

At Home Alone Family Handbook



INTRODUCTION

This handbook covers many topics and key points to help enhance safety between school and home, and in the home. It is recommended to take the time needed to identify other safety concerns and issues that are important to your family. Also, work to always stay up to date with new or more detailed information as it becomes available to improve your family's safety knowledge and awareness. Please note, this handbook does not include all possible safety concerns that could arise.

About the At Home Alone Workshop:

- The **At Home Alone** program was developed to help families prepare their 10 – 14 year old(s) to be at home alone.
- The aim of the workshop is to increase and enhance safety in various situations that may occur while the 10 – 14 year old is home alone.

Make sure to consider your child's and family's unique needs before deciding to leave him/her at home alone (e.g. a 10 – 14 year old living with special needs; other kinds of circumstances).

The **At Home Alone** workshop will also help families:

- Better communicate with one another.
- Find out if parents/caregivers, and the 10 – 14 year old, are comfortable with the family's **At Home Alone** plan.
- Develop and enhance safety awareness.
- Work towards a safety agreement with their 10 – 14 year old to be at home alone.

The 5 Important Features of the At Home Alone Program:

Assess if you are ready

Learn about safety

Organize your home

Negotiate the terms

Evaluate how things are going

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IMPORTANT PHONE NUMBERS

(Please fill in and keep in a handy place.)

Emergency:

911

Home Address:

Major Intersection:

Home Phone:

Support Person:

Parent/Caregiver Work:

Smart Phone:

Doctor/Nurse Practitioner:

Telehealth Ontario:

Taxi/Other:

Other:

1. Assess If You Are Ready

Start by Communicating

- Ongoing and open communication between parent(s)/caregiver(s) and their child(ren) is key to building a successful relationship. Having this foundation is also critical to a 10 – 14 year old being able to safely stay at home alone.
- Parent(s)/caregiver(s) need to feel confident about their 10 – 14 year old's ability to get home and to be at home alone safely.
- The 10 – 14 year old also needs to feel safe and confident when home alone.
- Communication between parent(s)/caregiver(s) and their 10 – 14 year old is important to the success of he/she being at home alone.
- Good communication is also important for relationship building as well as for the promotion of other healthy choices.
- Parent(s)/caregiver(s) can model healthy ways of being, acting and doing things for those in their care.
- An important part of communication is being respectful. Parents/caregivers should let their 10 – 14 year old know they are willing to provide well considered opportunities to have responsibility. The 10 – 14 year old also needs to show their parent(s)/caregiver(s) that they themselves can take on new responsibilities.

There is more to communication than just talking. Both the parent(s)/caregiver(s) and the 10 – 14 year old need to:

Be Direct

- Say what you mean and mean what you say.
- You do not have to agree with everything the other person says. Provide well-considered reasons why you do not agree with the other person.

Respect Each Other

- Respect one another's feelings. Say to each other and show one another that you understand his/her feelings and experiences.
- Praise ideas and good effort.
- Ask for recommendations and communicate expectations.
- Respect privacy.

Listen

- Take the time to really listen to what is being said.
- Let the other person know they can talk to you and that you will let them have their say. Offer praise and appreciation to each other for open communication and trust.
- Praise your 10 – 14 year old when he/she is opening up to you and talking.

Be Fair

- Always be willing to talk things over. However, once you agree on a rule, it should be followed unless there is a situation where following the rule could result in an unsafe situation. Be flexible when needed.
- Do not change the rules and safety plan without talking about it first with your 10 - 14 year old. Have regular check-ins about the rules and adjust them when necessary.

Keep Your Sense of Humour

- There will be times when humour can be the one important thing that helps to get you through a tough situation.

Are You Ready?

When are 10 – 14 year olds ready to be left home alone?

- Parent(s)/caregiver(s): Are you comfortable with your 10 – 14 year old walking alone to and from school, activities and home? Is your 10 to 14 year old comfortable with walking alone to and from school, activities and home?
- The questions above must be talked over by all family members.
- Completing the questionnaires ***Am I Prepared?*** (page 23) and ***Am I Ready?*** (page 8) and then comparing and discussing answers with one another will help you identify and find solutions for some of the issues you need to talk about.

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

Am I Ready?

