


FAMILY WORKSHOP HANDBOOK



At home **Alone**

5 easy steps to independence

416.338.7600 | toronto.ca/health |  **TORONTO** Public Health

INTRODUCTION

About The At Home Alone Program:

This program was developed to help families prepare their 10 to 14 year olds to be home alone safely. For families with a special needs child, make sure to consider their unique needs before deciding to leave them home alone. The aim of the program is to increase safety in various situations that may occur while 10 to 14 year olds are home alone. It promotes safe physical activity by encouraging families to practice walking safely between home, school and activities. Studies show that physical activity, such as walking, is beneficial to students' health and performance at school.

This program will help families:

- communicate together
- find out if they are comfortable leaving 10 to 14 year olds home alone
- increase safety awareness
- develop a contract/agreement between parents and their 10 to 14 year olds

The Step of ALONE

The At Home Alone program has five easy steps:

1. **A** ssess if you are ready
2. **L** earn about safety
3. **O** rganize your home and routes to home
4. **N** egotiate the terms
5. **E** valuate

TABLE OF CONTENTS

1	<u>Assess If You Are Ready</u>	<u>PAGES</u>
	Start By Communicating	3-4
	Am I Ready -Parent Questionnaire	5
	Am I Ready - 10 to 14 Year Old Questionnaire	6
2	<u>Learn About Safety</u>	
	What You Need To Know?	7
	You are Not A.L.O.N.E. Worksheet	8-9
	Home & Pedestrian Safety, Physical Activity	10
	Food Preparation, Alcohol and Other Drugs	11
	Fire Safety	11-13
	Electricity	14
	Natural Gas	15
	Street Proofing	16-17
3	Important Phone Numbers	18
4	<u>Organize Your Home and Routes to Home</u>	
	The Kit	19
	Healthy Snacks	20
	The Calendar	21-22
5	<u>Negotiate The Terms</u>	
	The Contract	23-24
6	<u>Evaluate How Things Are Going</u>	25
7.	At Home Alone Take Home Activities for Youth	26-32

1. Assess If You Are Ready

Start By Communicating

Open communication between parents and their children is critical. Parents need to ensure that they feel confident about their child's ability to get home safely and to be home alone. The 10 to 14 year old also needs to feel safe and confident.

Communication between parents and child is crucial in the success of the At Home Alone Program. Good communication is also important for relationship building and for the promotion of other healthy behaviours. However, there is more to communicating than just talking. Both parents and 10 to 14 year olds need to:

Remember that your attitude is as important as your words.

- The most important part of communication is trust. Let your 10 to 14 year old know that you trust them. Ten to 14 year olds need to show their parents that they can be trusted.

Be honest.

- Say what you mean. Mean what you say.
- You don't have to agree with everything each other says. Say why you don't agree.

Respect each other.

- Respect feelings.
- Don't make fun of ideas.
- Ask for opinion.
- Respect privacy.

Listen.

- Take the time to really listen to what is being said.

- Let the other person know that they can talk to you and that you'll let them have their say.

Be fair.

- Always be willing to talk things over, but once you agree on a rule, it has to be followed.
- Don't change the rules without warning. But be willing to change rules when they need changing.

Hang on to your sense of humour.

- There will be times when it's the only thing that gets you through.

Are You Ready?

When are children ready to be left home alone? Are you comfortable with your child walking alone to and from school? Is your child comfortable with walking alone to and from school and activities? This must be talked over by all family members. Parents should fill in the parent questionnaire while the young person fills in the 10 to 14 year old questionnaire. Comparing answers will help families see some of the issues they need to talk about.

Remember this is not a test. It is a series of questions to assess readiness to be left home alone.

