

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 stay in familiar areas, on well-lit streets where others are trick-or-treating. Have them identify safe neighbours they can go to for help in case of an emergency.

2 **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 points 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 plans or routes.

3 **TEACH THE BUDDY SYSTEM**

- 🎃 Teach your child about the buddy system. Visit billybuddy.ca for information, lessons and a fun Halloween game.
- 🎃 Older kids should stick together — there is safety in numbers!

4 **TRUST THEIR INSTINCTS**

- 🎃 Remind children to be aware of their surroundings. Discuss safe ways to respond to a situation where they feel afraid or uncomfortable such as getting help from their buddy, calling you or going to a safe neighbour.

5 **ENCOURAGE ASSERTIVENESS**

- 🎃 Teach children to set clear boundaries about personal space. They should never go inside a home while trick-or-treating without checking with you. 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.

