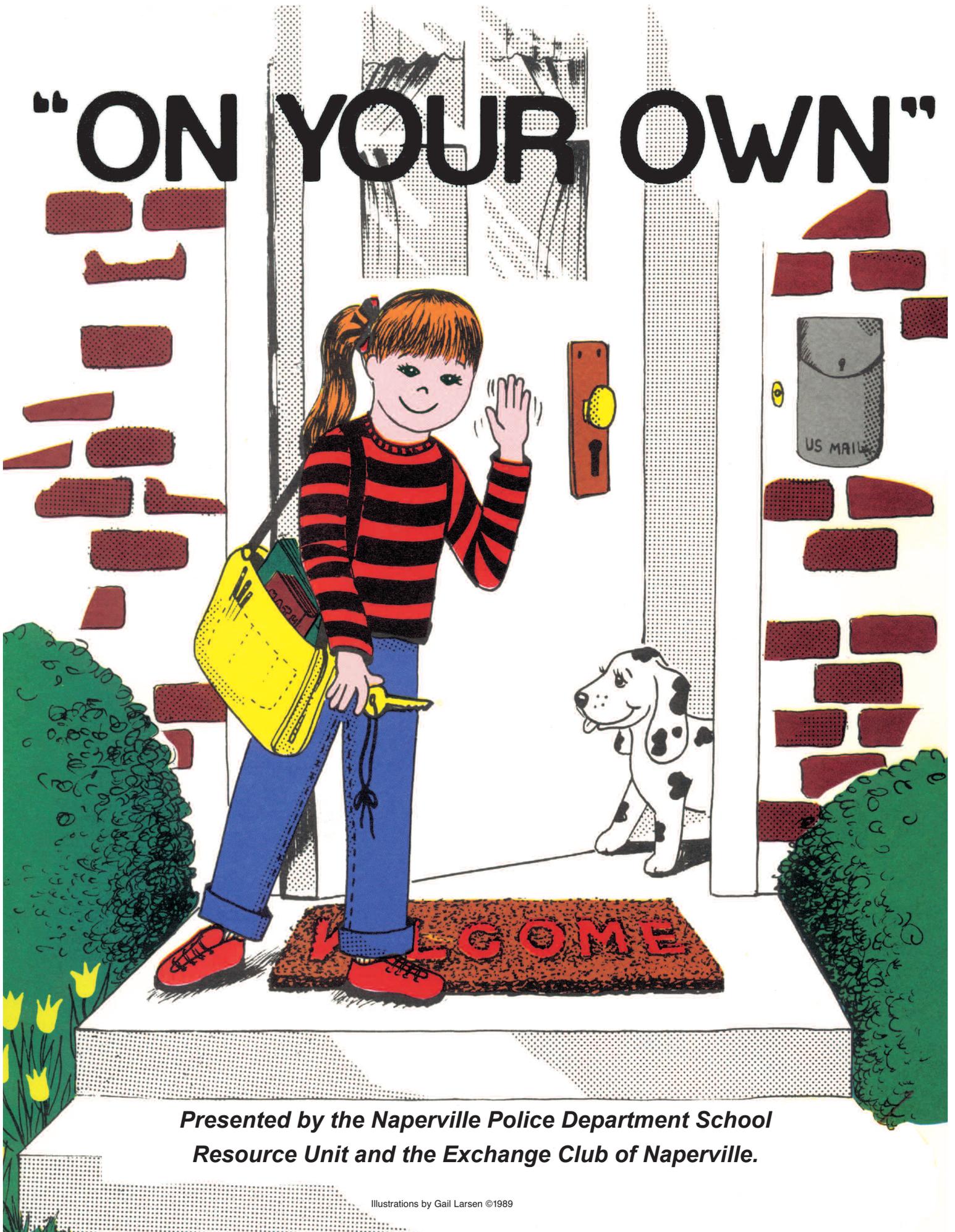


# "ON YOUR OWN"



*Presented by the Naperville Police Department School Resource Unit and the Exchange Club of Naperville.*



