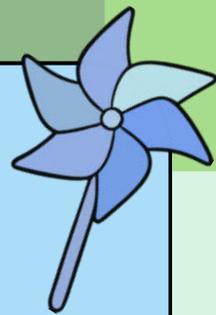


# Spring into being...



# SAFEER

**Cook a meal or go on a picnic as a family**

**Have a family screen free day**

**Make arts and crafts together**

**Help your child identify red flags of an unsafe person**

**Talk to your child about what to do if they see something online that makes them feel sad, scared, or confused**

**Go on a walk or bike ride together through your community**

**Teach your child what to do if they get lost**

**Create a family screentime safety plan together**

**Identify 3 trusted adults with your child**

**Write an uplifting note to your child**

**Talk through "what if" scenarios with your child**

**Have your child learn their home address and phone number**



**Have a phone free family dinner**

**Teach your child the difference between secrets and surprises**

**Have a family game night**

**Do a random act of kindness as a family**

**Talk to your child about what it means to "trust your gut"**

**Make a family gratitude list**

**Practice saying "no" in a strong voice with your child**

**Help your child identify and name their feelings**

**Take a trip to your local library**

**Discuss alternate greetings your child can give someone other than a hug**

**Build a pillow fort**

**Teach your child how to safely leave an uncomfortable situation**