

Parent Guide to Stranger Safety



A practical guide to help kids check first, keep space, use a Loud & Clear Voice, move to safety, and tell a safe adult.

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 Parent Resources Guide

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Stranger Safety Without Fear

Stranger safety is not about making kids scared of every person they do not know. It is about giving kids simple safety rules they can remember and practice.

“*Strangers are adults you do not know. Some are good, and some are not. But that is not your job to decide. Your safe adult, like Mom or Dad, will let you know. If you are by yourself, your job is to stay safe and stay away from them.*”



Core Message

You do not have to decide if a stranger is good or bad. You only have to follow your safety rules.

- ✓ check first with a safe adult
- ✓ keep space from adults you do not know
- ✓ use a Loud & Clear Voice
- ✓ move away quickly
- ✓ find a safe adult
- ✓ tell a parent or trusted adult what happened



Horizon Life Skill Connection

Primary Life Skills: Confidence, Self-Control, Awareness

Supporting Life Skills: Communication, Discipline, Responsibility, Respect

At Horizon ATA, safety and confidence are part of every lesson. In our [ATA Tigers classes](#), younger students practice confidence, listening, and age-appropriate safety habits in a fun, supportive environment. As they grow, our [kids martial arts classes](#) help students build confidence, self-defense skills, body control, and voice. These skills empower them to make smart choices and handle challenges.



Parent Reminder

This guide should not be used to scare children. Instead, use it to practice simple rules calmly and consistently. Kids feel safer when they know what to do.



Part of a Parent Toolkit

This guide works hand-in-hand with our [Stranger Safety Conversation Guide](#) and [Confidence Challenge for Kids](#) worksheets. Practice together. Grow confidence together.



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The Horizon Stranger Safety Framework



Check First. Keep Space. Use Your Voice. Move to Safety. Tell a Safe Adult.



★ Stance. Speed. Voice.

1  **Check First**
Before I go anywhere, take anything, help anyone, or leave with anyone, I check first with my parent or safe adult.
Examples: candy, surprise, gift, ride, help finding a pet, "Your mom sent me", and secret-keeping.

“ Parent Script

- “Before you go anywhere, take anything, help anyone, or leave with anyone, you check with me first.”
- “If I did not say yes, your answer is no.”

2  **Keep Space**
I keep a safe distance from adults I do not know. I stay where others can see me. I do not walk closer to a car. I move toward a safe adult.

“ Parent Script


- “You do not need to walk closer to hear someone. You can use your voice from far away.”
- “If someone you do not know calls you over, keep space and find your safe adult.”

3  **Use Your Voice**
I use a Loud & Clear Voice to get attention and keep myself safe.
Safety Phrases:

- No!
- Stop!
- I need help!
- I have to check first!
- I do not know you!
- I am not going with you!
- Mom! Dad!
- Help me find my parent!


“ Parent Script

- “Your voice can help keep you safe. If something feels wrong, use your Loud & Clear Voice.”

4  **Move to Safety**
If I feel unsafe, I move quickly to a safe adult. That can be a parent, teacher, police officer, firefighter, store employee, event staff, security guard, help desk, or another safe adult.

“ Parent Script

- “If something feels unsafe, move your body toward safety. Do not stay close to the problem.”

5  **Tell a Safe Adult**
I never get in trouble for telling. I will tell a safe adult about anything that makes me feel uncomfortable, including secrets, rides, gifts, touching, grabbing, or being blocked.

“ Parent Script

- “You can always tell me. You will not be in trouble for telling the truth about something unsafe.”

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What to Do in Common Stranger Safety Situations

Kids can be prepared for anything. Practice these simple steps and strong words.



1 Someone Offers Candy, Toys, Money, or a Prize

Actions:

- ✓ Keep space.
- ✓ Say, "I have to check first."
- ✓ Do not take anything.
- ✓ Move back to a safe adult.

Strong words to practice:

- "No thank you."
- "I have to check first."
- "I need to ask my parent."

2 Someone Asks for Help Finding a Pet

Actions:

- ✓ Do not go with them.
- ✓ Stay where people can see you.
- ✓ Say, "Ask an adult."
- ✓ Move toward a safe adult.

Strong words to practice:

- "I can't help. Ask an adult."
- "I have to check first."
- "I am going back to my parent."

3 Someone Says, "Your Mom or Dad Sent Me"

Actions:

- ✓ Do not go right away.
- ✓ Ask for the family safe word if your family uses one.
- ✓ Move to a safe adult if they do not know it.
- ✓ Never leave without checking first.

Strong words to practice:

- "What is the safe word?"
- "I have to check first."
- "I am not going with you."

4 Someone Says, "Don't Tell Your Parents"

Safe adults do **not** ask kids to keep unsafe secrets.

Actions:

- ✓ Move away.
- ✓ Tell a parent or safe adult.
- ✓ Keep telling until someone helps.