# Naperville

Dear Parents:

The School Resource 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,

Robert W. Marshall  
Chief of Police

## 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 want you to be safe. Taking care of yourself is a big responsibility, but these tips can help you handle it:

- 🔑 Make sure you know your address, including your city and state, and your area code and phone number, **by heart**.
- 🔑 Be sure you know how to reach your parents at work and on their cell phone. 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 and fire departments, and the numbers of trusted adults. Keep these numbers posted in an easily accessible area of your home.
- 🔑 Know how to work the door and window locks for your home, and lock the door immediately after you come in. **Never** open the door for anyone you don't know and **never** open the door for anyone you do know, without Mom and Dad's permission.
- 🔑 Don't let people who call on the phone know that you are home alone. When you answer say, "My parents can't come to the phone right now," and then take a message.



## What Parents Need to Know

An estimated 5-12 million children between the ages of 5 and 13 are regularly left 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 have access to a phone and that they know how to use it. Show them how to dial 911 in case of an emergency.
- 🔑 Post emergency numbers and the numbers of nearby trusted adults in an easily accessible area of your home.
- 🔑 Make sure your children lock the door after they arrive home and then check in with you or a trusted neighbor.
- 🔑 Teach children how to work the door and window locks in your home and how to arm and disarm your security system.
- 🔑 If your children will be using a code to open an entrance or garage door, be sure they understand they are not to share the code with anyone without your permission.
- 🔑 Make sure that your children know that you **always** want to be told if anything happens to them while they are away from you that makes them feel uneasy, scared or uncomfortable. Children will sometimes phrase this as feeling "funny."
- 🔑 Teach your children to always "check first" with a parent before going anywhere with **anyone**, even one who says he/she was sent by you. Adopt a family "code word" to be used if a third party is ever to pick up your child.
- 🔑 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.
- 🔑 Tell your children what to do in case of fire.

## **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:

For more information on child  
readiness to be home alone visit:  
<https://kidshealth.org/en/parents/home-alone.html>



