

# 5 Habits for a **SAFE HALLOWEEN**

## 1 **MAKE A PLAN**

- Start a yearly habit with your child to plan your trick-or-treating route together.
- For older children, discuss their Halloween route with them. Remind them to avoid isolated areas and shortcuts, instead staying in familiar areas on well-lit streets where others are trick-or-treating. Have them identify safe adults in the neighbourhood who they can go to for help (e.g., a mother who is accompanying children, safe adults they know who live on their planned route).



## 2 **TEACH THE BUDDY SYSTEM**

- Teach your child about the buddy system. For children in Grade 2 or lower a safe buddy is someone who is old enough to supervise them (12+). Visit [billybuddy.ca](http://billybuddy.ca) for information, lessons and a fun Halloween game.
- Remind older kids to stick together while trick-or-treating — there is safety in numbers!



## 3 **TRUST THEIR INSTINCTS**

- Remind children of all ages to be aware of their surroundings and to trust their instincts. Discuss safe ways to respond to a situation where they feel afraid or uncomfortable. These may include getting help from their buddy, calling you, or going to a safe neighbour. Practice what-if scenarios together.



## 4 **ENCOURAGE ASSERTIVENESS**

- Teach children of all ages to set clear boundaries about personal limits. They should never go inside a home while trick-or-treating without checking with you first. If someone approaches them on the street and asks them to go somewhere with them, remind them not to go, run away, and tell a safe adult what happened. Regardless of the reason, they should never go anywhere with anyone without checking with you first.



## 5 **SUPERVISE**

- Young children need direct supervision when trick-or-treating. Teach your child to stay where they are and to call out for you if you get separated. Practice this before you head out the door.
- Set a time for older children to be home at the end of the night and arrange check-in times throughout the evening. These can be by phone, text, or in-person meet-ups to empty the candy bag. Remind them to check in before changing their plans or route.



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