(10 – 14 Year Old Questionnaire)

	<u>YES</u>	<u>NO</u>	<u>N/A</u>
1. My parent(s)/caregiver(s) know(s) the route I take to get to and from school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I know how to contact my parent(s)/caregiver(s) at work and/or on their cell phone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I know how to contact a relative, an adult family friend, or neighbour if I need them and my parent(s)/caregiver(s) are okay with me contacting them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I know the rules of the road and how to cross the street safely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know when to and how to call 911.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know basic First Aid.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. My family has a First Aid kit and I know where it is kept.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know what to do in case of a fire.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I know what to do if someone comes to the door or calls on the phone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I know what to do if I lose my house key(s).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I know how to safely make a snack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. My parent(s)/caregiver(s) and I have discussed the rules about: friends visiting, screen time including the use of social media, types and location of physical activity, doing homework, and other important matters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. My parent(s)/caregiver(s) have had conversations with me about the risks and harms of alcohol and other drugs including prescription drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>I think I am ready and feel confident to be at home alone!</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Learn About Safety

What You Need to Know

When home alone, the 10 – 14 year old may be faced with the need to make decisions about many questions.

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 street? 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 should I call if I need help?

The ***Am I Prepared*** and ***Am I Ready*** questionnaires (pages 23 & 8) helped you to identify some of the things you need to talk about. Make a list of some of the decisions that the 10 – 14 year old might have to make about things such as:

1. Home safety.
2. Emergency situations.
3. Family rules and the safety plan.
4. Safety while walking on sidewalks and/or streets.

The ***You Are Not A.L.O.N.E.*** worksheet on the next page lists possible scenarios that families should talk about to make sure everyone is clear about what is important.

- Talk about each scenario on the list.
- The 10 – 14 year old should write all of the answers in the space provided. This is to make sure he or she knows how to act in different situations.
- If the 10 – 14 year old is in a situation where they are not sure what to do, the best policy is to use their best judgement and/or; call a parent/caregiver, the designated emergency support person, or in cases of an emergency, 911.

You Are Not A.L.O.N.E. Worksheet

It is important to find solutions for all the situations listed below.

1. If I take a new route home from school, I should _____.
2. If I must cross a busy street, 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/condo, to get inside 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/TTC bus/subway/streetcar/, I should _____.
9. I know that if I need help in a hurry, I can phone either _____ or _____ and I will be helped.
10. I should call 911 if/when _____.
11. If I ever feel lonely and need someone to talk to I can call the following people: _____.
12. I can call my parent(s)/caregiver(s) at _____.
13. Things I could call my parent(s)/caregiver(s) about when I am at home alone are _____.
14. Things that I probably should not call them about are _____.
15. If I am looking after my brother(s)/sister(s), 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 rules about having friends over when I am home alone are _____.

20. I am allowed to eat the following snacks when I am home alone: _____.

21. I am allowed to do the following physical activities safely when I am home alone: _____.

22. I am allowed to go to the following safe locations: _____.

23. I am allowed to use the following items when I am alone:

	<u>Yes</u>	<u>No</u>	<u>Don't Have</u>
Stove	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Microwave	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phone/Smart Phone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Computer/Tablet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gym Equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Home Safety

- When preparing to have your 10 – 14 year old stay at home alone, it is important to think about safety and preventing injuries. Approximately 95% of all injuries that occur could have been prevented by recognizing unsafe environments, conditions and behaviours.
- Consider the possible dangers and risks and have a conversation with your 10 - 14 year old about how they could be handled.
- Having an emergency contact list and emergency training and/or practicing for possible emergencies will help increase your family's confidence in handling emergency situations.

Safety While Walking on Sidewalks and Streets

Parent(s)/Caregiver(s):

- Children under the age of 10 must be with an adult or a responsible older person of appropriate age when crossing the street.
- To keep your 10 – 14 year old safe, it is important role model pedestrian safety skills.
- Some helpful tips you can talk about and practice with your 10 – 14 year old are:
 - STOP, LOOK and LISTEN for traffic.
 - Only cross at corners and crosswalks.
 - When there are no sidewalks, walk facing traffic and as close to the edge of the road or on the grass as safely possible, but away from water.
 - Look to see that drivers see you before crossing in front of them.
 - Wear light coloured and/or reflective clothing.
 - Never run into the street suddenly without looking and ensuring your safety first.
 - Obey crossing signals, **always stay alert and know your surroundings.**
 - Cross only if there is no traffic and you have enough time to make it across the street safely.
 - While walking, avoid distractions such as looking at your smart phone.
 - Do not wear ear buds or head phones while walking – you need to hear approaching vehicles and other possible dangers.
- Assess if your 10 – 14 year old is ready to walk home or to school by themselves.
- If they are not ready to walk alone and you are not able to walk with them, help your 10 – 14 year old plan their route and find a responsible older person of appropriate age or an adult to walk with them or, several responsible youth who can walk to the location together.