**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

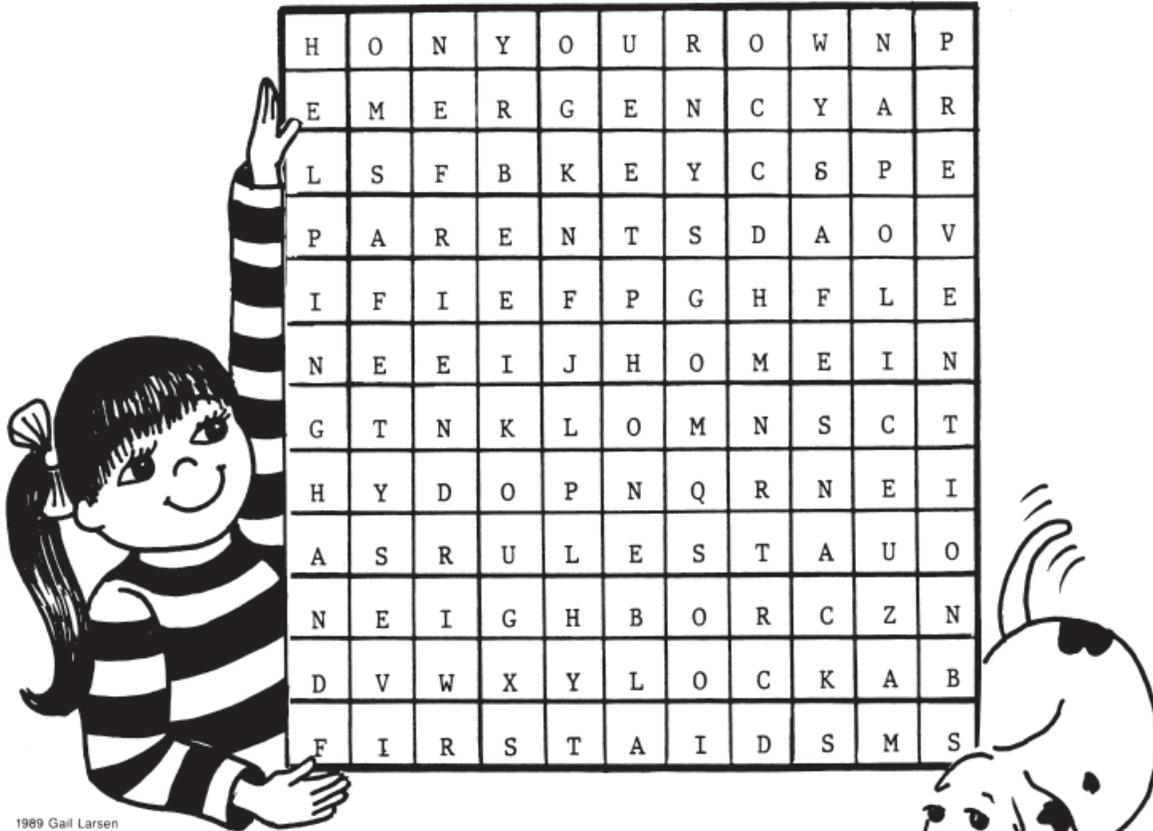
HOME

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

WRITE THE HIDDEN LETTERS IN THE ORDER YOU FIND THEM :

-----!

# 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





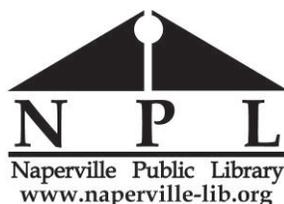
## Can you spot the hazard?

Circle any safety hazards you see in the picture



### Kitchen Safety

- 🔑 When home alone, avoid using kitchen appliances such as the microwave, oven, or stove. If you are allowed to do so, be sure that you have permission and that you know how to properly use the appliance and the safeguards you need to keep in mind in order to remain safe.
- 🔑 Avoid using sharp knives and other sharp kitchen utensils that may cause harm.
- 🔑 Talk to mom and dad about what foods and snacks are allowed when you are home alone. Try to choose snacks that are healthy for you.



## CHILDREN'S SAFETY RESOURCES

### FICTION BOOKS

<b>E BER</b>	<b>Berenstain</b>	<b>THE BERENSTAIN BEARS LEARN ABOUT STRANGERS</b>
<b>E JOY</b>	<b>Joyce</b>	<b>NEVER TALK TO STRANGERS</b>
<b>E LEA</b>	<b>Leaney</b>	<b>HOME SWEET HOME: A STORY ABOUT SAFETY AT HOME</b>
<b>J LOWRY</b>	<b>Lowry</b>	<b>ANASTASIA ON HER OWN</b>

