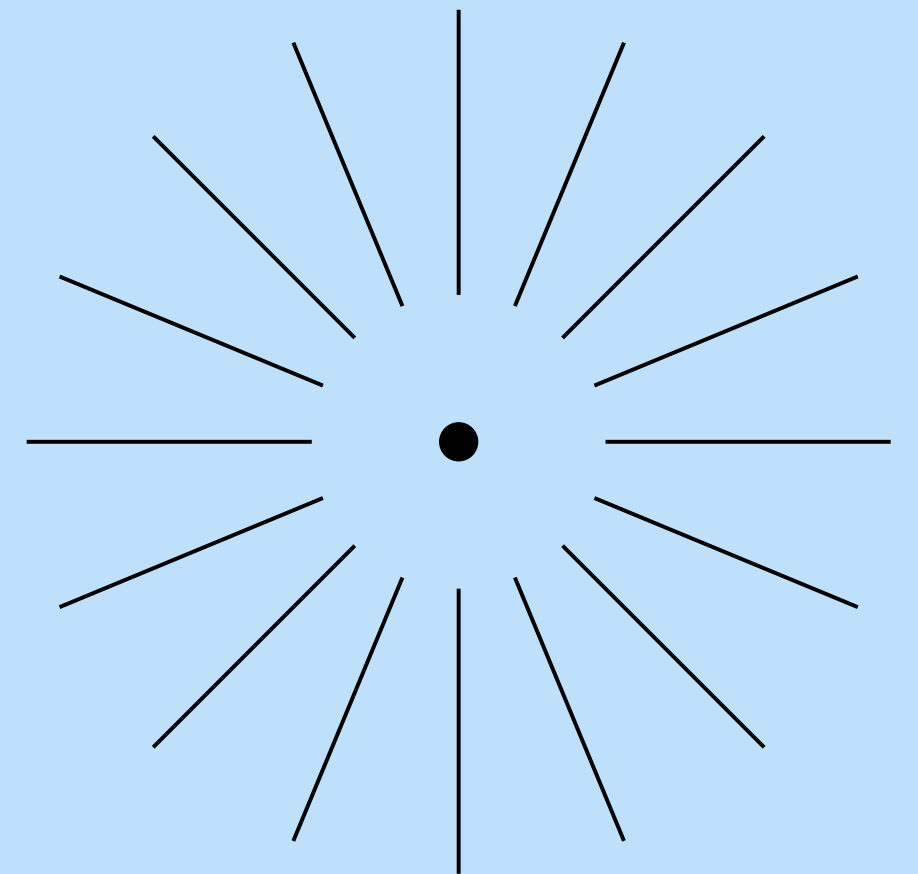




Top 5 Conversations to Have with Your Child About Safety





Introduction:

As parents, our primary concern is the safety and well-being of our children. While we can't always be there to protect them, we can equip them with knowledge and understanding. This guide outlines the top five conversations you should have with your child about safety.



1. Stranger Awareness

Key Points:

- Not all strangers are dangerous, but it's essential to be cautious.
- Never accept gifts or rides from strangers.
- If a stranger approaches or tries to grab them, teach them to shout loudly, "This is not my parent!"

Discussion Starters:

- "What would you do if a stranger offered you candy or a toy?"
- "How would you feel if someone you don't know approached you?"
- *[Click here for 3 more things to teach your child if he or she gets lost.](#)*



2. Online Safety

Key Points:

- Never share personal information online.
- Avoid chatting with strangers on the internet.
- Always inform a trusted adult about any uncomfortable online interactions.

Discussion Starters:

- "Do you know everyone you chat with online?"
- "What kind of information should we keep private on the internet?"
- *Click here for 9 more steps to protect your child when they're online.*



3. Bullying and Peer Pressure

Key Points:

- It's okay to say "no" when feeling uncomfortable.
- Always report any form of bullying to a trusted adult.
- Stand up for others who are being bullied.

Discussion Starters:

- "Have you ever seen someone being bullied?"
- "How would you handle a situation where a friend is pressuring you to do something you don't want to?"
- [*Click here for more BULLY PREVENTION - Stats and Risk Factors Every Parent Should Know*](#)



4. Emergency Situations

Key Points:

- Recognize emergency situations like fires, natural disasters, or medical emergencies.
- Know essential contact numbers, including 911 or the local emergency number.
- Have a family emergency plan in place.

Discussion Starters:

- "What would you do if there was a fire in our house?"
- "Do you know how to contact the police or an ambulance?"
- *Click here for 8 more critical things every child should know in an emergency situation*



5. Personal Boundaries

Key Points:

- Understand the concept of personal space and boundaries.
- It's okay to refuse unwanted touch, even from familiar people.
- Always communicate any discomfort to a trusted adult.

Discussion Starters:

- "How would you feel if someone touched you without your permission?"
- "Who are the adults you trust and can talk to about anything?"





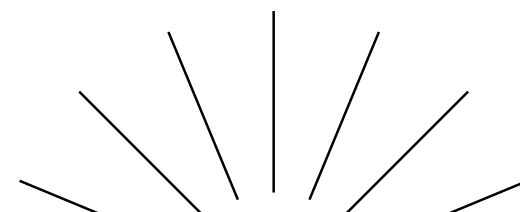
Conclusion:

Open communication is the key to ensuring your child's safety. Regularly revisit these topics, adapting the conversation as your child grows and faces new challenges. Remember, it's not about instilling fear but empowering them with knowledge.

Equip your child with the tools they need to navigate the world safely. Start these conversations today.

The journey to instilling unwavering confidence and discipline in your child is ongoing. We'd like to invite you to the next step: [Dragon Gym's Quick Start Confidence Course.](#) [\[Click Here\]](#)

Every new student at Dragon Gym begins with this transformative course, which includes 3 Age-Appropriate Martial Arts Lessons and a full Martial Arts uniform.





Dragon Gym's Quick Start Confidence Course:

Scan the QR code to the right to learn more about our Children's Martial Arts Program, see the class schedules at each of our locations, and get access to the Quick Start Confidence Course.