- Practice and discuss with your 10 – 14 year old how to properly and safely cross the street.
- Practice and discuss with your 10 – 14 year old how to use the TTC including reviewing where the TTC stop is, the right bus/streetcar/subway to take and how to read the bus/streetcar/subway map(s). Inform him/her that they can also ask a TTC employee or security guard if they are in need of help.
- Teach and discuss the dangers of using cell phones and other hand-held devices, as well as the dangers of eating/drinking or talking while walking.

10 – 14 year olds should know the following:

- To never approach or enter someone's car or go anywhere with anyone, even if the person knows the 10 – 14 year old's name and/or says their parent(s)/caregiver(s) told them to pick them up.
- If approached by a stranger in a vehicle, to run the opposite way the car is heading to a safe place (to someone they know, to where other people are, etc.). Only go with someone they know (e.g. family friend or relative) if their parent(s)/caregiver(s) have given permission beforehand to be picked up by that individual on that specific day.
- If they are being followed, to go to the nearest public place where there are many people and call out for help or ask someone for help. For example, "Please help me, I don't know this person that is following me!"
- To report to their parent(s)/caregiver(s), school authorities or a police officer anyone who acts suspiciously towards them or makes them feel uncomfortable.
- To have a way to communicate (e.g. cell phone or money for a pay phone).
- To trust their feelings and say NO to an adult or anyone when necessary, especially if that person wants them to do something that makes them feel uncomfortable or that they know is wrong, even if they know the adult.
- To have alternate safe route home from school (with street lights, crossing guards, and/or crosswalks). Parents/caregivers should help the 10 – 14 year old decide on the safest way to walk to and from school.
- To cross the road at intersections with lights, a crosswalk or cross with a crossing guard. Make sure the traffic has stopped and remains stopped before crossing the road and always look around before crossing. If crossing at a crosswalk, press the button and wait until the traffic in both directions has come to a complete stop.
- To always pay special attention to vehicles that are turning and/or backing up.

- To call their parent(s)/caregiver(s) when they arrive home.
- To tell their parent(s)/caregiver(s) where they are at all times.

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

Physical Activity & Nutrition

Physical Activity

- For health benefits, 10 – 14 year olds should participate in moderate to vigorous physical activity for at least 60 minutes every day.
- Encourage your 10 – 14 year old to take advantage of their walk to and from school as an opportunity to be physically active.
- As a family, brainstorm ways of incorporating physical activity into the day. Make a list of activities that can also be done safely when at home alone.

For more information on physical activity, visit: www.toronto.ca/health search: physical activity.

Food Preparation

- Kitchens are equipped with many tools that make food preparation quick and easy but, if not used properly or correctly, can cause injuries.

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.
- Allow the container to sit for several minutes before removing it from the microwave and opening it. Use oven mitts to remove the hot container from the microwave if needed.
- Do not use aluminum foil or any containers with metal in the microwave.
- When lifting any cover off a microwave container make sure it is opened away from the face and body.
- Use a knife that is the right size and blade for the food you need to cut.
- If a piece of food becomes stuck in the toaster, to avoid dangerous electric shock and burns, make sure to pull the plug out first and let the toaster cool down before attempting to remove the piece of food.

- If using a kettle, make sure the lid of the kettle is firmly closed before pouring the hot water out of it. Do not over fill the kettle.
- Ensure all cords (e.g. for the kettle or toaster) do not dangle off the side of the table/counter where a young child or animal could tug at them.
- When using the stove, make sure it is clear of any items and that you turn on the correct burner. Turn handles of pots and pans inward and use the back burners whenever possible.
 - Parents/caregivers: If you have assessed that they are ready to use the stove/oven when home alone, ensure that you have reviewed how to use it.
- Avoid using pressure cookers when at home alone.
- Avoid frying or cooking with oils due to the greatly increased potential for fire and serious burns.
- If possible, avoid preparing snacks and meals that require the use of sharp utensils.