### NONFICTION BOOKS

<b>J 395.59 ALL</b>	<b>Allen</b>	<b>CELL PHONE SAFETY</b>
<b>J 796.6028 AMS</b>	<b>Amstutz</b>	<b>BIKE SAFETY: A CRASH COURSE</b>
<b>J 613.6 AND</b>	<b>Anderson</b>	<b>KNOW THE FACTS ABOUT PERSONAL SAFETY</b>
<b>J 363.13 BAR</b>	<b>Barraclough</b>	<b>HOME SAFETY</b>
<b>J 004.678 COR</b>	<b>Cornwall</b>	<b>ONLINE ETIQUETTE AND SAFETY</b>
<b>J 613.6 FEI</b>	<b>Feigh</b>	<b>I CAN PLAY IT SAFE</b>
<b>J 613.6 GOO</b>	<b>Goodbody</b>	<b>KEEPING SAFE</b>
<b>J 004.678 GRE</b>	<b>Greve</b>	<b>THE INTERNET</b>
<b>J 004.678 JAK</b>	<b>Jakubiak</b>	<b>A SMART KID'S GUIDE TO INTERNET PRIVACY</b>
<b>J 006.754 JAK</b>	<b>Jakubiak</b>	<b>A SMART KID'S GUIDE TO SOCIAL NETWORKING ONLINE</b>
<b>J 302.343 LIN</b>	<b>Lindeen</b>	<b>DIGITAL SAFETY SMARTS: PREVENTING CYBERBULLYING</b>
<b>J 613.6 LLE</b>	<b>Llewellyn</b>	<b>AT HOME</b>
<b>J 613.6 MAC</b>	<b>MacGregor</b>	<b>STAYING SAFE AT HOME AND ON-LINE</b>
<b>J 613.6 MAC</b>	<b>MacGregor</b>	<b>TEN STEPS TO STAYING SAFE</b>
<b>J 025.040289 MIL</b>	<b>Miller</b>	<b>DON'T SHARE YOUR PLANS ONLINE</b>
<b>J 025.040289 MIL</b>	<b>Miller</b>	<b>DON'T TALK TO STRANGERS ONLINE</b>
<b>J 613.6 NEL</b>	<b>Nelson</b>	<b>STAY SAFE!: HOW YOU CAN KEEP OUT OF HARM'S WAY</b>
<b>J 613.0432 NEL</b>	<b>Nelson</b>	<b>STAYING SAFE IN EMERGENCIES</b>
<b>J 004.678 OWI</b>	<b>Owings</b>	<b>STAY SAFE ONLINE</b>
<b>J 613.6 PAN</b>	<b>Pancella</b>	<b>HOME SAFETY</b>
<b>J 362.7 PEN</b>	<b>Pendziwol</b>	<b>ONCE UPON A DRAGON: STRANGER SAFETY FOR KIDS (AND DRAGONS)</b>
<b>J 613.6 RAA</b>	<b>Raatma</b>	<b>HOME SAFETY</b>
<b>J 363.13 RAU</b>	<b>Rau</b>	<b>SAFETY AT HOME</b>
<b>J 613.6 RAY</b>	<b>Ray</b>	<b>A SMART GIRL'S GUIDE TO STAYING HOME ALONE</b>
<b>J 613.6 RAY</b>	<b>Raymer</b>	<b>STAYING HOME ALONE: A GIRL'S GUIDE TO FEELING SAFE AND HAVING FUN</b>
<b>J 323.448 RUS</b>	<b>Rustad</b>	<b>LEARNING ABOUT PRIVACY</b>
<b>J 613.6 SCH</b>	<b>Schuh</b>	<b>FIRE SAFETY IN ACTION</b>

### DVDS

<b>J 613.6 CHI</b>	<b>CHILD SAFETY</b>
<b>J 613.6 CHI</b>	<b>CHILD SAFETY AT HOME</b>
<b>J 363.377 STA</b>	<b>FIRE SAFETY: PREVENT, REACT, ESCAPE</b>
<b>J 303.69 FIV</b>	<b>5 WAYS TO WORK THINGS OUT WITHOUT FIGHTING</b>
<b>J 649.1 DIS</b>	<b>SAFETY SMART AT HOME!</b>
<b>J 613.6 STA</b>	<b>STAYING SAFE: STRANGERS, CYBERSPACE &amp; MORE</b>

# 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 taken 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 dead bolt locks?

## 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?

“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 School Resource Unit of the Naperville Police Department. We believe that the “On Your Own” program helps parents and students understand home safety and responsibility and assists 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 between 40 and 50 additional agencies each year, including Project HELP ([projecthelpdupage.org/](http://projecthelpdupage.org/)) and the Edward Care Center ([eehealth.org/services/children/intensive-care/special-services](http://eehealth.org/services/children/intensive-care/special-services)).

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.

To find out more about Exchange, please visit [exchangeclub.org](http://exchangeclub.org) or email [nxc.admin@exchangeclub.org](mailto:nxc.admin@exchangeclub.org).

Sincerely,

Exchange Club of Naperville  
Jerry Kochurka  
President, 2020-2021