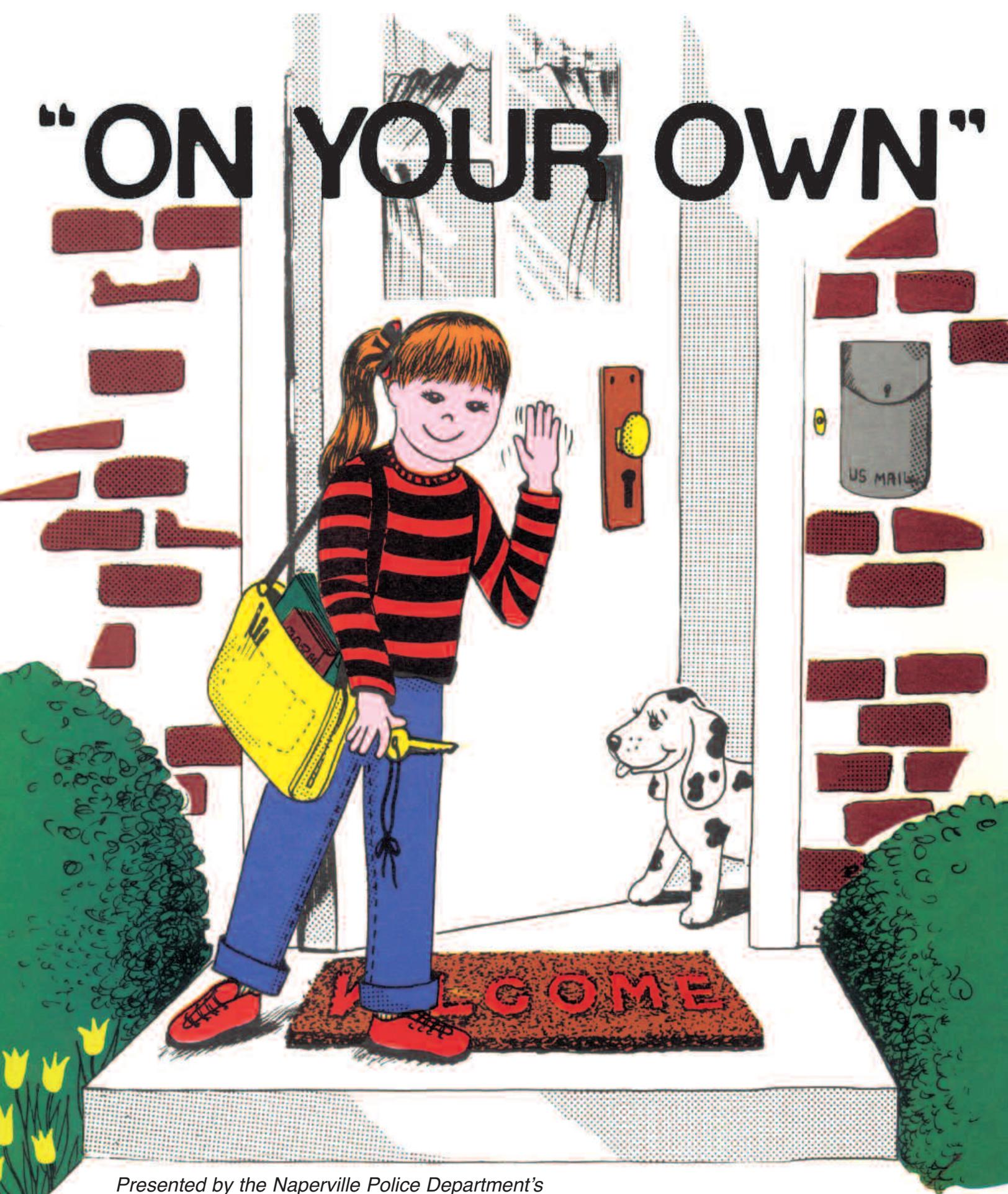


"ON YOUR OWN"



*Presented by the Naperville Police Department's
Community Education / Crime Prevention Unit
and The Exchange Club of Naperville.*



Naperville

Dear Parents:

The Community Education/Crime Prevention Unit of the Naperville Police Department presents a program entitled "On Your Own" to all third grade students. The program is designed to help students develop self-care skills for the times when they may be home alone.