Am I Ready?
(Parent Questionnaire)



	<u>YES</u>	<u>NO</u>	<u>N/A</u>
1. I know the route that my child takes to get to and from school and other activities.	()	()	()
2. My child knows how to contact me at work and/or my cell phone.	()	()	()
3. a) Arrangements have been made with a relative, friend or neighbour for my child to contact them if needed.	()	()	()
b) My child knows how to contact a relative, family friend or neighbour if needed.	()	()	()
4. My child knows the rules of the road and how to cross the street safely.	()	()	()
5. My child knows when to call 911 or the local emergency number.	()	()	()
6. My child knows basic first aid.	()	()	()
7. There is a first aid kit in our home and my child knows where to find it.	()	()	()
8. My child knows what to do if someone comes to the door or calls on the phone.	()	()	()
9. My child would know what to do if they lost their key.	()	()	()
10. My child knows how to make a healthy snack safely.	()	()	()
11. We have discussed the rules about: friends visiting, watching TV, alcohol and prescription drugs, types and location of physical activity and doing homework.	()	()	()
12. My child is ready to be left alone at home.	()	()	()



Am I Ready?
(10 to 14 Year Old Questionnaire)

	<u>YES</u>	<u>NO</u>	<u>N/A</u>
1. My parents know the route that I take to get to and from school.	()	()	()
2. I know how to contact my parent/guardian at work and/or on their cell phone.	()	()	()
3. I know how to contact a relative, an adult family friend or neighbour if I need them and my parent(s)/guardian(s) are ok with me contacting them.	()	()	()
4. I know the rules of the road and how to cross the street safely.	()	()	()
5. I know when to call 911 or the local emergency number.	()	()	()
6. I know basic first aid.	()	()	()
7. My family has a first aid kit and I know where it is kept.	()	()	()
8. I know what to do if someone comes to the door or calls on the phone.	()	()	()
9. I know what to do if I lose my key.	()	()	()
10. I know how to make a healthy snack safely.	()	()	()
11. I have discussed the rules about: friends visiting, watching TV, alcohol and prescription drugs, types and location of physical activity and doing homework.	()	()	()
12. I think I am ready to be home alone.	()	()	()

2. Learn About Safety

What You Need To Know

The 10 to 14 year old who is home alone may be faced with the need to make decisions about many things.

For example:

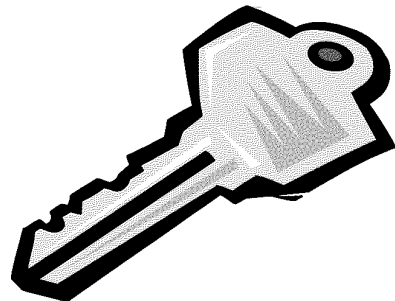
- What should I do if I am at school later than expected?
- What should I consider when choosing a route between home and school?
- What should I do when crossing the road? What should I NOT do?
- What should I do when I get home?
- What should I do if I lose my key?
- What should I do if the power goes out?
- What should I do if I am not feeling well?
- Who can I call if I need help?

The “Am I Ready” questionnaire (pp. 5 & 6) helped you to identify some of the things that you need to talk about. Make a list of some of the decisions that your 10 to 14 year old might have to make:

1. About home safety
2. About emergency situations
3. About the rules
4. About pedestrian safety

The “You Are Not A.L.O.N.E.” Worksheet is a checklist that families should talk about to make sure everyone is clear on what is expected.

When you have talked about the checklist, the 10 to 14 year old should write in all the answers. This is to make sure he or she knows how to act in different situations. Emphasize that in a situation they are not too sure about, the best policy is to call a parent/guardian or the emergency support person.



“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:

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

Home Safety

When planning to stay home alone, it is important to think about safety and injury prevention. Consider the possible dangers and talk about how they should be handled. Having an emergency contact list and supplies such as first aid kit will increase the family's confidence in handling emergency situations.

Pedestrian Safety

Children under the age of ten need to be with an adult or older child when crossing the street. To keep your child safe it is important that you are a good role model. Here are some helpful tips that you can practise with your child:

- STOP, LOOK and LISTEN for traffic
- Only cross at corners and crosswalks
- Make eye contact with drivers
- Wear light coloured clothing on dark or cloudy days
- Never run into the street
- Obey crossing signals
- Cross only if clear
- Avoid distractions
- Be a role model

Assess if your child is ready to walk by themselves. If they are not ready and you are not able to walk with them, help them to plan their route and find a responsible older child or adult to walk with them.

Physical Activity

- ◆ For health benefits, 10-14 year olds should accumulate at least 60 minutes of moderate to vigorous- intensity physical activity daily.
- ◆ Encourage your child to take advantage of their travel to and from school as an opportunity to be physically active.
- ◆ Brisk walking (active transportation) to and from school is an excellent way to include physical activity in your day.

