



SAFETY TIPS FOR PARENTS AND YOUTH

KEEPING CHILDREN SAFE AT HOME, ONLINE, AND IN THE COMMUNITY





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1. LEAVING CHILDREN ALONE

What are the rules or guidelines to follow when leaving children home alone? The following is what is considered acceptable by child protective services:

- Children age 7 and under should not be left alone for any period of time.
- Children ages 8 to 10 should not be left alone for more than three hours.
- Children ages 11 to 13 should not be left alone for more than 12 hours.
- Children ages 14 to 15 should not be left alone for more than 24 hours.
- Children ages 16 to 17 may be left alone for over 24 hours with a plan in place concerning how to respond to an emergency.

Things to consider with babysitting services:

- Children under age 11 should not provide child care (babysitting).
- Children ages 11 to 15 who are placed in a child care role are subject to the same time restrictions of being left alone as listed above.
- Children ages 16 to 17 may be left alone for more than 24 hours with adequate adult back-up supervision.



2. KEEPING CHILDREN SAFE AT HOME

- Have an area for emergency contact information and ensure the child knows where it is located.
- Ensure they know how to call the police and what to expect when they call. Role play it out.
- Have an emergency escape plan in place and practice it several times per year.
- Train them to keep the doors and windows locked up at all times.
- Discuss with them to not open the door to anyone that you have not approved.
- Have set check-in times with them throughout the day to ensure they are safe.
- Leave them a daily plan of activities and chores to keep them occupied.
- Have basic rules posted they need to follow.

When setting the rules keep in mind they should be easy to understand for the child. They should be reviewed on a regular basis. They should be established consequences for not following the rules. Here are some suggested home alone rules:

1. No guests.
2. Do not open the door to anyone.
3. Keep all doors locked.
4. Do not leave the house.
5. Only answer calls from family.
6. In an emergency, call 911, then mom or dad.
7. Get along with siblings.
8. Never tell anyone you are home alone.
9. Complete all homework and chores.
10. Check in with mom, dad, or guardian.

3. KEEPING CHILDREN SAFE IN THE COMMUNITY

There comes a time when our children need to feel some independence. For many parents it starts with short unsupervised outings in the community such as a walk to a friend's house, a trip to the store, or heading to the local park to play.

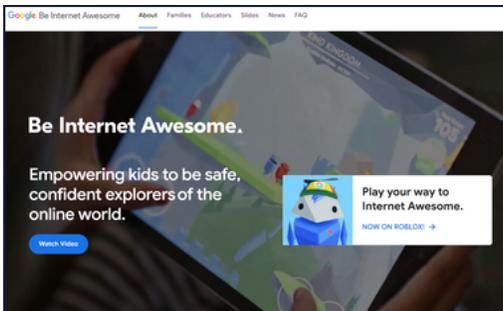
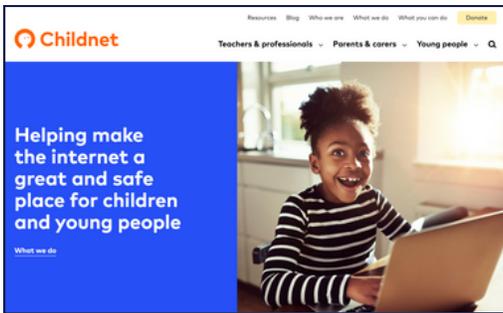
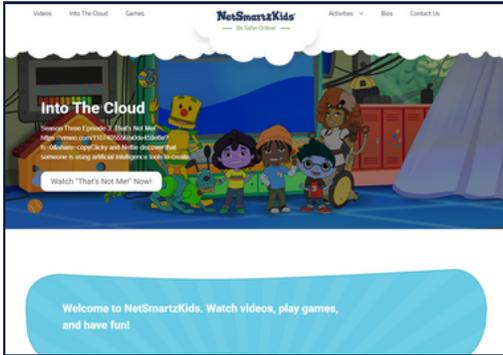
Some key things to ensure your child knows:

- They should know their address, phone number, and who should be contacted if they need help.
- Discuss with them a list of safe places where they can seek help. This may include:
 - a police officer or police station.
 - a firefighter or fire station.
 - the library.
 - a recreation center.
 - a trusted neighbor or family member who lives in the area.
- Talk with them about when they should seek help. This may include:
 - if they are lost.
 - if someone is following them.
 - if a stranger approaches them and asks them to go with them or offers them something.
 - if someone starts a fight with them or tries to bully them.
 - or if they just feel unsafe or uncomfortable in a situation.
- Set rules for them when they are out in the community:
 - Make them tell you where they are going.
 - Know who they are traveling with and when they will be home.
 - Have them call or text you when they get to the location.