Strong words to practice:

- "I do not keep unsafe secrets."
- "I need to tell my parent."
- "I need help."

5 Someone Tries to Grab, Hold, or Block Them

Actions:

- ✓ Use stance.
- ✓ Hands up and open.
- ✓ Use a Loud & Clear Voice.
- ✓ Move quickly.
- ✓ Get away.
- ✓ Find a safe adult.

Strong words to practice:

- "Let go!"
- "Stop!"
- "I need help!"
- "You are not my parent!"

The goal is not to fight, punish, or win. The goal is to use just enough karate to get away, create space, and move to safety.

6 Your Child Gets Lost or Separated

Actions:

- ✓ Stay where you are if it is safe.
- ✓ Do not leave the building or event.
- ✓ Look for a safe adult who works there.
- ✓ Use a Loud & Clear Voice.
- ✓ Say, "I need help finding my parent."

Strong words to practice:

- "I am lost."
- "I need help finding my parent."
- "Can you call my mom or dad?"
- "I am staying here."



Keep Learning. Keep Kids Safe.

Explore more age-appropriate safety tips and resources from trusted partners like KidSmartz and HealthyChildren.org.

- KidSmartz.org – fun, engaging safety education for kids
- HealthyChildren.org – expert guidance for parents

Knowledge today. Confidence for life.



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Before You Go: Make a Family Safety Plan



A few minutes of planning can help your child stay safe, no matter where you go.

1 Pick a Safe Meeting Spot



Before entering a busy area, choose an easy-to-see meeting place that is not near exits and is close to help if possible.



Parent Script:
"If we get separated, this is our meeting spot. Stay here if it is safe, and I will come find you."

2 Point Out Safe Adults



Safe adults are people who are trained to help. Examples: police officer, firefighter, security guard, store employee, teacher, coach, event staff, first aid worker, information booth worker, front desk employee.



Parent Script:
"If you cannot find me, look for someone who works here. They may have a uniform, name tag, radio, front desk, or information booth."

3 Mark Safe Places



Safe places are locations where you can get help. Examples: information booth, customer service desk, security station, first aid tent, cashier counter, front desk, teacher's area, event check-in table, police or firefighter station.



Parent Script:
"That is a safe place to ask for help. If you are lost or unsure, go there and say, 'I need help finding my parent.'"

4 Use a Family Safe Word



Some families choose a private safe word. If someone says Mom or Dad sent them, the person should know the safe word.



Parent Script:
"If I send someone to pick you up, they will know our safe word. If they do not know it, you do not go with them."

OUR FAMILY SAFETY PLAN MAP

Find these places. Know what to do.



5 Review Safety Rules Each Year

Safety conversations should grow with your child. Review these rules each year and add new ones as needed.

Younger Child



- ✓ Stay close to me.
- ✓ Hold my hand.
- ✓ Ask before going anywhere.
- ✓ Use your voice.
- ✓ Find Mom or Dad if you get worried.

Older Child



- ✓ Walking with friends
- ✓ Being separated at events
- ✓ Bikes, scooters, and rides
- ✓ Neighbor's house
- ✓ School pickup plans
- ✓ Phones and location sharing
- ✓ Online messages
- ✓ Trusted adults
- ✓ Unsafe secrets



Parent Script:
"Every year, we are going to review our safety rules. As you get older, your freedom grows, and so does your responsibility."



Parent Reminder



The goal is not to make children afraid of the world. The goal is to give them a plan. When kids know what to do, they can act faster, speak stronger, and feel more confident.

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Using the Stranger Safety Guide and Related Resources



1 Use this guide with:



Stranger Safety Conversation Guide

Helps children practice:

- naming safe people
- saying "no"
- checking first
- getting away
- using stance
- telling a trusted adult
- moving with speed
- knowing what to do if separated or approached
- using a Loud & Clear Voice

2 How to use it



1. **Start with safe people** — have your child list the adults they can go to for help.
2. **Practice Stance, Speed, and Voice** — stand tall, hands up and open, move quickly, and say safety phrases out loud.
3. **Talk through the scenarios** — candy, help requests, leaving a place, unsafe secrets, or being grabbed.
4. **Keep it calm** — this should feel like practice, not fear.

3 Related Horizon Parent Resource



Confidence Challenge for Kids

- brave self-talk
- not giving up
- trying hard things
- celebrating effort
- using a strong clear voice
- building pride
- speaking up

Confidence helps children use their safety plan when it matters.

4 Horizon Connection



At Horizon ATA, students practice confidence, body control, awareness, and voice every week.

Safety is about being prepared, not scared.

Learn more during our [Halloween Safety Day](#) and through our [New Student Experience](#).