Food Preparation

Kitchens are equipped with many tools that make food preparation quick and easy but injuries can happen. Follow these tips to protect yourself when making safe and healthy snacks.

- ◆ If you use a microwave oven, make sure it is at a safe height, and within easy reach of all users. Only use microwave safe containers, lids and wraps in a microwave. Do not use aluminum foil or any metal containers. When opening a microwave heated container, make sure it is opened slowly away from the face, to prevent burns caused by hot steam or hot food.
- ◆ Keep a supply of foods you are able to prepare.
- ◆ Use a knife that is the right size and blade for the food you need to cut.
- ◆ Don't pry toast from a plugged-in toaster. Pull the plug first.

Alcohol and Other Drugs

It is important that parents and/or caregivers talk to their youth about the rules about alcohol and other drugs. Parents and/or caregivers should keep alcohol and prescription drugs in a locked cabinet.

FIRE SAFETY

Everyone in the family needs to know what to do to stay safe from a fire in your home. Let's focus on the three main areas to help you stay safe: Prevention, Detection and Escape!

Prevention

Matches and lighters are NEVER toys – they are tools for adults only and need to be put away out of sight and reach of young children. When adults in your home cook, remind them to stay in the kitchen and "Look While You Cook!". Candles can easily tip and cause a home fire -- battery operated, flameless candles are a safer choice for home use. When doing laundry, clean the lint tray after every dryer load. If you need to plug in a few items in one location, for example: Computer, printer, lamp, use a power bar with an "auto off" feature.

Detection

You need smoke alarms that are working on every level of your home and outside sleeping areas – it's so important, it's actually the Law to have them!

Smoke alarms in every bedroom are also a great idea. With the adults in your home, you'll need to test smoke alarms every month. You can test the alarm is getting power by pushing the "test" button and an adult can test if the smoke chamber is working by using a wisp of smoke from a stick of incense. When you change your clocks, it's time to change the batteries in your smoke alarms!

Carbon monoxide alarms are also required by law in Toronto because they will let you know if there is poisonous carbon monoxide leaking into your home.

Escape

Practice your fire drill at home with your family. Plan your escape route by knowing two safe ways out of every room and make sure you all know where your family meeting place is.

Call "911" from outside or a neighbour's home-you'll need to give your address. Smoke from a home fire is poisonous and you need to get outside quickly where the air is clean and fresh.

Get out and stay out -- once you are outside, don't go back inside until the Firefighters tell you it is safe.

If Your Smoke Alarm Rings while you are Sleeping

- ◆ If you smell smoke or hear the alarm, get low and go under the smoke toward the door. Feel the door with the back of your hand. If the door is hot, don't open it – use your second way out instead. If the way is clear, you can use your first exit to get outside.

High Rise Apartment Fire Safety

If there IS a fire in Your Apartment Suite

- ◆ If your own smoke alarm rings because there is a fire in your own apartment suite, you need to get outside of your apartment right away!
- ◆ The metal door closers on your suite and all stairwell doors are to make sure the doors close behind you as you exit, keeping the smoke out of hallways and stairwells, so you can safely escape.
- ◆ When you are heading towards the stairwell, pull the fire alarm on the wall by the stairs. Exit using the stairs and go down and out of the building – never take the elevator
- ◆ Call "911" or get someone else to call 911 when you are safely outside

If there is NOT a fire in your Apartment Suite, but You Hear the Fire Alarm Bells Ring in Your Apartment Building

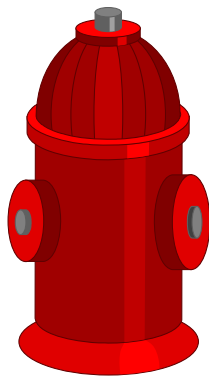
- ◆ Smoke is the biggest hazard in a high rise building fire – you need to stay away from the poisonous smoke

- ◆ If the alarm bells are ringing in your building, but there is NOT a fire in your own apartment, the responsible adults will decide if you should: immediately leave the apartment OR stay and protect yourself in place. If the decision is to immediately leave, feel the door and check the hallway for smoke.
- ◆ If you see smoke when going down the stairs, get out of that stairwell and cross over to the other exit stairway OR return to your apartment. Smoke goes up, so if smoke gets into the stairwell, you need to get out - going up the stairs is not safe, because the smoke rises too.
- ◆ If you are in your apartment and smoke starts to come in through vents, use duct tape to seal around cracks in the door. Seal vents and air ducts the same way. Call “911” and tell them where you are. Then move to the balcony, if there is one. Close the doors behind you.
- ◆ Show the rescuers where you are by hanging a sheet from the window or balcony. Keep low to the floor where the air is cleaner. Listen for instructions.