4. KEEPING CHILDREN SAFE ONLINE

Our children tend to be ahead of us on the technology curve, but as a parent you must make an effort to keep up to keep them safe. Your goal is to make them smart digital citizens, and ensure they are following the rules you have established for them.



1. Know your resources.

The good news is there are lots of resources you can use to help you navigate the world of apps, social media, and internet browsing, including:

- [NetSmartzKids.org](https://www.net-smartz.com/)
- [Childnet.com](https://www.childnet.com/)
- [BeInternetAwesome.withGoogle.com](https://www.belinternetawesome.withgoogle.com/)

2. Monitor your child online.

- Check your child’s browser history on a regular basis.
- Use app and browser settings to exclude some content.
- Review their phones and tablets to ensure only approved apps are on phone.
- Learn about the secret apps where kids can hide sexting and photos such as:
 - Private Photo Vault
 - Best Secret Folder
 - Vaulty
 - Gallery Vault
 - Gallery Lock

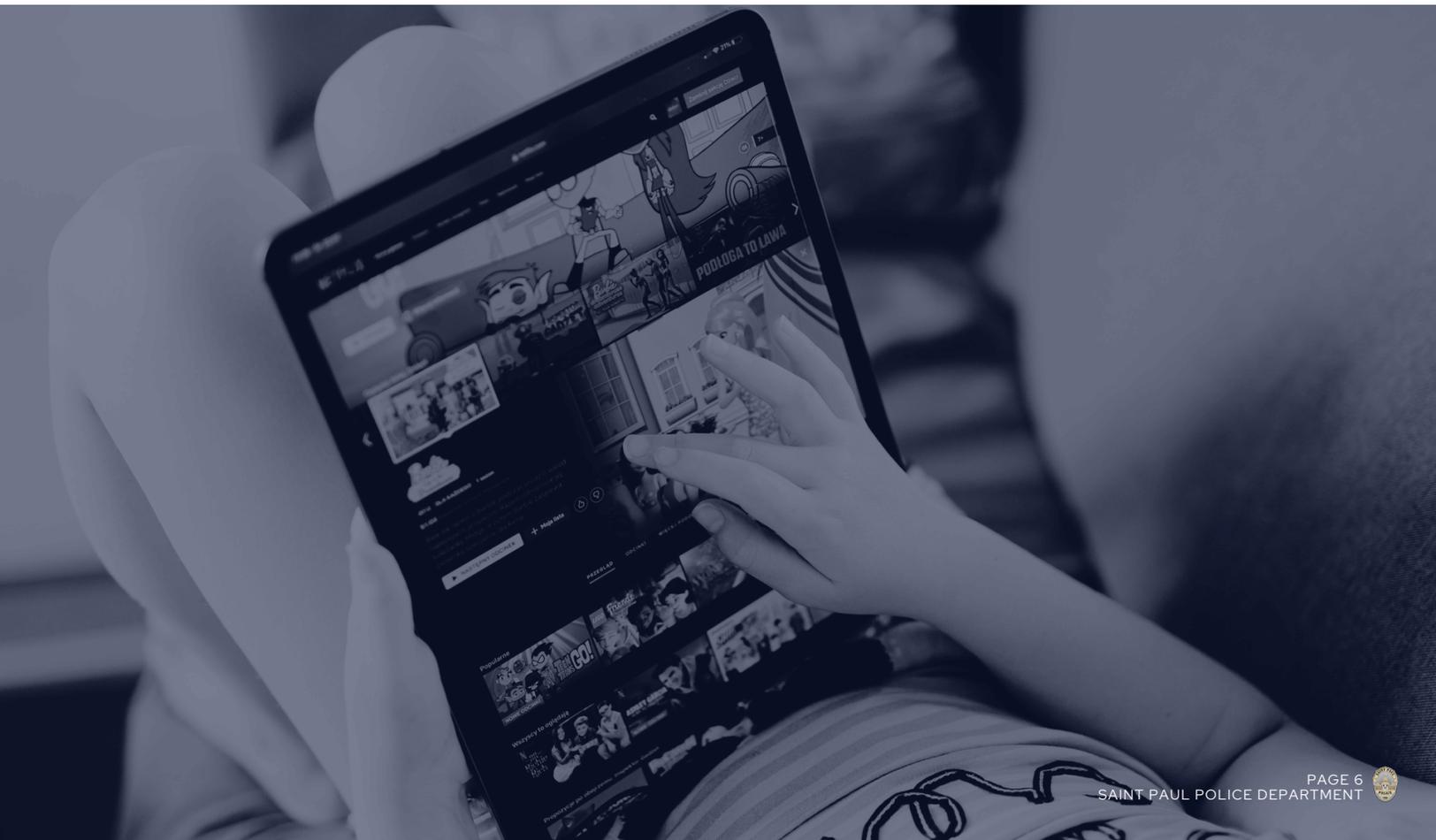
4. KEEPING CHILDREN SAFE ONLINE

3. Set the rules.

Setting rules and making sure the child knows them and the consequences for breaking them is crucial. Have the rules in writing. Review each rule and ensure the child understands what your expectations are for that rule.

Rules may include:

- They may not download apps or software without your permission.
- They must be 13 (or whatever age you feel is right) to setup a social media account.
- They must submit their phone or devices to you for inspection when requested.
- They may not friend a non-related adult on social media sites or apps without your permission.



4. KEEPING CHILDREN SAFE ONLINE

S

is for safe

Keep your own and others' personal information safe and don't share it with people you only know online. This includes your full name, passwords, address, school and contact details.

Remember personal information can be found in pictures and videos you share. Make sure not to show your face or anybody else's face.



M

is for meet

