Never say you are home alone, on or off line; always pretend a parent/guardian is home.

Whatever the problem, talk to us.



Free confidential counseling.
Open 27/7.



If a door is open or a window is broken, go to a safe place, and call the police.



Keep all emergency and non-emergency phone numbers by the telephone. Be prepared to call 9-1-1, in case of an emergency.



Turn on the outside lights when it gets dark outside.



Don't forget to take the key out of the door, and keep your key in a safe place. If you use a code for entry, don't tell anyone the code.



Don't use household items such as the stove, oven or the internet, unless you have permission.



Make sure you have your parent's permission to leave the house to go anywhere.



Don't have friends over when you're home alone, unless your family says it's okay.



Keep door and windows locked. If someone is at the door, do not answer unless you can see who it is, you know them and you have your parent's permission.

