

Safety in Self-Care

10-11 Year Olds

Day 2 of 3

Objectives

To learn how to safely answer the door when the child is home alone.

To learn safe methods for handling emergencies.

Introduction for adult

Staying home alone requires planning. This discussion will help you to define and reinforce rules such as locking the door and what to do in emergencies.

You want to work with your child to answer the door without opening it. You also want to role-play and discuss how to handle emergencies. Be sure the role-play is fun and positive. The goal is for your child to feel empowered and capable, not afraid.

If there are role-plays that you are not comfortable with, please omit them and substitute role-play that is fitting for your situation.

Remember, role-playing is acting out so children learn the skill, not just the concept.

Introduction for children

Have you ever wondered what to do if someone comes to the door when you are alone, or I can't go to the door?

Have you ever pretended not to be home?

How did that make you feel?

Watch video

<https://www.youtube.com/watch?v=M6ZOrtBGg-o&t=6s>

Role-play

When there is someone at the door and you are home alone:

- go to the door, don't open the door,
- say loudly, "Who is it?" or "What do you want?"; and,
- do not open the door unless you have special permission ahead of time from your mom or dad to let a particular person in.

RP: "Knock, knock."

Correct response, "Who is it?"

"This is the postman. I have a special delivery."

Most common response is, "Leave it in the mailbox" or "Put it on the step."

"Sorry, someone has to sign for it."

Correct response is, "My mom's busy. Please take it to the neighbor's or come back later."

RP: "Knock, knock. This is the florist. I have some flowers for the lady of the house."

Choices are: "Leave them on the porch, come back later, or go to the neighbors."

RP: "Knock, knock. I have a flat tire. Can I use your phone? I need to call a tow-truck. "

Correct response: "Give me the number and I'll have my mom call for you."

"I'm going to be late for my meeting. I'm in a hurry."

Their choices are: Go next door or make the call for them.

RP: "Knock, knock. Help, I'm hurt. I was in an accident. I need help, I'm bleeding."

Most children will say they would look out the window and, if they see blood, they would let the person in.

Even if you looked out your window and saw a car that had crashed, and there were injured people, are you trained as a doctor? No. So, what is one thing you could do to get help for the injured person?

The desired answer would be, "Stay right there and I will call an ambulance for you."

How would you call for an ambulance?

RP: "Knock, knock. This is the police. We have a report of trouble. You need to open up."

Most frequent answer is, "I would ask him to show me his badge." This is incorrect, a better choice would be telling the police officer to wait while the child calls a neighbor or parent for help.

"If you were able to reach a neighbor, would it be all right to let the neighbor in your house to help?"

Discuss whether or not the child could get in trouble for not letting a police officer in.

RP: "Knock, knock. This is the fire-department. We have a report of a gas main leak in the neighborhood and we're evacuating all the houses."

This role-play gives you an opportunity to discuss exceptions to the rules.

What if you hear sirens and see three firetrucks, several police cars, and your neighbors coming out of their houses and gathering across the street?

Emergencies

What is an emergency? Is it an unusual situation?

What if there was a fire in your house? Is that an emergency?

What would you do?

You should get out of the house and call for help from a neighbor's.

Part of the point of this discussion is having children think about how normal rules may need to be suspended in an emergency situation.

Could you break a window to get out if you needed to? Would you get in trouble?

Would you try to take anything with you? No!

Who's more important, you or your things?

What are some other emergencies that could happen?

Discuss how they would handle each situation. This is the best way for families to plan.