General Fire Safety Tips

- ◆ If your clothes catch fire, **STOP, DROP** and **ROLL**. **STOP** – because flames get bigger when you run. **DROP** to the ground, tuck in your elbows and cover your face with your hands. **ROLL** back and forth, over and over to smother the flames.

For more information about fire safety, check out www.toronto.ca/fire/prevention or call your local Fire Department's non-emergency number.



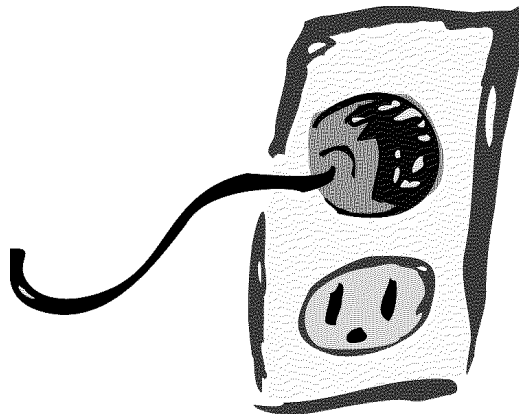
Electricity

What Is It?

You use electrical energy every time you flip a switch or turn on the TV or computer. Although electricity does many wonderful things, it is very powerful and can be dangerous when not used properly. Follow these tips to help protect yourself:

- ◆ If you see a wire hanging from a pole, stay away from it. Warn others to do the same, and have someone call “911” or your local emergency number.
- ◆ A green metal box or other equipment with a red hazard sign on it means there is high voltage equipment inside. It warns you that opening or poking anything into it could cause electrocution.
- ◆ Never climb a hydro pole or a tree growing near power lines. If a branch comes into contact with an electrical cable, current will travel down the tree, making it dangerous.
- ◆ Fly kites or model airplanes only in open areas, never near power lines.
- ◆ Don’t pry toast from a plugged-in toaster. Pull the plug first.
- ◆ Water and electricity don’t mix! Keep radios, hair dryers and other electrical devices away from sinks, bath tubs and swimming pools.
- ◆ Never touch anyone who is in contact with electricity, as the current can pass to you. To help, use a wooden object to move the victim away from the electrical source and call “911”.
- ◆ Keep a flash-light in a handy location in case there is a power failure.

For more information about electrical safety, call your local Hydro agency.



Natural Gas

Natural gas is one of the safest, most dependable sources of energy used today. Many common household appliances use natural gas for their fuel, including furnaces, water heaters, dryers, ranges and even gas fireplaces. You may have one or more of these appliances in your home.

As with any fuel-burning appliance, a natural gas appliance has to be installed and maintained properly. Proper installation and regular maintenance by a qualified service technician combined with proper use and care by the householder, will ensure the safest and most efficient operation of the appliance. However, neglecting these could lead to problems such as: a natural gas leak or spillage of carbon monoxide gas into the house.

The following procedures describe what children should do if they suspect either one of these problems:

What to do if you suspect a gas leak?

- ◆ Natural gas has no odour. However, a harmless chemical is added to the gas to make it smell “stinky” like rotten eggs. That way, you can tell if there is a natural gas leak in your house or outside.
- ◆ If you ever think that you smell natural gas, go to a neighbour’s house right away and have them call their local fuel distributor.

What to do if you suspect a carbon monoxide problem?

- ◆ Carbon monoxide is a gas which you cannot see, smell or taste – but it is very dangerous. Breathing carbon monoxide into your body can cause: headaches, hurting eyes, tiredness, weakness, dizziness, or sickness. In very severe cases, carbon monoxide poisoning can cause: unconsciousness, brain damage or even death.
- ◆ If you or someone else in your home has any of the symptoms listed above: gather everyone together and go to a neighbour’s house right away. Have them call “911” (or if not in a 911 area, call your local emergency number).

Follow these procedures even if you have a carbon monoxide detector that hasn’t yet alarmed. It is possible that the detector may not be detecting the problem properly.

