

## How to use safety words

### Decide on a family safety word

Example:

**If the family safety word is 'MARS BAR' and your child rings/ texts or gives a message that includes that word, they are telling you to come and get them straight away. They need help.**

Talk about ways in which your children might use the word or phrase. Examples of ways they might use the safe word could include.

“Can you ask mum to buy me a **Mars Bar** at the shop” - when asking through another person.

Or

They text or call you to say “That the **Mars Bar** in the fridge is theirs and don't let anyone else eat it.”

Or

They tell you “they shared a **Mars Bar** with a friend at school today”.

Anyway they say it, anyway they can use it, is OK.

Safety words are great if you need assistance from someone to collect or get a message to your child.

**Remember to check in and change your safety words once they have been used.**



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