Be careful with people you only know online. Tell a trusted adult straight away if they ever ask:

- To meet up,
- For personal information about you,
- For photos or videos of you,
- For you to livestream or video chat with them.



A

is for accept

Think carefully before you click on links, pop-ups, or adverts, as you don't know where they may lead.

It's safest not to accept friend, follower, message or trade requests from people you don't know.



R

is for reliable

Not everything you see online can be trusted. Things can be out of date, edited or fake! If something online seems too good to be true, it probably isn't true. Check your facts in several different places and talk to someone about what you have found if you're not sure.



T

is for tell

If anything or anyone online makes you feel upset, worried or confused, tell a trusted adult. There are lots of people who will be able to help, like family members, carers, school staff or club leaders.

Think: who are your trusted adults?



Remember to always be SMART with a heart by being kind, respectful and thinking about other people online.

4. KEEPING CHILDREN SAFE ONLINE

Why not show how SMART you are by quizzing each other using these questions?

Hint: the answers are upside down

Which piece of information is okay to share online?

- a) Where you live
- b) Your favourite game
- c) Your password

Answer: b



If somebody online asks you to meet up, for personal information or photos and videos of yourself, what should you do?

- a) Reply with the information
- b) Ignore the messages
- c) Tell a trusted adult or Childline, then make a report together

Answer: c

Which of these steps should you NOT take if you are being bullied online?

- a) Retaliate
- b) Tell someone
- c) Report the user

Answer: a



How can you tell if something online might not be reliable?

- a) The information is out of date
- b) AI has been used
- c) It seems too good to be true

Answer: all of these might be signs that something online is unreliable



What's the name of the helpline you can contact if you need to talk or are feeling worried about something online or offline?