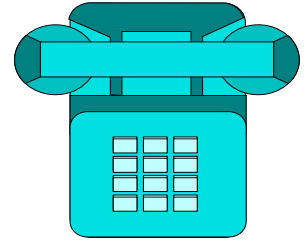
Street Proofing

10 to 14 year olds should know:

- ◆ Their name, age, telephone numbers, address, city and province.
- ◆ How to call “911” or their local emergency number in the event of an emergency.
- ◆ To call parent or guardian when they arrive home
- ◆ To tell their parents and guardians where they are at all times.
- ◆ If they are allowed to answer the phone, what they should say.
- ◆ Not to open the doors for anyone unless a parent is aware of the visit.
- ◆ Never approach or enter into anyone's car or go anywhere with anyone even with someone they know, unless a parent or caregiver has given them permission.
- ◆ If they are being followed, go to the nearest public place and yell for help.
- ◆ To report to their parents or guardians, school authorities or a police officer, anyone who acts suspiciously towards them, or makes them feel uncomfortable.
- ◆ To carry a cell phone or enough money to make a phone call.
- ◆ They should trust their feelings and say NO to an adult, especially if that adult wants them to do something wrong, even if they know the adult.
- ◆ An alternate safe route home from school (with street lights, crossing guards, cross walks). Parents should help children decide on the safest way to school.
- ◆ Parents need to practice crossing the road with their children.
- ◆ Parents need to review the dangers of using cell phones and other hand held devices as well as eating/drinking or talking while walking.
- ◆ When possible cross the road at intersections with lights or cross with a crossing guard. Make sure the traffic has stopped before you cross the road.

For more information about street safety, call your local Police Department or go to http://www.torontopolice.on.ca/crimeprevention/keeping_our_children_safe.pdf





IMPORTANT PHONE NUMBERS

(Please complete and keep in a handy place.)

Emergency: **911**

Home Address: _____

Major Intersection: _____

Home Phone Number: _____

Support Person: _____

Work: _____

Cell Phone Number: _____

Hospital: _____

Doctor: _____

Taxi: _____

Other: _____

3. Organize Your Home

The Kit

Having the materials needed to respond to “home alone” situations can go a long way to helping the 10 to 14 year old feel confident about his or her ability to handle things. Put together a “kit” of items ahead of time.

Essential items include:

- () Key chain to clip house key (for a young person to carry out of sight).
- () Small change purse with several quarters or a Bell Card for the pay phone and a few dollars at home for an emergency.
- () Flashlight and extra batteries.
- () List of emergency phone numbers.
- () The At Home Alone Family Handbook and a pen.
- () A first aid kit.
- () Extra house key.
- () Other _____

Non-essential but useful items:

- () Microwave oven.
- () “Call Display” on phone.
- () Answering machine or “call answer”.
- () Cell phone or pager.
- () Other _____

Healthy Snacking

In order to avoid conflicts when it comes to after school snacks, it is important to agree on a few nutritious snack options.

- ◆ Snacks should not take longer to make than to eat (except, of course baked goods that can be made ahead in batches and stored).
- ◆ Stock up on basic ingredients that can be easily combined to make a satisfying and nutritious snack.
- ◆ Be sure to include instructions on how to properly handle food, safety in the kitchen, and cleaning up when discussing snack preparation.



The Calendar

Writing things down helps us to remember them. The use of a calendar may help you to organize your thoughts and your time. Important information can change from day to day. By taking five minutes every evening to complete the calendar, families get a chance to communicate and update each other on their daily events.

BEFORE WRITING ON THIS CALENDAR, MAKE A FEW COPIES SO YOU CAN USE A DIFFERENT ONE EVERY WEEK.



