

On the Internet

There are two major safety issues involving the Internet. First is what children may be exposed to through their own actions or by accident. Second is the potential for communication with your child that may be inappropriate and personal, that could lead to your child or family being put at risk.

Use an online service provider that offers good parental controls. Block chat rooms, instant messages, bulletin board services, etc. that are designed for adults not children.

Use the internal log in your computer to monitor what sites your children are visiting.

If you allow your child to take part interactively online, set ground rules including:

- Never give out your password.
- Never reveal personal information.
- Never agree to meet someone.
- Tell your parents about any inappropriate communications.
- Remember to protect yourself and your family - you never know the true identity of the person you are communicating with.



The Police Division is
Internationally Accredited.

Henrico County Police Division
P. O. Box 90775
Henrico, VA 23273-0775

Emergency: 911
Non-emergency: (804) 501-5000
www.henricopolice.org

Humberto I. Cardounel, Jr.
Chief of Police



Proud of our progress;
Excited about our future.

The County of Henrico does not discriminate on the basis of race, color, religion, sex, national origin, age, or disability.

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*A parents' guide
to keeping children safe
in an unsafe world*



Report all suspicious activity!
Call the Henrico County
Police Division at

501-5000
or
911—Emergency only

Henrico County
Police Division



Child Safety



While most kids pass through childhood without ever experiencing physical harm, some are not so lucky. Teach your children how to protect themselves and how to respond to threatening situations. Take the time to listen carefully to your child's fears and feelings about people or places that scare them or make them feel uncomfortable. This brochure provides some simple tips to help keep your child safe.

First, Cover the Basics

- Rehearse with children their full name, address, and phone number (including area code.)
- Practice making emergency phone calls from home and public phones.
- Walk the neighborhood with your children. Show them safe places they can go in an emergency, such as a trusted neighbor's house or an open store.
- Check your neighborhood for areas that threaten children's safety such as overgrown shrubbery, vacant lots with debris, dark areas, abandoned buildings, etc.

- Tell children never to accept gifts or rides from someone they don't know well.
- Accompany young children into public restrooms.
- Teach children to go to a store clerk, security guard or police officer and ask for help if you become separated in a store or shopping mall. Tell them never to go into the parking lot alone.
- Teach children that no one, not even someone they know, has the right to touch them in a way that makes them feel uncomfortable. Tell them they have the right to say "no" to an adult in this situation.

At School and Play

- Make sure your children are taking the safest route to school and friends' houses. Test walk it together.
- Encourage your children to walk and play with friends, not alone, and to stay in well lit, open areas where others can see them.
- Teach your children to walk confidently and stay alert to what's going on around them.

- Encourage children to look out for other children's safety and report anything they see that doesn't seem right.
- Tell your children to stay away from strangers who hang around playgrounds, public restrooms, and empty buildings.
- Teach your children to write down and report to you the license plate numbers of people who offer rides, loiter around playgrounds or appear to follow them.

At Home Alone

- Make sure your children can reach you no matter where you are. Post your work and cell phone numbers, along with numbers for neighbors, the police and fire departments and poison control near each phone.
- Have your children check in with you or a neighbor when they get home. Agree on rules for having friends over and going to someone else's house when no adult is present.
- Make sure they know how to operate the door and window locks and that they use them.