Childline
childline.org.uk
0800 11 11

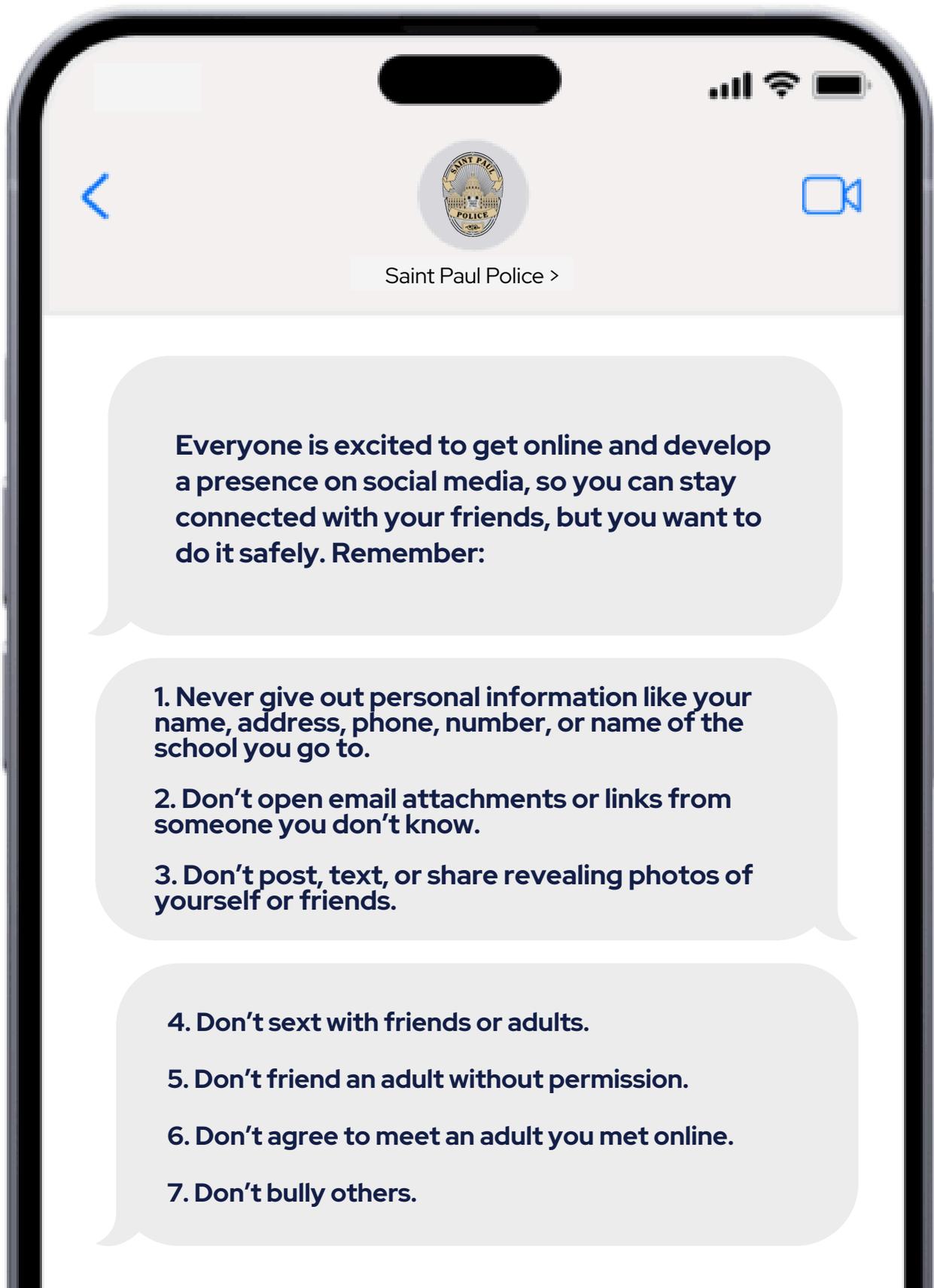


5. STAYING SAFE AT HOME

When you are home alone, remember:

1. Never tell anyone at the door you are home alone.
2. Always keep the doors and windows locked.
3. Do not answer the door unless you have your parent/guardian's permission.
4. Check-in with your parent/guardian at your scheduled time.
5. Never invite guests to your home without your parent/guardian's permission.
6. Don't cook without your parent/guardian's permission.
7. Know your emergency phone numbers.
8. Know a safe place to go if you need help.
9. Don't leave the house without permission.
10. Don't leave a key hidden outside the house.

6. STAYING SAFE ONLINE



Everyone is excited to get online and develop a presence on social media, so you can stay connected with your friends, but you want to do it safely. Remember:

1. Never give out personal information like your name, address, phone, number, or name of the school you go to.
2. Don't open email attachments or links from someone you don't know.
3. Don't post, text, or share revealing photos of yourself or friends.
4. Don't sext with friends or adults.
5. Don't friend an adult without permission.
6. Don't agree to meet an adult you met online.
7. Don't bully others.

6. STAYING SAFE ONLINE

1 GUARD YOUR PASSWORDS LIKE A TREASURE:

Keep passwords private! Sharing them might allow someone to crack your account and steal your personal information.



2 BE A CYBER SLEUTH:

Act like a detective before clicking on links and attachments. Check that they're sent from someone you know. Otherwise, they might infect your device with a nasty virus.