The areas covered in this program include family rules, making a schedule, keeping important phone numbers handy, handling emergencies, personal safety, kitchen safety, and the child's confidence in his or her own abilities.

Although you may not have a child at home alone at this time, in the future you may be faced with this situation. The purpose of this program is to provide your child with the knowledge and skills needed to handle these new responsibilities.

We hope you will take a moment to share this booklet with your child and discuss the material with them. Parental involvement in the educational process always helps to make a program more effective. We hope you will find the enclosed material helpful in dealing with your own child.

Sincerely,

A handwritten signature in black ink that reads "David E. Dial". The signature is written in a cursive style with a large, prominent 'D'.

David E. Dial
Chief of Police

McGRUFF™ SAYS- Here are 5 ways to play it safe!

When you're playing, alone, or with a friend, remember to be smart, and be safe. Follow my directions, and play it safe!



- 1.** Never get into a car with a stranger, or someone you don't trust.
- 2.** Never open a door to a stranger, or someone you don't trust.
- 3.** Never let anyone touch you who makes you feel unsafe.
- 4.** Remember to always lock your doors at home—and remind your parents, too!
- 5.** One more tip—keep your bicycle locked up whenever you leave it—so it'll be there when you get back!

**TAKE A BITE OUT OF
CRIME®**

Taking Care of Yourself

Do you ever have to take care of yourself after school or while your parents aren't home? You know that your parents and I, McGruff, want you to be safe. Taking care of yourself is a big job, but these tips can help you handle it:

- 🔑 Make sure you know your address — including city and state — and your telephone number — including area code — by heart.
- 🔑 Be sure you know how to reach your parents at work. Check in with your parents or a trusted neighbor as soon as you get home.
- 🔑 Make sure you know what to do in an emergency. Know the emergency telephone numbers of your police department, fire department, and doctor, or dial "0" (for operator) if you need help. Keep the numbers posted near all the phones in your home.
- 🔑 Know how to work the door and window locks for your home, and lock the door after you come in. *Never* open the door to anyone you don't know. If someone you don't know comes to the door, don't tell the person that you are home alone. Tell the person, *without opening the door*, "My parents can't come to the door right now. Please come back later."
- 🔑 Don't let people who call on the telephone know that you are home alone, either. When you answer, say "My parents can't come to the phone right now," and ask the person to call back.



1989 Gail Larsen



LATCHKEY CHILDREN: YOUNG CHILDREN AT HOME ALONE

An estimated 5 to 12 million children between the ages of 5 and 13 are regularly left alone at home for some part of the day. Leaving children alone always causes some anxiety, but knowing they are prepared to cope with situations that may arise will lessen the worry.

As a parent:

- Be sure your children know how to use the telephone (both pushbutton and dial models) to make local, long distance and emergency calls and to dial the operator.
- Post emergency numbers near all the phones in your home.
- Make sure your children lock the door after they arrive home and then check in with you or a trusted neighbor.
- Teach them to work the door and window locks in your home.
- Tell your children what to do in case of fire.
- Tell your children that they are never to go anywhere with another adult, even one who says he or she was sent by you. Adopt a family "code word" to be used if a third party is ever to pick up your children.
- Teach your children, if they ever feel they're being followed, not to run home but to a store, public place, back to school, or to the nearest "Safe House."
- Teach your children never to get near or into a stranger's car, or to take a walk with a stranger who says he needs the children to "show" him something.
- Impress on your children that you *always* want to be told if anything happens to them while they're away from you that makes them feel uneasy or uncomfortable. Children will sometimes phrase this as feeling "funny."
- Tell your children not to go into anyone's house or apartment without your permission and make sure you know the people who live in any home your child wants to visit.
- Get together with other parents and approach your school or a community group about starting an extended-day program. Look into starting a McGruff "Safe House" program in which neighborhood parents, grandparents, or other adults are recruited to volunteer their homes to serve as temporary shelters for frightened or lost children. A special sign posted in the window of these homes tells children this is a place to go when they are confronted with a serious problem. Local law enforcement can help in setting up a sound and effective program.



