

## “You Are Not A.L.O.N.E.” Worksheet

### **YOU NEED TO KNOW THE ANSWER TO ALL OF THESE QUESTIONS:**

1. If I take a new route home from school, I should\_\_\_\_\_
2. If I have to cross the road, I should \_\_\_\_\_
3. I have a house key of my own that is always with me. Yes \_\_\_ No \_\_\_
4. If I forget or lose my key, I should\_\_\_\_\_
5. If I live in an apartment building, to get inside my apartment building, I need to\_\_\_\_\_.
6. If I have to use a home security system, I need to\_\_\_\_\_
7. If I have to stay late after school, I should \_\_\_\_\_.
8. If I miss the school bus, I should \_\_\_\_\_.
9. I know that if I need help in a hurry, I can phone \_\_\_\_\_ and she/he will help me.
10. I should only call 911 or the local emergency number if \_\_\_\_\_.
11. If I ever feel lonely and need someone to talk to I can call \_\_\_\_\_.
12. I can call my mom/dad/guardian at \_\_\_\_\_.
13. Things that I can call my mom/dad/guardian about when I am at home alone are \_\_\_\_\_.
14. Things that I shouldn't call them about are \_\_\_\_\_  
\_\_\_\_\_.
15. If I am looking after my brother or sister, I am responsible for: \_\_\_\_\_  
\_\_\_\_\_.

16. If I am home with an older brother or sister, my responsibilities are:  
\_\_\_\_\_.
17. If someone comes to the door when I am home alone I should \_\_\_\_\_  
\_\_\_\_\_.
18. If the phone rings when I am home alone I should \_\_\_\_\_  
\_\_\_\_\_.
19. The rule about having friends over when I am home alone is \_\_\_\_\_  
\_\_\_\_\_.
20. a) I am allowed to eat the following snacks when I am home alone  
\_\_\_\_\_.
- b) I am allowed to do the following safe physical activities  
\_\_\_\_\_.
- c) I am allowed to be physically active in the following safe locations  
\_\_\_\_\_.
21. I am allowed to use the following when I am alone:

	<b><u>Yes</u></b>	<b><u>No</u></b>	<b><u>Don't Have</u></b>
Stove	( )	( )	( )
Microwave	( )	( )	( )
Telephone	( )	( )	( )
T.V.	( )	( )	( )
Computer	( )	( )	( )
Exercise Equipment	( )	( )	( )