3 ONLY TALK TO PEOPLE YOU KNOW:

Not everyone is who they say they are. Don't talk to strangers and never meet up with anyone you've only ever met online.



4 THINK BEFORE YOU POST:

Don't post anything you wouldn't want friends or family seeing and never share where you live or where you're located.



5 SAVE THE DAY FROM CYBERBULLIES:

Always be kind online — and if you see something mean, speak up! Tell a parent, teacher, or trusted adult.



6. STAYING SAFE ONLINE

50%
of teens have received a sexually explicit message.



WHY DO TEENS SEXT?

There are many reasons why a young person may want to send a naked or semi-naked picture, video or message to someone else.

- they may find it difficult to say no if somebody asks them for an explicit image, especially if the person asking is persistent
- joining in because they think that **'everyone is doing it'**
- boosting their self-esteem
- flirting with others and testing their sexual identity
- exploring their sexual feelings
- to get attention and connect with new people on social media



1 in 3
Teens have sent sexual images.



THINK BEFORE YOU SNAPCHAT

TEENS THINK IMAGES ONLY LAST A FEW SECONDS, BUT IMAGES CAN BE SAVED BY TAKING A SCREENSHOT OR BY USING A DIFFERENT MOBILE OR CAMERA.



SHORT TERM CONSEQUENCES

- UNINTENDED PEOPLE SEEING YOUR PHOTO
- HUMILIATION AT SCHOOL
- SUSPENSION OR EXPULSION FROM SCHOOL
- A BAD REPUTATION

LONG TERM CONSEQUENCES

- THE IMAGE GOING VIRAL
- REJECTION OF UNIVERSITY OR JOB OFFER
- CRIMINAL CHARGE OR CONVICTION
- PLACED ON SEX OFFENDERS REGISTER

LEGAL CONSEQUENCES OF SENDING SEXUAL IMAGES

Creating or sharing explicit images of a young person is illegal, even if the person doing it is a young person. They are breaking the law if they:

- Take an explicit photo or video of themselves or a friend
- Share an explicit photo or video of a young person, even if it's shared between young people of the same age
- Possess, download or store an explicit image or video of a young person, even if the young person gave their permission for it to be taken

SEXUAL IMAGES SHOWING UNDER 18's ARE CONSIDERED CHILD PORNOGRAPHY IN THE LAW. YOU COULD BE CHARGED WITH A CRIMINAL OFFENCE.



DANGERS OF SEXTING

No control of images and how they're shared. When images are sent they become public.

BULLYING

If images are shared with others, the young person maybe bullied.



1 in 3

found their partner shared the image with others without their consent.



UNWANTED ATTENTION

Images posted online can attract the attention of sex offenders, who know how to search for, collect and modify images.



BLACKMAIL

An offender may threaten to share the pictures with the young persons family & friends, unless they send money or more explicit pictures.



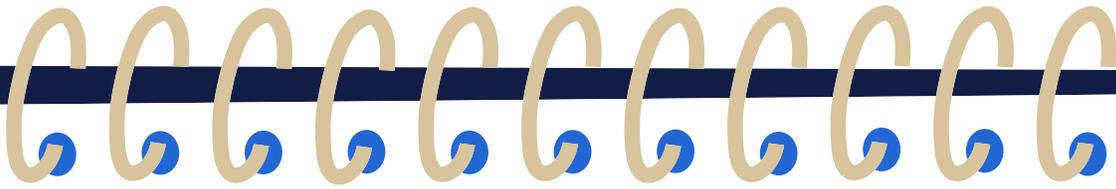
EMOTIONAL DISTRESS

98% of girls that were pressured, felt embarrassed or humiliated after sending, sometimes resulting in self-harm and even suicide.



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SAINT PAUL POLICE DEPARTMENT 

7. STAYING SAFE IN YOUR COMMUNITY



Your neighborhood can be a great place to explore and hang out with friends (or meet new ones)! Following some simple rules can help you stay safe while in your community:

1. Let your parent/guardian know where you are going.
2. Let them know when you get to your destination and when you leave.
3. Tell them who you will be with and when you will come home.
4. Know safe places to go if you need help, like a police station, library, or recreation center.
5. Never talk or go with a person you don't know.
6. Never take anything from a stranger.
7. Never give money to anyone.
8. Don't tell a stranger where you live or your personal information unless it is a trusted person like a police officer.
9. If you feel uncomfortable in a situation, leave as soon as possible.
10. Don't participate or watch a fight or act of bullying.
11. Only cross streets in crosswalks.
12. If you are biking always wear a helmet and follow your bike rules.

