

# Safety Plan for Children & Teens

## **DISCLAIMER:**

This guide is intended for **general safety awareness and preventative education** for children and teenagers within the South African context. It does not replace parental supervision, professional counselling, or law-enforcement guidance. Safety risks vary by age, environment, and circumstance. Bilnor Staffing Solutions accepts no liability for actions taken based on this guide. The wellbeing and protection of children should always remain the responsibility of parents, guardians, schools, and caregivers, in line with South African law.

Children and teenagers in South Africa face a range of safety risks, both inside and outside the home. These risks may include crime, peer pressure, online threats, bullying, and unsafe environments.

A safety plan helps children and teens **know what to do, who to contact, and how to respond** in uncomfortable or dangerous situations. This guide is designed to support parents, guardians, and caregivers in building awareness, confidence, and age-appropriate independence — without creating fear.

## **Understanding Age-Specific Risks**

### **Children (Approx. 5–12 Years)**

Common risks include:

- Getting lost in public places
- Stranger interaction
- Unsafe play areas
- Online exposure through shared devices

### **Teenagers (Approx. 13–18 Years)**

Common risks include:

- Peer pressure and risky behaviour
- Bullying or intimidation
- Exposure to crime while commuting
- Online harassment, scams, and exploitation

Safety planning should be age-appropriate, practical, and regularly discussed.

## **Home Safety Rules**

- Children should not open doors for strangers
- Teach children how to use intercoms or call adults
- Teens should inform caregivers when leaving or arriving home
- Emergency numbers should be visible and saved on phones
- Establish clear rules about visitors and supervision

## **Safety Outside the Home**

### **Walking to School or Activities**

- Use well-lit, busy routes
- Walk with friends where possible
- Avoid shortcuts through isolated areas
- Teach children to seek help from trusted adults if scared

## **Public Places**

- Identify a meeting point if separated
- Teach children to approach security guards or shop staff
- Teens should avoid displaying valuables openly

## **Transport Safety**

- Only use trusted transport arrangements
- Teach children not to accept lifts from strangers
- Teens should share trip details when using taxis or ride services
- Establish check-in routines for longer trips

## **Online & Digital Safety**

- Keep devices password-protected
- Teach children not to share personal information online
- Discuss the risks of strangers on social media and gaming platforms
- Encourage teens to report uncomfortable online interactions
- Monitor online activity in an age-appropriate and respectful way

## **Personal Boundaries & Awareness**

- Teach children that it is okay to say “no”
- Explain the difference between safe and unsafe secrets
- Encourage teens to trust their instincts
- Reinforce that asking for help is a strength, not a weakness

## **Emergency Situations**

Children and teens should know:

- Their full name and home address
- How to call emergency services
- Who their trusted contacts are
- Where to go if they feel unsafe

Role-playing simple scenarios can improve confidence and recall. Use the checklist below to help you check off your safety plan.

## Child & Teen Safety Checklist

### At Home

- Doors kept locked
- Emergency numbers visible
- Rules for answering doors understood

### Outside

- Safe routes identified
- Trusted adults identified
- Buddy system encouraged

### Transport

- Approved transport methods known
- Check-in routines followed

### Online

- Privacy settings active
- Personal information protected
- Reporting process understood

## Parent & Guardian Checklist

- Safety rules discussed regularly
- Emergency contacts updated
- Open communication encouraged
- Online activity supervised appropriately
- School and community safety resources known

A safety plan is most effective when it is talked about, practiced, and updated as children grow. Consistent communication, trust, and awareness form the foundation of child and teen safety. Prepared children feel confident. Supported teens make safer choices.

### Bilnor Staffing Solutions

*Supporting safer families, stronger communities, and responsible preparedness in South Africa.*