



## Home Alone Safety Checklist

Growing up is exciting! You and your parents or guardians have decided that you are ready to begin staying home alone, and we wanted to share some important reminders about staying safe.

Here are some guidelines to follow:

- ❖ Do not talk to or approach any strangers.
- ❖ Keep your keys out of sight.
- ❖ If something about your house does not look right, **DO NOT** go inside. Instead, go to another safe place.
- ❖ Lock the door after you get inside.
- ❖ Call a parent when you get home.
- ❖ Never tell a caller you are home alone. A sample line to say to a caller is, "My parents are busy right now. Who should I say called?"
- ❖ If someone should knock at the door, talk through a locked door. A sample line to say is, "Who is it?" and if the person answers, say "My parents are busy right now. Who should I say came by?"
- ❖ You should know 2 escape routes in case of a fire or other emergency. Once outside, go to another safe place such as a neighbor's house that you know. Then call 911.
- ❖ Remember, if you get scared or need help, call one of the numbers below.

EMERGENCY: \_\_\_\_\_

MY ADDRESS: \_\_\_\_\_

MY PHONE: \_\_\_\_\_

DAD'S WORK #: \_\_\_\_\_

MOM'S WORK #: \_\_\_\_\_

NEIGHBOR'S #: \_\_\_\_\_

ANOTHER SAFE PLACE IS: \_\_\_\_\_

OTHER: \_\_\_\_\_

**Island County Children's Commission**

Contact: Dan N. Bond                      360-678-7884  
P.O. Box 5000  
Coupeville, WA 98239              [danb@co.island.wa.us](mailto:danb@co.island.wa.us)  
[www.islandcounty.net/health/children's\\_commission](http://www.islandcounty.net/health/children's_commission)