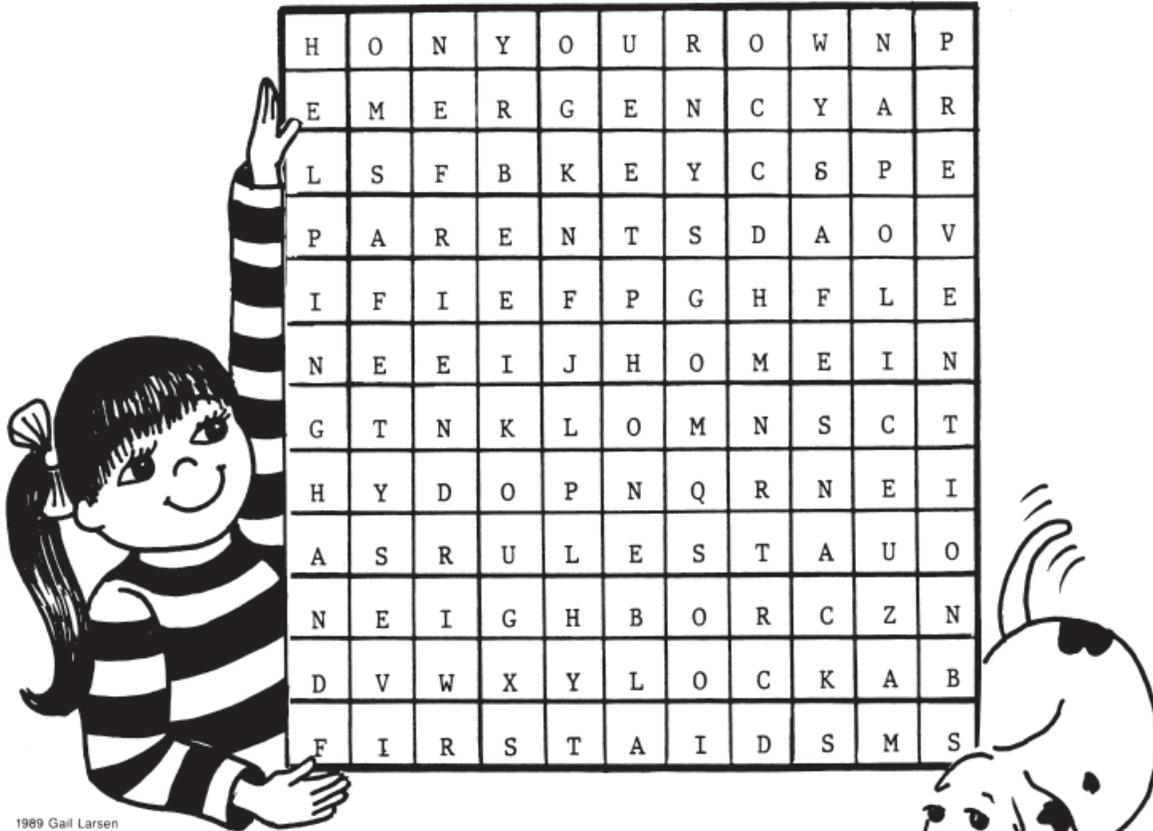
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FAMILY ACTIVITY: TALK IT OVER

