

THINK, FEEL, ACT

Help your child practice using the following scenarios:

As you are walking home from school, you pass a woman standing next to her car. She stops you and says, "I dropped something under my car. Can you help me get it? You are so much smaller than I am and can reach it. I am just too big."

Possible Answers:

Think: "It's nice to help people." "She is nice, so I should help."

"She is weird." "It is weird that she is asking for my help."

Feel: Worried, concerned, confused, happy. (Remember, feeling words should relate to emotions, such as fear, sadness, happiness, or anger.) Act: Safety Stop Sign: "Stop, that's not safe. I need to ask my Grown-Up Buddy."

You are playing at the park with your friends and Grown-Up Buddy. Someone kicks the ball too far. When you go to get the ball, you see a nice-looking man who says he lost his cute little dog and asks if you will help him search for it. He is very upset.

Possible Answers:

Think: "I have to help him because his dog is lost and I love dogs."

"I shouldn't leave my Grown-Up Buddy."

Feel: Confused, icky, excited.

Act: Safety Stop Sign: "Stop, that's not safe. I need to ask my Grown-Up Buddy." (Remind your child that adults who they don't know well should never ask them for help. They should ask their Grown-Up Buddy for permission.)

You are at a friend's birthday party at the park. Another friend says, "Let's go exploring and have a secret adventure."

Possible Answers:

Think: "This is going to be great because I love secret adventures and want to find treasure." "I don't know about that. I'm supposed to stay with my Grown-Up Buddy."

Feel: Confused, concerned, excited.

Act: Safety Stop Sign: "Stop, that's not safe. I need to ask my Grown-Up Buddy first."

You are at your gymnastics lesson. A neighbor who just moved into the neighborhood says she needs to take you home because there is an emergency and your mom needs her to drive you. She doesn't know your secret family password.

Possible Answers:

Think: "I hope that my mom is okay." "I should probably go because I don't want to get in trouble." "This woman doesn't know my secret password." Feel: Confused, worried, nervous.

Act: Safety Stop Sign: "Stop, that's not safe." Ask your Grown-Up Buddy who is in charge if you can/should go. Family Password: It is important for each family to have a password that only the child and their parents know. If a parent needs someone to pick up the child, then they can tell the person the password and the child will be able to verify that they are in a safe situation and with a trusted adult.

You are at the movies with your Grown-Up Buddy. You have to go to the bathroom. Your Grown-Up Buddy tells you that he will wait in the theater while you go to the bathroom by yourself.

Possible Answers:

Think: "Great! I'll go to the bathroom by myself like a big kid." "I'm really not supposed to go to the bathroom by myself."

Feel: Nervous, excited, confused.

Act: Safety Stop Sign: "No, that's not safe. You need to come with me to the bathroom."

Your favorite aunt takes you to the toy store but says she is too tired to walk around with you. She tells you to look around and pick out a toy you want while she waits at the front of the store.

Possible Answers:

Think: "Yes, I get a toy. Awesome!" "I'm not supposed to walk around by myself."

Feel: Excited, happy, confused.

Act: Safety Stop Sign: "Stop, that's not safe. I cannot go anywhere without my Grown-Up Buddy."