

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.	()	()	()