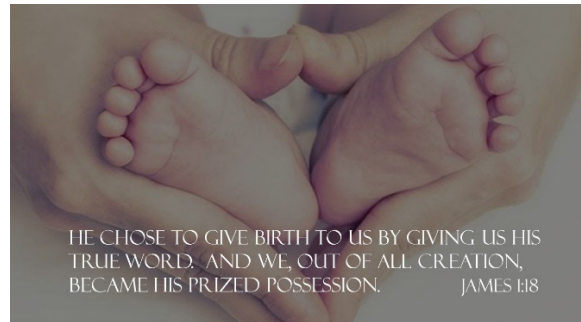


# Stay Safe e-Award *with Melanie*



1. Read and discuss Psalm 139:13-14, Jeremiah 29:11, and James 1:18.



2. Know how to stay safe if you are home alone. Practice answering the phone.

Stay safe at home  
Follow your parent's rules  
Don't open the door  
Don't answer the phone  
Stay away from dangerous things (knives in the kitchen)  
Know first aid kit  
Know where your exits are

TAKE A PICTURE OF YOU ON A PHONE  
AND GLUE IT HERE

3. Know how to stay safe when using the internet.

Don't give out information about yourself. Not your name, how old you are or where you live  
Only talk to people you know  
Talk to an adult if you feel worried. Some things on the internet might make us feel scared or confused. Always talk to a parent or an adult you trust if you are worried about something online.



4. Know how to stay safe if an adult or older kid (practice the scenarios):

- ☐ asks you to go with them
- ☐ wants to give you something
- ☐ asks for help or directions
- ☐ tries to touch you
- ☐ asks you to keep a secret

5. Know what to do if you get lost in a public place or when hiking. Practice a possible safety plan. Develop a safety plan with your family.



*Location:* \_\_\_\_\_

DRAW, WRITE OR GLUE  
YOUR SAFETY PLAN HERE