You Are Not Alone Calendar

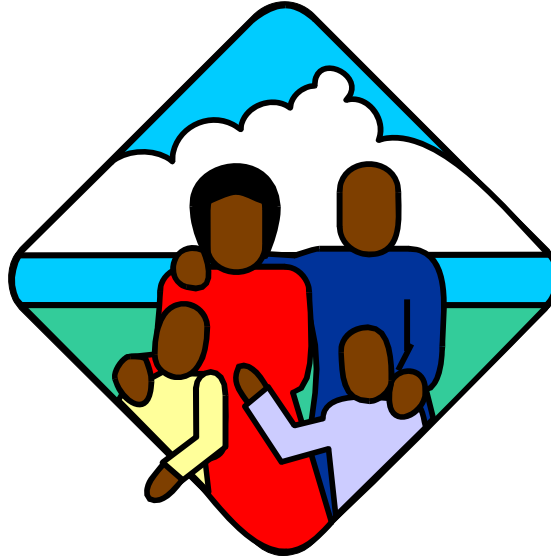
For Monday _____ to Sunday _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Important Numbers: _____ _____ _____	Important Numbers: _____ _____ _____	Important Numbers: _____ _____ _____	Important Numbers: _____ _____ _____	Important Numbers: _____ _____ _____	Important Numbers: _____ _____ _____	Important Numbers: _____ _____ _____
Snacks: _____ _____ _____	Snacks: _____ _____ _____	Snacks: _____ _____ _____	Snacks: _____ _____ _____	Snacks: _____ _____ _____	Snacks: _____ _____ _____	Snacks: _____ _____ _____
Activity: _____ _____ _____	Activity: _____ _____ _____	Activity: _____ _____ _____	Activity: _____ _____ _____	Activity: _____ _____ _____	Activity: _____ _____ _____	Activity: _____ _____ _____
Chores: _____ _____ _____	Chores: _____ _____ _____	Chores: _____ _____ _____	Chores: _____ _____ _____	Chores: _____ _____ _____	Chores: _____ _____ _____	Chores: _____ _____ _____
Messages: _____ _____ _____	Messages: _____ _____ _____	Messages: _____ _____ _____	Messages: _____ _____ _____	Messages: _____ _____ _____	Messages: _____ _____ _____	Messages: _____ _____ _____

4. Negotiate The Terms

An important part of walking home and staying safe when home alone is that both the adults and the 10 to 14 year old are clear on what is expected and that families have support systems in place. A contract can help ALL family members (parents and the 10 to 14 year old) to feel more confident about the plan that has been put into place. A neighbour or relative should witness the contract. The witness then becomes the emergency support person if the parent is unavailable and assistance is needed.

IT IS CRITICAL THAT THE PERSON IS AWARE THAT HE OR SHE IS YOUR EMERGENCY SUPPORT PERSON.



**You Are Not
ALONE
Contract**

I/We, _____ parent(s) of _____ recognize that
(Parent's name) (10 – 14 Year Old's name)

it is my/our responsibility to provide him or her with:

- a) The phone number(s) where we can be reached throughout the day.
- b) The name and phone number of a relative or neighbour who is willing to make a commitment to assist our family if we need support.
- c) A daily list of instructions , chores and allowed physical activity
- d) A plan, created with my child, on how to walk to and from school safely.

I, _____ son/daughter of _____ recognize that
(10 to 14 Year Old's Name) (Parent's name)

it is my responsibility to:

- a) Call _____ when I arrive home.
- b) Follow the daily list of instructions, chores and allowed physical activity.
- c) Ask questions if I am not sure of what to do in a particular situation.
- d) Follow the plan I created with my parent on how to walk to and from school safely.

Signature of parent(s)

Date

Signature of 10 – 14 Year Old

Date

Signature of Witness
(Emergency support person)

Date

5. Evaluate How Things Are Going

Now that you have completed the first four steps of At Home Alone and everything is in place, you need to evaluate how things are going. Parents should review the route that their 10-14 year old takes to and from school emphasizing well lit areas, crossing guards and safe places. Also, review the home safety information with your 10-14 year old. This should not be a one time activity. Your family should have regular talks about it.

The contract needs to be reviewed periodically to determine how things are going. It might be necessary to revise the contract as circumstances change and as your 10-14 year old matures and becomes more comfortable.

