Practicing safety, while walking or riding a bike to school

✓ Teach your child (ren) to always stay on the sidewalk.
✓ Teach your child (ren) to never walk or drive in between parked vehicles.
✓ Teach your child (ren) to always be sure to stay in cross-walks when crossing the street.
✓ Teach your child (ren) get off his or her bike and walk it when in the cross-walk.
✓ Teach your child (ren) to always stay near the crossing guard when in the street.

Tell your child (ren) the following rules about strangers:

✓ Never take anything like candy, money, or food from a stranger.
✓ Never take a ride from a stranger.
✓ Never give his or her address to a stranger.
✓ Never tell anyone that he or she is alone at home, if they answer phone or door.
✓ If a stranger tries to follow him or her tell them to scream, run away, tell a parent/teacher/trusted adult.

Teach your children and yourself about the signs of bullying and ways to teach your child how to avoid being a target:

✓ Bullying may inflict harm or distress physically, psychological, social, or educational harm.
✓ Child tends to become less interested in attending school or participating in sports.
✓ Loss of weight, appetite, increased sleep, wanting to stay inside the house more.
✓ Tell your child to STAND: Stand tall and walk in a way that shows he or she is a person that deserves respect. Tell an appropriate adult. Avoid being in harm's way. (N) Say no to the bully's demands from the start. Develop friendships.