



## **General Safety**

### **Young Children**

- Parents should begin to teach their children basic Personal Safety rules such as:
  - How to safely cross the street.
    - Look left, right and then left again
    - Walk within the crosswalk
    - Always cross with an adult's assistance
  - Bike Safety
    - Always wear a helmet
    - Ride on the sidewalk until 10 years old
    - Watch out for pedestrians, they have the right of way
    - Look for cars backing out of driveways
    - Walk bikes across intersections
  - Say No, Go, and Tell
    - Teach children that if anyone approaches them and offers them a ride, asks for directions, or makes them feel uncomfortable, they need to say "NO", get away from the situation or person (GO), and TELL a trusted adult.
    - Discuss who trusted adults may be: teachers, parents, a friend's parent, neighbors, police and fire personnel, etc.
  - Remind children to "check first" before going anywhere with anyone, or accepting anything from anyone.

### **Teens/Young Adults**

- Stay alert and tuned in to your surroundings. Avoid distractions
  - Don't allow your phone to be a distraction
  - Know where you are going ahead of time
  - Only one earbud in when walking, jogging, biking
- Tell someone where you are going and when you will return
- Avoid places you can't be seen or heard. Stay in well-traveled areas
- Walk confidently with your head up
- Know and follow the laws concerning alcohol, drugs and parties
- Always travel with another person; there is safety in numbers
- Don't accept rides or gifts from people you don't know well
- Trust your instincts; if you are uncomfortable around a person or location, stay away!

## Adults

Same tips as teens/young adults, plus:

- Make sure your family and office know your itinerary in detail
- Know ahead of time where to get help. Run scenarios in your head of things that could happen and ways you could avoid or react in those situations.
- Keep your purse close to your body and your wallet in your front pocket
- Park in well-lit areas
- Be wary of anyone you have only met online, and if meeting someone from the internet be sure to bring someone with you
- If you will be returning after dark, have an interior light set on a timer so that there will be a light on in your home when you return
- Don't leave a note on your door for package deliveries or other visitors
- Never leave an extra house key under the doormat, in a flower pot or in a milk cooler
- Keep garage doors closed and locked, even if you are home, and never leave the door from the garage to your house unlocked
- Teach your children about personal safety

The Naperville Police Department has combined "tried and true" radio technology with specially-trained response team members to build an effective, life-saving program to locate missing persons of all ages who have communication limitations, memory difficulties or other diagnoses. Naperville residents of any age are eligible for the Fastrack program, which is recommended for individuals diagnosed with Alzheimer's Disease, Down Syndrome or Autism or who are at risk of wandering with communication difficulties. [Click here to learn more about the Fastrack program.](#)