5 Helpful Sources



1. National Center for Missing & Exploited Children. (n.d.). KidSmartz. <https://www.missingkids.org/education/kidsmartz>
2. American Academy of Pediatrics. (2018, March 22). Help prevent your child from going missing: Safety tips for families. HealthyChildren.org. <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Preventing-Child-Abductions.aspx>

6 Educational Note



This guide is for educational support and general parent guidance. It is not a substitute for medical, mental health, legal, school-specific, or law-enforcement advice. If your child is missing, threatened, physically harmed, followed, grabbed, or made to feel unsafe, contact the appropriate school, organization, emergency service, or local authority immediately.

Stranger Safety Conversation Guide

Help your child practice safe choices using Stance, Speed, and a Loud & Clear Voice.

Name: _____ Week of: _____

1 MY SAFE PEOPLE

A safe person is someone I can go to for help.

My safe people are:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- Safe people may include:
- Parent / Guardian
 - Teacher
 - Coach
 - Grandparent
 - Neighbor my parent trusts
 - Police officer / firefighter
 - Other: _____

2 THE 3 PARTS OF SELF-DEFENSE

At Horizon ATA, we practice three important parts of self-defense:

- | STANCE | SPEED | VOICE |
|---|---|--|
| I stand strong and create space. | I move quickly to safety. | My voice must be Loud & Clear! |
| <input type="checkbox"/> Put my feet in a strong position | <input type="checkbox"/> Move away from danger | <input type="checkbox"/> Say "No!" with confidence |
| <input type="checkbox"/> Keep my hands up to create space | <input type="checkbox"/> Get back to my parent or trusted adult | <input type="checkbox"/> Say "Stop!" loudly |
| <input type="checkbox"/> Look confident | <input type="checkbox"/> Go toward a safe place | <input type="checkbox"/> Ask for help right away |
| <input type="checkbox"/> Stay aware of what is around me | <input type="checkbox"/> Act quickly instead of hesitating | <input type="checkbox"/> Use words that other people can hear and understand |

3 WHAT I CAN SAY

Practice saying these with a Loud & Clear Voice:

- No!
- Stop!
- I don't know you!
- I need help!
- I need to ask my parent!
- I don't go anywhere without permission!
- That is not okay!
- Leave me alone!

5 PARENT TIP

Keep this conversation calm and simple. The goal is not to scare kids. The goal is to help them practice what to do.

- When practicing, look for:
- Strong stance
 - Fast movement toward safety
 - Loud & Clear Voice
 - Going to a safe adult
 - Telling the truth about what happened

- Helpful parent phrases:
- "Show me your strong stance."
 - "Use a strong voice people can hear."
 - "When would you go for help?"
 - "Who are your safe adults?"
 - "Remember, you can always tell me."

4 SAFETY SCENARIOS

Talk through each situation with a parent or trusted adult.

Practice: Stance — stand strong | Speed — move to safety | Voice — use a Loud & Clear Voice | Safe Adult — find someone who can help

Situation	What should I do?
Someone I do not know offers me candy.	
Someone asks me to help find a lost pet.	
Someone says, "Don't tell your parents."	
Someone asks me to leave the place I am supposed to stay.	
Someone makes me feel uncomfortable or unsafe.	

WANT MORE PRACTICE?

Want more practice with Stance, Speed, and a Loud & Clear Voice? Learn more about age-appropriate self-defense training at [Horizon ATA Martial Arts](#).

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Horizon ATA Martial Arts | Parent Resources | horizonata.com

Confidence Challenge for Kids

A fun 7-day challenge to help kids build courage, positive self-talk, and belief in themselves.

Name: _____ Week of: _____

1 MY CONFIDENCE GOAL

This week, I want to grow my confidence by...

- Trying new things
- Speaking up
- Using a brave voice
- Believing in myself
- Keeping a positive attitude
- Other: _____

2 7-DAY CONFIDENCE CHALLENGE

Day 1	Say one good thing about yourself.	☆
Day 2	Try something that feels a little hard.	☆☆
Day 3	Use a strong, clear voice.	☆☆
Day 4	Help someone or show kindness.	☆☆
Day 5	Practice a skill for 10 minutes.	☆☆
Day 6	Do something without giving up.	☆☆
Day 7	Celebrate how much you've grown.	☆☆

3 HOW I FELT

Color a star each day to show how you felt!

Day	I Tried My Best	I Felt Brave	I'm Proud Of Myself
Day 1 (Mon)	☆☆	☆☆	☆☆
Day 2 (Tue)	☆☆	☆☆	☆☆
Day 3 (Wed)	☆☆	☆☆	☆☆
Day 4 (Thu)	☆☆	☆☆	☆☆
Day 5 (Fri)	☆☆	☆☆	☆☆
Day 6 (Sat)	☆☆	☆☆	☆☆
Day 7 (Sun)	☆☆	☆☆	☆☆

4 I AM PROUD BECAUSE...

This week, I am proud of myself because...

5 PARENT TIP

- Praise effort more than perfection.
- Let kids try things before stepping in.
- Remind them that confidence grows with practice.

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