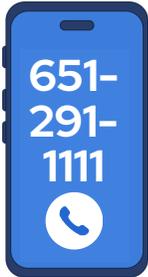
8. SAINT PAUL POLICE INFORMATION AND RESOURCES

If you ever feel unsafe, see suspicious activity, or witnesses a crime always call 911. **When in doubt, call 911!**



When to call 911:

- An emergency
- A medical emergency
- You see a crime happening
- You see suspicious activity
- You feel unsafe
- You need immediate help from a police officer



When to call the non-emergency line at 651-291-1111:

- You find damage to property
- You see a suspicious vehicle
- You come home and it appears to be burglarized
- A non-emergency situation and would like to file an official police report



Make a report in-person at one of Saint Paul Police's headquarters:

Central District
367 Grove St.
651-266-5628
Open 24 hours a day

Eastern District
722 Payne Ave.
651-266-5565
Open 8 a.m. – 4 p.m.

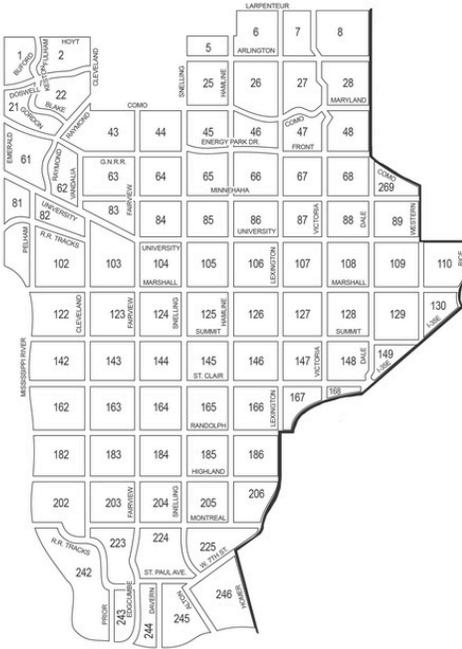
Western District
389 N. Hamline Ave.
651-266-5512
Open 8 a.m. – 4 p.m.



File an online police report by scanning the QR code or visiting stpaul.gov/police.

8. SAINT PAUL POLICE INFORMATION AND RESOURCES

WESTERN DISTRICT



Western District Headquarters
 389 N. Hamline Ave.
 651-266-5512
 Open 8 a.m. – 4 p.m.

CENTRAL DISTRICT



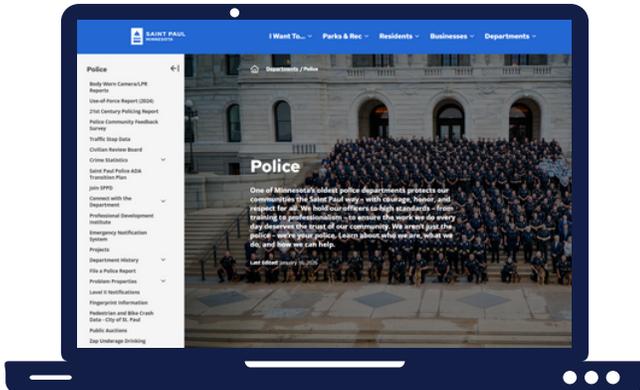
Central District Headquarters
 367 Grove St.
 651-266-5628
 Open 24 hours a day

EASTERN DISTRICT



Eastern District Headquarters
 722 Payne Ave.
 651-266-5565
 Open 8 a.m. – 4 p.m.

ADDITIONAL INFORMATION AND RESOURCES



- 📍 Website: stpaul.gov/police
- 📍 Crime Data: information.stpaul.gov
- 📍 Facebook @[sppdmn](https://www.facebook.com/sppdmn)
- 📍 Instagram @[stpaulpolice](https://www.instagram.com/stpaulpolice)
- 📍 X @[sppdmn](https://twitter.com/sppdmn)
- 📍 YouTube @[stpaulpolice](https://www.youtube.com/stpaulpolice)



SAINT PAUL POLICE DEPARTMENT

Central District Headquarters | 367 Grove Street

Western District Headquarters | 389 North Hamline Avenue

Eastern District Headquarters | 722 Payne Avenue

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