

Children's Safety Pack

For children. Read it together with a grown-up.

1

Know who you are

Learn your full name, your grown-ups' names and one phone number. Practise saying them.

2

Siren? Go!

When you hear a siren or alarm, go straight to the shelter with your grown-up. Don't stop to look.

3

Strange object? Stop!

If you see something strange on the ground (a metal object, a wire, even a toy), STOP. DON'T TOUCH. Walk back the way you came. Tell a grown-up.

4

Lost? Stay and ask

Stay where you are or go to your meeting place. Ask a police officer, a helper in a uniform or vest, or a mother with children for help. Show them your ID card.

5

Only safe water

Only drink water a grown-up says is safe. Wash your hands with soap before eating and after the toilet.

6

Feelings are OK

Feeling scared, sad or angry is normal. Talk to a grown-up you trust, draw a picture or hug someone.

My ID card

CHILD ID · If lost, call:		havensurvival.com
Name:		PHOTO
Parent / carer:		
Phone:		
Phone 2:		
Meeting place:		
Allergies / medicine:		
Language(s):		

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For grown-ups: talking to children about crisis

- Find out what they already know. Listen first.
- Use simple, honest words suitable for their age. It's OK to say "I don't know."
- Reassure them: you are doing everything to keep them safe, and it is not their fault.
- Practise the six steps above as a game: say the phone number, walk to the shelter, play 'stop, don't touch'.
- Keep routines, play and school or learning wherever possible. Limit news and violent images.
- Watch for changes that last weeks (not sleeping, not eating, withdrawal) and seek support.



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Sources:

- UNMAS / ICRC: Explosive ordnance risk education
- UNICEF: Talking to children about conflict and crisis
- Ready.gov / FEMA: Build a Kit, Make a Plan (ready.gov)

Important: General information only. Not a substitute for trained medical help or official instructions. Always follow local authorities and emergency services.

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