

Identifying Trusted Adults and Unsafe Situations: Ages 4-5

Identifying safe adults with your child will help him learn to:

- Know how to identify and be safe with strangers.
- Know what to do if a stranger approaches.
- Identify good and bad touches.
- Know how to communicate unsafe adult/peer interactions.

Ideas to try with your child:

- Discuss who strangers are and teach rules concerning them (don't talk to strangers or accept anything from them).
- Discuss possible stranger interactions and how to stay safe (not being alone on street or answering doors.)
- Teach your child about "good touches" (hugs, pats, etc.) and "bad touches" (touches that hurt, feel uncomfortable, or touching in areas covered by swimsuits).
- Share the "yell and tell" rule for inappropriate adult behavior.

If your child is struggling:

- Discuss possible scenarios ("What would you do if...?") to prepare your child to be safe.
- Keep communication open with your child and respond immediately to any safety concerns your child may share with you.

Going further:

- Read children's books that teach about stranger safety ([The Berenstain Bears Learn About Strangers; Your Body Belongs to You](#), by C. Spelman.)
- Encourage your child to ask questions and respond openly and honestly.

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children ages 4-5** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Identifying trusted adults who can help in dangerous situations." Growing Up Healthy, Ages 4-5, pg. 75