At Home Alone
Take Home Activities for Youth

At Home Alone Word Search

L I Q C W T Q F D Q E T D Q T R U T F S
 Q Q K J P E W Q E S U M B I R S H M N F
 E A E B L L Y P C O L M E Y A G U A U R
 H C K Y R E T B E Y C I B R I T C R I C
 P C N S T P E F R I E N D L G K S U T O
 A A X E H H F J I X O S H F C E C R C F
 A S R J D O A M F G H S Y W W E N G I G
 N H P E O N S I T U A T I O N S G C E F
 O L R D N E E Y A L Q B K K E U L S Y A
 I C O U F T L P F T C T K Y H W I N R Y
 T W Z H J I A J E W L J Y B N Q T H G J
 A C S B M C P P K D F C A P J W P R I S
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 T Y F Y M K E Y L D T I S E N O L A Q N
 O U G O P C U K C E D O U Z L X I E X T
 G A H Y L U Z Z R T W I V D K X C U G A
 E D V I V H B I N N G D Z O F H E P T A
 N D J O L L E X R W C I O E P Z M V M A
 T K G R Z S R U O B H G I E N Z L G D K
 Y W D A N A G J T V M Q Z B J T T W U F

ALONE
 BATTERIES
 EMERGENCY
 FAMILY
 FIRE

FIRST AID
 FLASHLIGHT
 FRIEND
 HOME
 INDEPENDENCE

NEGOTIATION
 NEIGHBOUR
 PARENT
 POLICE
 SAFETY

KEY
 SITUATIONS
 SNACK
 TELEPHONE
 TRUST

See page 31 for the solution

At Home Alone Crack The Code!

Using the code, A=1, B=2, etc. crack the messages below!

11,14,15,23 8,15,23 20,15 3,15,14,20,1,3,20 1 18,5,12,1,20,9,22,5

15,18 14,5,9,7,8,2,15,21,18 9,6 25,15,21 14,5,5,4 20,8,5,13

9 11,14,15,23 23,8,1,20 20,15 4,15 9,6 9 12,15,19,5 20,8,5 11,5,25

9 11,14,15,23 23,8,5,18,5 20,8,5 6,12,1,19,8,12,9,7,8,20 1,14,4

2,1,20,20,5,18,9,5,19 1,18,5 11,5,16,20

See page 31 for the solution

At Home Alone Word Scramble

Unscramble these words to know what to do IF A FIRE SHOULD OCCUR IN YOUR HOME...

