focusing on children's use of the Internet

Teen Safety on the Information Highway

Safety tips for families whose teenagers use computer online services

Your Kids Can Fill in the Blanks. Can You?

Tips on how families can help protect their children from online exploitation.

Just in Case...Series

Just in Case... You Need a Babysitter

Information on finding a babysitter and safety tips

Just in Case... You Are Considering Daycare

Information on choosing daycare and preventing sexual exploitation

Just in Case... Your Child The Victim of Sexual Abuse or Exploitation

Warning signs of and steps to take in the event of child sexual exploitation

Just in Case... You Are Considering Family Separation

Tips on preventing family abduction

Just in Case... You Are Using The Federal Parent Locator Service

Information on finding the abductor and child in family-abduction cases

Brochures and Resources

continued

The following brochures and resources are available from The National Center for Missing and Exploited Children
Call to order 1-800-THE-LOST or visit their web site at www.missingkids.com

Just in Case...Finding Professional Help

Advice on how to find professional help for children who have been kidnapped or sexually exploited

Just in Case...You Are Dealing With Grief

Steps to grief when you have lost a child

Just in Case... Your Child Missing

Five steps to prepare in case your child might someday be missing

Just in Case...Your Child is a Runaway

Steps to take in case your child might someday run away

Just in Case...Your Child is Testifying in Court

Advice on helping children testify in court

Know the Rules...Series

Know the Rules

Three key safety messages for teens

Know the Rules...Abduction and Kidnapping Prevention Tips for Parents and Guardians

Safety tips and guidelines for parents and guardians to help prevent abduction

Know the Rules...After-School Safety Tips for Children Who Are Home Alone

Important points parents should consider prior to allowing their child to be unsupervised after school

Know the Rules...Child Safety for Door-to-Door Solicitation

Child-safety guidelines for children participating in door-to-door solicitation

Know the Rules...For Child Safety in Amusement or Theme Parks

Steps for parents and children to take when in an amusement or theme park

Know the Rules...For Child Safety in Youth Sports

Guidelines for parents whose children participate in sports activities

Know the Rules...For Going To and From School More Safely

Tips to help parents prepare their children for a safer journey to and from school

Know the Rules...For Holidays

Safety tips for the holidays and when shopping

Know the Rules...General Tips for Parents and Guardians to Help Keep Their Children Safer

General tips for parents and guardians

Know the Rules...Interactive Theatre Project

Teaching tool for peer leaders to select and prepare peer educators/helpers for Know the Rules Interactive Theatre presentations

Know the Rules: Just in Case You...

In-depth safety messages for teens

Know the Rules...Safety Tips for Children Displaced in Natural Disasters and Their Caregivers

Tips designed to help child victims of natural disasters acclimate to a new environment and caregivers provide the best assistance possible

Brochures and Resources

Continued

The following brochures and resources are available from The National Center for Missing and Exploited Children
Call to order 1-800-THE-LOST or visit their web site at www.missingkids.com

Know the Rules...Safety Tips for Halloween

Safety tips for a more fun and safe Halloween

Know the Rules...School Safety Tips

Safety tips for children when at school

Know the Rules...Summer Safety Tips for Children

Safety tips for a more fun and safe summer

Know the Rules...Summer Safety Tips for Parents and Guardians

Safety tips for a more fun and safe summer

Know the Rules...When Your Child Is Flying Unaccompanied

Rules to help make the flying experience for your child safer

Know the Rules...When Your Child Is Traveling Unaccompanied by Bus or Train

Rules to help make travel by bus or train safer for your child

Safety Information

Child Protection

Prevention information for parents and children

Child Safety Is More Than A Slogan

Positive messages and safety skills that will build your child's self esteem and self confidence while helping to keep them safer

Guidelines for Programs to Reduce Child Victimization

Guidelines for communities when choosing programs to teach personal safety to children

How to Keep Your Child Safer: A Message to Every Parent

Issue brief by NCMEC Immediate Past Board Chair Daniel Broughton, MD, and NCMEC President and Chief Executive Officer Ernie Allen

Is this your CHILD? If not--it may be NEXT TIME

Information to help prevent child abduction and sexual exploitation

Keeping Your Children Safer in the World: Tips for Children, Teens, and Parents

General safety tips in Braille

Knowing My 8 Rules for Safety: Multilingual Child Safety and Prevention Tips

List of safety tips in 30 languages

Knowing My Rules for Safety

Safety tips poster for children

New Neighborhood Safety Tips

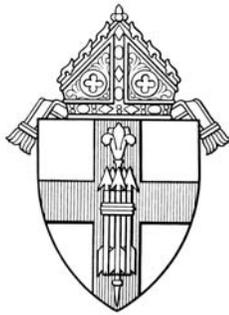
Child-safety tips for moving to a new neighborhood

Personal Safety for Children: A Guide for Parents

Guidelines released at the 2002 White House Conference on Missing, Exploited, and Runaway Children for families to help keep their children safer at home, at school, and in the community

Credits

Safe and Sound All Around is a collaborative effort between the Diocese of Manchester and Plymouth State University's TIGER program.



Diocese of Manchester
153 Ash Street—Box 310
Manchester, NH 03105-0310
(603) 669-3100
www.catholicchurchnh.org



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(Theatre Integrating Guidance, Education and Responsibility)
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Plymouth State University
17 High St.
MSC #38
Plymouth, NH 03264
tiger-psu@plymouth.edu

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