

USE YOUR VOICE

No matter where you are,
you can use your powerful
voice to yell for help.



PARENT GUIDE - Activity 6

USE YOUR VOICE - using your Eyes, Ears

Discuss with your children the following:

- If your child sees someone who needs help, or your child needs help they can use their powerful voice to yell.
- It's important to stay CALM at all times.



Questions to ask your children:

- When should you yell for help? (when you or someone needs help)
- What information might you tell your teacher or police officer about what happened?
- Sometimes help can take a little while to reach you. How should you act while you're waiting for help to arrive? (Stay calm)
- Why is staying calm important, even in scary emergencies? (You make better decisions when you are calm)
- What are some ways we can stay calm? (slow deep breaths, take your time and don't rush, sing)