Healthy Snacks

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 (baked goods 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.
- List instructions on how prepare the snack(s) for your 10 – 14 year old to refer to if needed.
- Be sure to also include instructions on how to properly and safely handle food and cooking utensils in the kitchen, and while cleaning up.
- Some healthy snack options could include: apples and peanut butter, whole grain pita bread, naan or vegetables with hummus or tzatziki, fresh vegetable spring rolls with peanut dip (unless a peanut allergy is present), whole grain cereal with milk or yogurt, and fresh fruit.
- For more information on healthy snacks and meals, visit: www.eatrightontario.ca www.toronto.ca/health (click on Healthy Lifestyle, then Nutrition and Food Access or search: Peer Nutrition Program).

Alcohol and Other Drugs

- It is important for parents/caregivers to engage in ongoing open discussions with their 10 – 14 year old about the risks and harms of alcohol and other drugs including prescription drugs.
- It is also important to keep alcohol and other drugs, including prescription drugs, safely locked up out of reach and inaccessible to children and adolescents in the home.

Toronto Public Health offers a free workshop for parents/caregivers of children 10 -14 years old on alcohol and other drugs, and how to talk with your teens about these substances. For more information on this workshop, contact your Liaison Public Health Nurse.

In addition, free parent modules providing information about alcohol and other drugs as well as tips and strategies on how to talk with your 10 -14 year old about these substances can be found here: <http://www.peelregion.ca/health/talk-about-drugs/>.

Fire & Carbon Monoxide Safety

Everyone in the family needs to know what to do to stay safe in the event of a home and/or building fire. As a family, take time to review fire safety and create a fire escape plan with everyone in your home.

The *Alarmed for Life – Your Home Safety Kit* is a booklet to help your family develop a fire safety plan. It is available for download in multiple languages. To download a copy, visit www.toronto.ca and search: *Alarmed for Life - Your Home Safety Kit*.

The brochure *Fire in Your High Rise* is also available on the Internet in multiple languages. To download a copy, go to www.toronto.ca and search: *Fire in Your High Rise*.

Toronto Fire Services Public Education Section also provides a free workshop on fire safety. To find out more on how you can schedule one at your school, please call 416-338-9375, e-mail ffspubed@toronto.ca, or speak to your Liaison Public Health Nurse.

For more information about fire and carbon monoxide safety, visit www.toronto.ca/fire/prevention.

Safety While Using Social Media

Personal information including any photos or videos posted on social networking sites or apps are not necessarily private and can be accessed and downloaded by anyone. It is important to have an open conversation with one another about the risks involved in using social media and how to keep safe. This includes learning how to apply privacy settings on social networking sites and carefully considering before sharing any information.

Preteens today use social media to communicate and exchange information. While there are benefits to social media, it also poses many risks, for example:

- Oversharing of information, including personal information.
- Inappropriate actions/behaviours because of peer pressure.
- Cyberbullying.

Parents/caregivers and preteens/adolescents can work together to reduce the risks.

Tips for Preteens & Adolescents

- Keep personal information such as passwords, PINs, name, age, address, and location settings private.
- **Use a code name** for your username when creating social media accounts such as, Snap Chat, Instagram, Twitter, etc.
- **Never agree** to meet with anyone you first met on the Internet; always tell your parent/caregiver/trusted adult.
- Be aware of and obey the law regarding making comments and posting pictures or videos on the Internet of someone else. Once sent, you will no longer have control over this data and it may also never be fully retrieved. For more information on social media and the law, visit: www.prevnet.ca.
- Never send out mean or rude texts, messages, and e-mails to anyone online and never respond to them.
- Invite your parents/caregivers to “friend” or “follow” you and discuss their accessing your account to ensure your safety.
- Report any online threats, negative comments, harassment or inappropriate activity to the social network and/or to your parent(s)/caregiver(s).

Tips for Parents/Caregivers

- Create an agreement with your 10 - 14 year old around smart phone and social media use.
- Discuss rules, expectations and consequences with your 10 – 14 year old.
- Educate yourself about the various social media platforms commonly used by preteen and adolescents and issues surrounding social media.
- Monitor your 10 – 14 year old's smart phone and Internet use including when they are being used and what sites they are using.
- Install software to block inappropriate material and/or websites and/or to monitor online/smart phone activity.
- Encourage your 10 – 14 year old to keep all personal information private such as passwords, PINs, name, age, address and location.
- Talk to your child about online dangers (e.g. cyberbullying).
- Have a discussion with your 10 – 14 year old when it is acceptable to use or have geolocation on (e.g. only when using google maps to help direct them to and from home).
- Check their privacy/security settings on a regular basis.
- Teach your 10 – 14 year old to trust their instincts – that if one feels a situation seems unsafe, it probably is.
- Encourage your 10 – 14 year old to tell a trusted adult who can help when they feel unsafe.
- Remind your 10 – 14 year old to be aware of their surroundings instead of focusing their attention on the phone such as when walking or crossing streets.
- Be a good role model in your own use of smart phones and the Internet.