1. When I'm by myself, I feel:
2. When I'm by myself, I really like to:
3. When I'm by myself, I really don't like:
4. When I'm by myself, I get scared about:
5. When I'm by myself, I wish I knew:
6. When I'm by myself, I wish I could:
7. When I'm by myself, the best thing is:
8. When I'm by myself, the worst thing is:



SAFETY WORD SEARCH (circle the words)



1989 Gail Larsen

SAFETY

PHONE

EMERGENCY

FRIEND

LOCK

PARENTS

HOME

POLICE

RULES

NEIGHBOR

PREVENTION

FIRST AID

SAFE SNACKS

KEY

ON YOUR OWN

HELPING HAND



FIND YOUR WAY THROUGH THE MAZE AND FIND THE HIDDEN LETTERS ALONG THE WAY TO SPELL AN IMPORTANT MESSAGE.

START

DEEP POND

HEAVY TRAFFIC

WOODS

STRANGER

CONSTRUCTION

HOME

!

Hidden letters in the maze: G, O, T, R, A, I, S, H, G, H, T, E, M, !

WRITE THE HIDDEN LETTERS IN THE ORDER YOU FIND THEM :

SECURITY CHECK LIST

Conduct a security check of your home with your parent or guardian. If you find your answer to any of the following questions is no, steps should be take to improve your home's security.



Yes No

1. Locks

- When you moved into your house or apartment, did your parent re-key the locks? (This means to change the code inside the lock and get a new set of keys for the locks.)
- Does your front door have a peephole so you can see who is at the door?
- If you have sliding glass doors, do you have a strong secondary lock for them? (This could be a metal or wooden bar that fits in the sliding track.)
- Does your house or apartment have strong, secure locks on all doors and windows?
- Will your locks withstand force? (Will they be strong enough in case someone pushes forcefully against the doors?)
- Do your entrance doors have a night chain?

2. Locking Habits

- Do you lock all windows and doors when you leave your home, even for a short time?
- Do you lock the garage door, if you have one?
- If your apartment windows open on a fire escape, balcony or ground floor, do you lock all windows when you go to bed?
- Do you lock the front door when you are playing in the back of your house?
- Do you lock the windows and doors when you're alone in the house or apartment?

3. Keys

- Have you given a trusted neighbor a spare key or have you discussed a plan, in case a key is lost?
- Do you know where to find the keys that unlock the doors and window locks in your house? Do you know how to use them?
- If you're responsible for your own house key, do you keep your key in a safe place?

4. Landscape

- Are the bushes near your doors and windows trimmed so intruders can't hide behind them?
- Do you keep bicycles, tools, lawn mowers or other valuable items in a safe, locked place?

A PLAN FOR WHEN I'M BY MYSELF

I will be by myself on: _____ from _____ to _____ o'clock.

Activities I'm supposed to do (homework, chores, etc.):

Activity: How Long It Will Take: Must Be Done By:

_____ _____ Minutes _____ o'clock

_____ _____ Minutes _____ o'clock

Other things I want to do (draw a picture, eat snack, etc.)

Activity: How Long It Will Take: What I Need To Do This:

_____ _____ Minutes _____

_____ _____ Minutes _____

_____ _____ Minutes _____

_____ _____ Minutes _____

MY PLAN FOR TODAY:

Time		Activity	Check When Done
From	To		
_____	_____ o'clock	_____	_____
_____	_____ o'clock	_____	_____
_____	_____ o'clock	_____	_____
_____	_____ o'clock	_____	_____
_____	_____ o'clock	_____	_____
_____	_____ o'clock	_____	_____

NOTES ABOUT MY DAY:

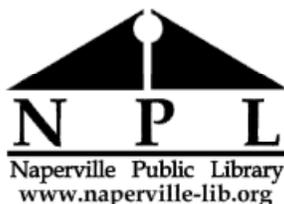
Things to tell mom or dad: _____

Things I need to know: _____

Problems I had today: _____

How I felt today: Happy Lonely Interested Mad Scared Excited
 Bored Proud Upset Other: _____