1. EGT UTO FO EHT EUHSO

2. AHEV A IEETMGN ECLPA TDESIUO ETH SUOEH

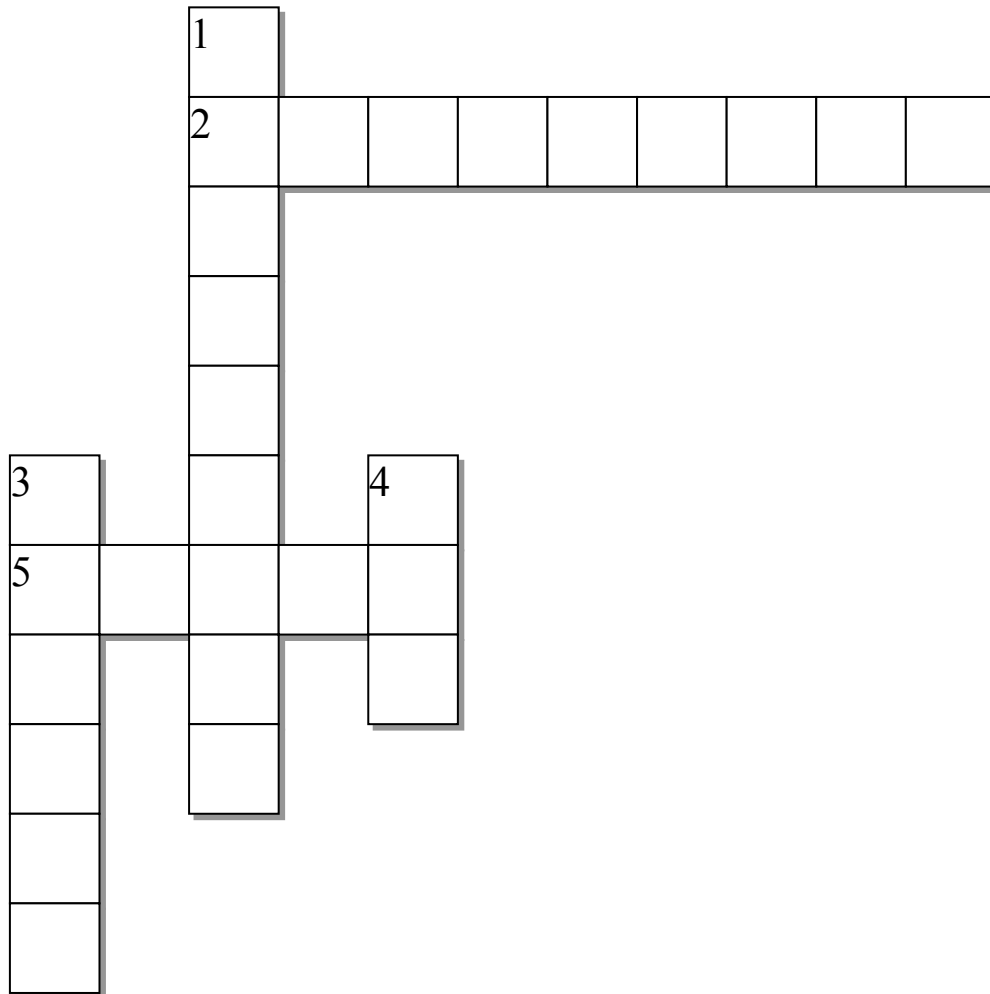
3. OPENH ETH REFI EATRPDNTEM MROF A BRIENHGOU'S UHOSE

4. HEWN ERTEH SI A ERIF, EERVN OG CBKA DISNEI ORF NAY
NEOASR!

5. KMEA RUSE OYU ONWK HWO OT LAEL FI UYO DENE HEPL

See page 32 for the solution

At Home Alone Crossword



Across:

- 2 - a situation that requires immediate action
- 5 - the opposite of being with many people

Down:

- 1 - friends or acquaintances that live beside or close to you
- 3 - a feeling of security or, of being protected
- 4 - A device to unlock doors with

See page 32 for the solution

At Home Alone Activity SOLUTIONS

At Home Alone Word Search Solution

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+ + + + + T + + + + E + D + T + + T + S
+ + + + + E + + + + M + I + S H + N +
E + + + + L Y + + + + E + A G U A + +
+ C + + + E T + E + + + + R I T C R + +
P + N + + P E F R I E N D L G K S + T +
+ A + E + H F + I + + + H + + E + R + +
+ + R + D O A + F + + S + + + + N + I +
N + + E + N S I T U A T I O N S + C + F
O + + + N E E Y + L + + + + + + + Y +
I + + + + T L P F + + + + + + + + + +
T + + + + I + + E + + + + B + + + + + +
A + + + M + + + + D + + A + + + P + + +
I + + A + E + + + + N T + + + + O + + +
T + F + M K E Y + + T I + E N O L A + +
O + + O + + + + + E + + + + + + I + + +
G + H + + + + + R + + + + + + C + + +
E + + + + + + I + + + + + + + E + + +
N + + + + + E + + + + + + + + + + +
+ + + + + S R U O B H G I E N + + + + +
+ + + + + + + + + + + + + + + + +
    
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Over,Down,Direction

ALONE(18,14,W)	HOME(3,16,NE)	SITUATIONS(7,8,E)
BATTERIES(14,11,SW)	INDEPENDENCE(12,14,NW)	SNACK(20,1,SW)
EMERGENCY(11,1,SE)	KEY(6,14,E)	TELEPHONE(6,1,S)
FAMILY(3,14,NE)	NEGOTIATION(1,18,N)	TRUST(19,5,NW)
FIRE(9,7,N)	NEIGHBOUR(15,19,W)	
FIRST AID(20,8,NW)	PARENT(1,5,SE)	
FLASHLIGHT(9,10,NE)	POLICE(17,12,S)	
FRIEND(8,5,E)	SAFETY(7,8,N)	

Crack The Code! Activity Solution

- Know how to contact a relative or neighbour if you need them
- I know what to do if I lose my key
- I know where the flashlight and batteries are kept

At Home Alone Word Scramble Solution

1. GET OUT OF THE HOUSE.
2. HAVE A MEETING PLACE OUTSIDE THE HOUSE
3. PHONE THE FIRE DEPARTMENT FROM A NEIGHBOUR'S HOUSE
4. WHEN THERE IS A FIRE, NEVER GO BACK INSIDE FOR ANY REASON!
5. MAKE SURE YOU KNOW WHO TO CALL IF YOU NEED HELP

At Home Alone Crossword Solutions

Across:

- 2 – emergency
- 5 – alone

Down:

- 1 – neighbour
- 3 – safety
- 4 – key