



L.A.B. #1 ICE

- **ICE** (In Case of Emergency) phone numbers are useful for students to have in their cell phones since many children do not carry wallets.
 - These numbers can be easily located and dialed by students, as well as emergency personnel.
 - It is useful to include a period (.) or the letter **A** before your **ICE** number to ensure it is listed first in your cell phone address book.
 - Assign names to your **ICE** numbers for reference, ex. **.ICE-Mom or A-ICE-Mom, .ICE-Dad or A-ICE-Dad, .ICE-Billy or A-ICE-Billy.**
1. Enter your **ICE** (In case of Emergency) phone numbers into your cell phone.
 2. Always remember to dial 911 when in immediate danger or in a life threatening situation.
 3. Make sure your family members do this on their cell phones.
 4. Since people may periodically change their phone numbers, make it a habit to ensure **ICE** numbers are current.



L.A.B.#2 Out and About Safety

- Make sure you know your name, address, and emergency phone numbers in case you become lost.
- Discuss with your parent/guardian what to do if you become separated during a public outing. (Parents: one of the best tips is to tell your child to find a Mommy with kids.)

Practice the following “what if scenario” with your parents.

1. You become lost during a family public outing. Taking it step by step, practice what you would do with your family.



L.A.B. #3 Neighborhood Safety

- The buddy system isn't just for the pool! Always take a friend and tell a trusted adult where you are going.
 - If an adult or someone you do not know well approaches you in a car or in person, and asks you a question or for help and this makes you feel uncomfortable, confused, or scared, tell them **NO-** and run to go tell a trusted adult and/or call 911.
 - If someone should try to grab you, make a scene by yelling loudly "this person is not my Mommy or Daddy" and make every effort to get away by kicking, screaming and resisting.
 - Run to a safe place, dial 911.
1. Practice running to a telephone, dialing 911, and calling in this "what if" scenario: "Hello, this is _____ (state your full name). I am calling from _____ (state your full address). While I was in my front yard, a man in a blue car stopped and asked me to help him find his puppy but I think it was a trick!"



L.A.B. #4 Internet Safety

- Keep your identity private. Never give out personal information including your full name, where you live, or where you go to school on-line.
- When choosing screen names pick gender-neutral names.
- Never get together with someone you "meet" online.
- Never respond to E-mail, chat comments, or messages that are hostile or in any way make you feel uncomfortable. Remember: it is never your fault if you get a message that is mean. Don't respond. Instead, show it to your parents or a trusted adult.

Complete the Internet Safety Pledge

I, _____, solemnly pledge to keep my identity private while using the Internet.

I will not give out my _____, _____,

or where I go to _____. I will not respond to a message or comment that is mean or makes me feel uncomfortable, but I will tell a trusted adult. I will never go to "meet" someone in real life that I have only "met" online.

_____.

Print and sign full name