Why I felt this way: _____



LATCHKEY CHILDREN RESOURCES

FICTION BOOKS

J AUCH	Auch	THE LATCHKEY DOG
E BER	Berenstain	THE BERENSTAIN BEARS LEARN ABOUT STRANGERS
J BUNTING	Bunting	IS ANYBODY THERE?
J BYARS	Byars	THE NIGHT SWIMMERS
J CLEARY	Cleary	RAMONA AND HER MOTHER
J HAZEN	Hazen	ALONE AT HOME
E HAZ	Hazen	TIGHT TIMES
E JOY	Joyce	NEVER TALK TO STRANGERS
E LEA	Leaney	HOME SWEET HOME: A STORY ABOUT SAFETY AT HOME
J LOWRY	Lowry	ANASTASIA ON HER OWN
J SACHS	Sachs	THE BEARS' HOUSE
E STA	Stanek	ALL ALONE AFTER SCHOOL
J STEWART	Stewart	ELLEN IS HOME ALONE

NONFICTION BOOKS

J616.0252 GAL	Gale	THE KIDS' GUIDE TO FIRST AID: ALL ABOUT BRUISES, BURNS, STINGS, SPRAINS & OTHER OUCHES
J 613.6 LEV	Levete	LOOKING AFTER MYSELF
J 613.6 MAC	MacGregor	STAYING SAFE AT HOME AND ON-LINE
J 613.6 MAC	MacGregor	TEN STEPS TO STAYING SAFE
J613.6 PAN	Pancella	HOME SAFETY
J362.7 PEN	Pendziwol	ONCE UPON A DRAGON: STRANGER SAFETY FOR KIDS (AND DRAGONS)
J 613.6 RAA	Raatma	HOME SAFETY
J613.6 RAA	Raatma	SAFETY IN YOUR NEIGHBORHOOD
J 646.70083 SCH	Schwartz	WHAT WOULD YOU DO?: A KID'S GUIDE TO TRICKY AND STICKY SITUATIONS

VIDEORECORDINGS

J 613.6 BE	BE COOL, PLAY IT SAFE!: A CHILDREN'S SAFETY VIDEO
J 362.7 HOM	HOME ALONE: A KID'S GUIDE TO PLAYING IT SAFE WHEN ON YOUR OWN
J 613.6 KID	KIDS FOR SAFETY

“Who is this, please?
She’s busy – may I take a message?”

TELEPHONE NUMBERS

My Phone Number: _____

My Address: _____

Friends: _____

Name Number

Name Number

Mom’s Work: _____

Dad’s Work: _____

Mom and Dad’s Cell Phone: _____

Neighbors: _____

Name Number

Name Number

Police: _____

Fire: _____

Ambulance: _____

Poison Control: _____





Dear Parents and Students:

The Exchange Club of Naperville is proud to once again fund the “On Your Own” program developed by the Community Education / Crime Prevention Unit of the Naperville Police Department. Our membership is dedicated to the safety of our youth and the strengthening of the family unit. We believe that the “On Your Own” program helps parents and students understand home safety and responsibility, and it assists our families in gaining confidence to deal with emergency situations.

The funding for this program is made possible through the community’s generous support of the Exchange Club’s fundraiser, Ribfest during the 4th of July weekend. The community’s volunteerism, attendance, and participation at Ribfest allows the Exchange Club to sponsor “On Your Own” and many other worthwhile programs.

The Exchange Club of Naperville also provides our community with a parent mentorship program called Project Help (Healthy Environment for Little People) in conjunction with NCO Youth and Family Services. Project Help is dedicated to fostering strong family units by assisting parents and guardians to learn new ways to understand, educate, and express their love for their children.

The Exchange Club encourages all parents and students to learn from the “On Your Own” program. We hope that you will find it beneficial in ensuring the safety and well-being of our community’s families.

Sincerely,

Exchange Club of Naperville

Brett Flickinger
President, 2008-09

Pete Rocush
President, 2009-10