



Raleigh Police Department Community Newsletter

This newsletter is produced by the Public Affairs Unit of the Raleigh Police Department. It provides Raleigh citizens with crime prevention tips, seasonal information, and upcoming RPD community activities.

Children often lack the skills to protect themselves against harm. It is our responsibility as parents, guardians, and neighbors to safeguard children and to teach them the skills to stay safe. As a parent, you should take an active interest in your children and listen to them. Teach your children that they can be assertive in order to protect themselves against uncomfortable situations. And most importantly, make your home a place of trust and support that fulfills your child's needs. Together we can protect our children by teaching them to be smart, strong, and safe.

This RPD Community Newsletter features tips to keep you and the children in your life safe. Please share this information with family, friends, and neighbors.

GETTING KIDS TO AND FROM SCHOOL SAFELY

Whether they're walking, driving, or carpooling here are some tried and true tips to get your children to and from school safely:

- Never speak to strangers at the bus stop and never get into the car with a stranger. Always go straight home and tell your parents if a stranger tries to talk to you or pick you up.
- Once you get off the bus, go straight home so an adult will know where you are.
- Be sure your child knows theirs and your contact information. They should have their full name and address, your full name and the best number to reach you at memorized.



- Avoid labeling your child's clothing, backpack or jackets with their name where it is visible. You don't want a stranger to be able to call your child by name.

- If your child walks or rides the bus to school, have a set check-in time for them to call you when they get home.

- Make sure your child knows who can pick them up from school. Let them know who is listed on their

emergency contact form and make sure they understand those are the only people they can leave with.

Pinwheels in Parks April is Child Abuse Prevention Month



Since 1983, the month of April has been recognized as National Child Abuse Prevention Month. In observance, at 2:30 p.m. on April 3, the Raleigh Police Department, along with the Parks, Recreation, and Cultural Resources Department, and Prevent Child Abuse North Carolina will plant pinwheels in various Raleigh parks. "Pinwheels in Parks" is a partnership between state, county, and city agencies to educate residents on the role we all have in building safe, unwavering, nurturing homes and communities where children can thrive. For more information, please visit: <http://www.raleighnc.gov/parks/news/content/CorNews/Articles/PRecPinwheels2018.html>

TEACH KIDS THE IMPORTANCE OF PEDESTRIAN SAFETY

Unintentional pedestrian injuries are the fifth leading cause of injury-related deaths in the United States for children ages 5 to 19. Teenagers are now at greatest risk. Teens have a death rate twice that of younger children and account for half of all children pedestrian deaths. Keeping them safe is as simple as following some basic rules:



- Teach kids at an early age to look left, right and left again before crossing the street. Then remind them to continue looking until safely across.
- Teach kids to put phones, headphones and devices down when crossing the street. It is particularly important to reinforce this message with teenagers.
- It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Children under 10 need to cross the street with an adult. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.
- Be a good role model. Set a good example by putting your phone, headphones and devices down when walking around cars.

WHAT TO KNOW ABOUT STORING MEDICINE

Did you know...in emergency room visits for medicine poisonings, parents often say that they only turned their back for a minute? Every nine minutes, a child under the age of six goes to the emergency room because they got into medicine? Every hour a young child is hospitalized? There are a few simple tips you can follow to ensure this doesn't happen to your family:

- Put all medicine up and away, out of children's reach and sight. Remember to keep visitors' purses, bags, and coats out of reach, as they may contain medicine.
- Remember child-resistant packaging is not childproof. So put medicine away immediately after every use, even if you need to give another dose in a few hours.
- Dispose of your unused prescription medicines safely through local take back events such as the one that will be held in Raleigh on April 28. For more information: <http://www.raleighnc.gov/home/news/content/CorNews/Articles/0MedicationDropoff.html>
- Save the Poison Help number – 1-800-222-1222 – in your phone and post it visibly at home so other caregivers can find it in an emergency.

POOL SAFETY CHECKLIST

- Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.
- Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development, and how often they are around water.
- Make sure kids know how to swim and learn these five water survival skills:
 1. Step or jump into water over their head and return to the surface.
 2. Float or tread water for one minute.
 3. Turn around in a full circle and find an exit.
 4. Swim 25 yards to exit the water.
 5. Exit the water. If in a pool, be able to exit without using the ladder.
- Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.
- Empty kids' pools after each use. Store them upside down so they do not collect water.
- Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child's life.