



# SAFE AT HOME, SAFE ALONE CHECKLIST

Answer honestly and discuss with your family areas where you feel less comfortable.

Yes No



Do you feel comfortable staying home alone?

 

Do you have brothers or sisters at home alone with you?

 

Do you have any pets you are responsible for?

 

Do you have a phone to use at your house?

 

Do you have a trusted neighbor close by you can call or go to?

 

Do you have phone numbers to call in case of emergency?

 

Can you lock and unlock the doors of your home easily?

 

Do you know your family's rules around using the phone and social media when you're home alone?

 

Do you know how to fix a snack in the kitchen?

 

Do you answer the door when you are home alone?

 

Do you know basic first aid and where the first aid supplies are kept?

 

Do you know your fire escape route and family meeting place in case of a fire?