

# STAYING SAFE

## A safety tip sheet for girls



Use this side of the sheet for fun safety activities for  
Daisy and Brownie Girl Scouts.



### HAVE THE GIRLS PRACTICE MAKING EMERGENCY PHONE CALLS

Dial the emergency phone number \_\_\_\_\_ (Make up your own phone keypad for this activity.)

THIS IS WHAT TO SAY TO THE PERSON WHO ANSWERS THE PHONE:

My name is \_\_\_\_\_

My address is \_\_\_\_\_

My phone number is \_\_\_\_\_

I have a problem. My problem is \_\_\_\_\_



**DO NOT HANG UP UNTIL YOU ARE TOLD TO DO SO BY THE PERSON YOU ARE CALLING.**

**MAKE SURE THE GIRLS KNOW THEY CAN USE A PAY PHONE WITHOUT MONEY; THEY JUST HAVE TO DIAL 911!**

### DO'S AND DON'TS

Using common sense is the best way to prepare for an emergency. The situations listed below are instances where you need to use good judgment. Review them with your girls and discuss why it is important to follow these simple rules. With the troop, have them come up with the don'ts and choose two or three to act out what might happen if common sense was not used.

#### IF YOU'RE ON YOUR WAY HOME ALONE

**DO** walk where you can see and be seen by other people.

**DO** sit near the operator or next to a couple or family if you are riding alone on a bus.

**DO** trust your feelings and say **NO** and run away from a situation that doesn't feel right.

**DO** have your key ready – but hidden from the sight of others – so you can go directly into your house or apartment.

**DO** tell someone if you think someone intends to do you harm and ask for help immediately.

**DO** go immediately to a police officer, office or store, or adult you know if you think someone is trying to follow you.

**DO** kick, yell, or run away as fast as you can if someone tries to harm you.

#### IF YOU PLAY OUTSIDE ALONE

**DO** play where you can be seen by other people.

**DO** play in areas that are well-lighted and protected or screened by fencing.

**DO** always have some form of I.D. (Identification) on you in case of an accident.



Part of learning to be on their own includes decision making. To prepare for times when one must make a quick decision, discuss at least three of these stories with your girls and decide what you would do. Few problems have just one right answer, so try to think of more than one solution.

- Anita's mother gave her money to buy a treat for lunch at school. Anita decided not to buy anything in the school cafeteria but instead to save the money. One the way home, a bigger girl tells Anita she will hit her if she does not have money to give her. What would you do if you were Anita?
- Lisa is home alone in the afternoon. Someone knocks on the door and asks to come in to fix the pipe under the sink. If you were Lisa, what would you do?
- Kim is home alone. The telephone rings. Kim answers the phone and is asked if her parents are home. If you were Kim, what would you do?
- Sonia is walking home alone and someone stops her to ask her what her name is? What would you do if you were Sonia?
- Mary is home alone. The doorbell rings. Someone reports there has been an accident and wants to use the phone to call for help. What should Mary do?
- Kristin is waiting for her mom to pick her up when a person stops in a car and says he can give her a ride? What should Kristin do?



# STAYING SAFE

## A safety tip sheet for girls

Use this side of the sheet for safety activities for Junior's and Girls 11-17.



Discuss the following items with your girls. Girls at this age begin to think that they are older and do not have that much to fear anymore. Make sure you go over the following with them.

- Tell someone where they are at all times or leave a written or recorded message at home.
- Never hitchhike.
- Avoid shortcuts through empty parks, fields, alleys.
- Run home or go to the nearest public place and yell for help if they are being followed.
- Learn to recognize suspicious behavior and remember a description of the person or vehicle to give someone or the police. Write the plate number in the dirt or snow if nothing else is available.
- If attacked for money, jewelry, or clothing, give it up rather than risk injury.
- Feel that they can talk to someone and call someone to pick them up at any time, any place.

Ask your girls to discuss any times they may have felt threatened or nervous by someone. How did they handle it?

Being able to make quick decisions will help your girls better react to bad situations. To better prepare them for times when a quick decision is necessary, discuss these stories with your girls and decide what they would do. Few problems have just one right answer, so try to think of more than one solution.

- A neighbor always stares at your body and makes you feel uncomfortable.
- You are on a crowded escalator at the mall. A man steps on the escalator behind you and is standing so close to you that you feel very uncomfortable.
- Your waiting to be picked up from an after school activity and someone you know, but is not supposed to pick you up, stops to offer you a ride.
- You are trying on clothes in the dressing room while your friends are waiting for you outside, but when you walk out, they are gone. What do you do?

### STRONG BODY LANGUAGE

When you see a girl walking with her head held high and her back straight, looking directly at people as she passes them makes her look confident. Using body language that makes you look strong can make a harasser less likely to pick you as his victim. Practice looking confident and ask your friends if your body language conveys a strong image.

## Online Safety Tips

Online safety is more important now than ever. Many girls spend most of their time on the computer either researching school projects or chatting with friends. Have your girls practice these simple tips.

- If you visit by accident a site you know to be inappropriate, immediately leave that site.
- If you are chatting online, never give out personal information, including your name or address.
- Never agree to meet someone you met in a chat room without first talking to your parent/guardian.
  - Never send pictures of yourself to anyone online without your parent's permission.
  - Don't open e-mail or respond to instant messages from people you do not know.