



The safety and wellbeing of children should be a priority for every adult. Unfortunately, we do not live in a perfect world and our children are exposed to various dangers on a daily basis.

The last thing one should do is instil a sense of fear in children, but a healthy sense of awareness of possible dangers can save a lot of heartache, and even lives.

24/7 Security Services shares some tips for parents and children:

Eyes always open

- ▶ Keep an eye out for loitering strangers and people acting suspiciously.
- ▶ Avoid being distracted by your phone when visiting public spaces.
- ▶ If you notice anything suspicious, move away and report it – remember kidnappings happen in a matter of seconds.

Avoid danger areas

- ▶ Avoid situations where you can become separated from your children or where they can disappear in the masses.
- ▶ Teach children to only visit well-protected and monitored areas where there is a responsible adult nearby.

Stay in contact

- ▶ Instruct children to contact you (or another adult) immediately when something goes wrong. Children often try and resolve situations themselves, which could ultimately endanger their lives.
- ▶ Plans change – but be sure to inform each other if there are changes in locations, times, etc.

Details matter

- ▶ Children must know their own address, their parents' cell phone numbers and other emergency contact numbers. Teach children this from an early age and 'test' them regularly to ensure that the details are correct.
- ▶ Use technology, such as tracking apps, to track the movement of your children.
- ▶ Ensure that you have the contact details of your children's friends and the friends' parents. Often children are reported as missing when they are in actual fact visiting friends.

When things go wrong

- ▶ Teach children that when somebody follows them, tries to restrain them or force them into a car, they must run and scream as loud as they can. Dropping to the ground and screaming "this is not my dad," or "this is not my mom" will attract attention from passers-by.



Cyber safety

Teach children never to give out personal information, such as name, home address, or telephone numbers, to anyone they don't know through email, social media, or in online chat rooms or bulletin boards. Talk to your children about the online risks of interacting with strangers through the computer and sending notes and pictures into cyberspace.