



# Keep the Holidays **SAFE FOR YOUR KIDS**

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## A Checklist For Parents

☐ **Make a list of potentially risky situations.**

Take time to consider situations that could put your child at risk whether it be while at a sleepover with cousins, something that occurs at a holiday party, or potentially being alone with someone older.

☐ **Talk to your kids about boundaries and consent.**

Even if you've had these conversations before, have them again. When children understand these topics, they are less vulnerable to abuse. It's always good to review them before a situation arises.

☐ **Create and talk about family rules.**

Clear direction on appropriate ways to interact with others and expectations for when you are not around will help keep kids out of unsafe situations, as well as let them know when/if someone is asking them to break the rules.

☐ **Get the adults on the same page.**

Have conversations with the friends and family with whom your child will interact during the holiday season. Do they know where you stand when it comes to preventing abuse?

☐ **Establish a safety plan with your kids.**

Make sure your child knows what to do if they feel uncomfortable. Do they know that they can safely come talk to you about it, even if rules have been broken?