



STEPS TO SAFETY

Creating a Safety P.L.A.N.

Each step of P.L.A.N. helps keep your child safe.

P: Permission - Teach your child that they should always have **Permission** from the Grown-Up Buddy who is in charge before they go anywhere or do anything.

L: Location - Before going anywhere, it is important for a child to tell their Grown-Up Buddy the **Location** where they will be. This is a very important step, because if the Location changes, your child must begin the P.L.A.N. process again.

A: Activity - More specific than Location, “A” in P.L.A.N. tells the Grown-Up Buddy about the **Activity** your child will engage in while they are gone.

N: Names and Numbers - It is important to have the **Name** and **Phone Number** of the person(s) with your child.

How to Make a P.L.A.N. with Your Child

Step 1

Help your child complete a **P.L.A.N.** for an everyday situation, such as going to the movies with a friend, a sleepover, or riding bikes to the park. Reinforce the importance of each step of P.L.A.N. and emphasize how each step helps to keep your child safe and that they should never skip any of the steps.

Step 2

Help your child understand that sometimes situations arise that put them in a position in which they might be tempted to change their P.L.A.N. Talk with your child about the importance of sticking with their P.L.A.N. and how that will keep them safe. In the event that your child wants to change their P.L.A.N., model the appropriate way to do that by repeating the process, beginning with getting Permission.

Step 3

Reinforce the learning by asking your child what they would do in possible situations that would cause their P.L.A.N. to change. Play the “what if?” game! For example, what if your child is in a situation in which a friend changes the P.L.A.N. and tells your child that it will be okay, or tells your child not to tell you? What if an adult changes the agreed-upon P.L.A.N. and tells your child that it is OK with you? Asking your child what they think or feel about something before the situation occurs allows your child to practice what to do. It also lets them know that they can talk with you about anything and that you are there to help them figure out what to do. By regularly engaging your child in such conversations, your child is more likely to come to you with real-life situations that occur, ask more questions, and gain your input.

Step 4

Use P.L.A.N. regularly in your home. Place a whiteboard in your kitchen with the letters P.L.A.N. written on it, and require that your child(ren) complete their P.L.A.N. each time they leave the house without you.