3. Organize Your Home

The Kit

Having the materials available for your 10 – 14 year old when they are home alone can go a long way to helping them feel confident about his or her ability to handle things. Put together a kit of items ahead of time. Below are some items to consider having in your family's kit.

- List of Emergency Phone Numbers
- Extra House Key
- Key chain to clip house key
(to carry out of sight)
- Flashlight, Extra Batteries and
a Portable Charger
- Small change purse with several quarters
or a Calling Card and a few dollars at
home for appropriate situations requiring
money
- The **At Home Alone Family
Handbook** and a pen/pencil
- A First Aid Kit [remember to take a First Aid
and CPR course]

Other items to consider having in your home:

- Answering machine or call display
- Home security system
- Cell/Smart phone

First Aid and CPR

- **It is important that the 10 – 14 year old, and their parent/caregiver, complete a course on CPR and Basic First Aid before being left at home alone.**
- Courses are continually being offered across the city by the Canadian Red Cross, Toronto Paramedic Services, St. John's Ambulance and other organizations. For more information on dates and locations and to register, please visit their respective websites.
- It is important to review basic first aid and replenish the contents of the kit.

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 together, families have the opportunity to communicate and update each other on their daily events.

BEFORE WRITING ON THE CALENDAR, MAKE A FEW COPIES OF THE FULL SIZE CALENDAR PROVIDED SEPERATELY 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 – 14 year old are clear on what is expected and that families have support systems in place.
- An agreement can help ALL family members (parents/caregivers and the 10 – 14 year old) to feel more confident about the safety plan that has been put into place. Please see *You Are Not Alone* agreement on next page.
- The support person should also review the safety plan so they can offer assistance if needed.

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

You Are Not Alone Agreement

I/We, _____ parent(s)/guardian(s) of _____
(Name(s) of parent(s)/caregiver(s)) (Name of 10 – 14 year old)

recognize 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 trusted neighbour who is willing to make a commitment to assist our family if we need support.
- c) A daily list of instructions.
- d) A plan, created with my son/daughter, on how to walk to and from school safely.

I, _____, recognize it is my responsibility to:
(Name of 10 – 14 year old)

- a) Contact my parent/caregiver if I am not sure of what to do in a particular situation.
- b) _____
- c) _____
- d) _____

Signature of parent(s)/caregiver(s)

Date

Signature of 10 – 14 year old

Date

5. Evaluate How Things Are Going

- Once you have completed the first four steps of *At Home Alone* and have had the necessary conversations, it is important to evaluate how things are going on a regular basis. This includes reviewing the home safety information and plan and updating it as new situations are identified.
- The agreement should also be reviewed periodically. It might be necessary to revise the agreement as circumstances change and as your 10 – 14 year old matures and becomes more responsible and comfortable with being at home alone.

Am I Prepared?

(Parent/Caregiver Questionnaire)

	<u>YES</u>	<u>NO</u>	<u>N/A</u>
1. I know the route my 10 – 14 year old takes to get to and from school and other activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My 10 – 14 year old knows how to contact me at work and/or has my cell phone number.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. a) Arrangements have been made with a relative, family friend or trusted neighbour for my 10 – 14 year old to contact if needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) My 10 – 14 year old knows how to contact a relative, family friend or neighbour if needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. My 10 – 14 year old knows the rules of the road and how to cross the street safely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My 10 – 14 year old knows when and how and how to call 911.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My 10 – 14 year old knows basic First Aid.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. There is a First Aid kit in our home and my 10 – 14 year old knows where to find it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My 10 – 14 year old knows what to do in case of a fire.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My 10 – 14 year old knows what to do if someone comes to the door or calls on the phone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. My 10 – 14 year old knows what to do if he/she lost his/her key.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. My 10-14 year old knows how to make a snack safely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. We have discussed the rules about: friends visiting, screen time including the use of social media, types and location of physical activity, doing homework, and any other important safety matters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I have ongoing open discussions with my 10 – 14 year old about the risks and harms of alcohol and other drugs including prescription drugs. <u>I have made sure these are not accessible.</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>I feel confident that my child is ready to be left alone at home!</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

