

# TALKING TO KIDS ABOUT STRANGER SAFETY (WITHOUT FEAR)

A practical guide for parents





## Start With Safety, Not Fear

When we talk to children about “stranger danger,” the goal isn’t to scare them. It’s to help them recognise unsafe situations and trust their instincts.

Instead of teaching kids:  
“All strangers are bad”

We teach:

“Some situations are unsafe”

“Your body and feelings are important”

“You can always say no and ask for help”

Children who feel empowered – not frightened – are more likely to speak up.



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## How to Talk About Strangers (Offline & Online)



### 1. Explain 'Safe Adults' vs 'Unknown Adults'

Instead of "strangers," use clearer language:

- Safe adults: parents, caregivers, teachers, family-approved adults
- Unknown adults: anyone your child doesn't know well

Tell your child:

**"If you ever need help, go to a safe adult we've talked about."**

This avoids confusion when a stranger looks friendly.



### 2. Teach Body Safety Rules

Use short, repeatable rules:

- "My body belongs to me."
- "I don't keep secrets that make me feel uncomfortable."
- "I can say no – even to adults."

Repetition matters more than long explanations.



### 3. Use 'Tricky Situations' Instead of 'Bad People'

Many unsafe situations involve people who don't seem scary.

Teach kids to watch for situations that feel "off," like:

- Someone asking them to keep a secret
- Someone asking for help but not going to another adult
- Someone offering gifts, treats, or special privileges
- Someone asking personal questions

Tell them: **"If something feels confusing or uncomfortable, you can always come tell me."**



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## THE FAMILY SAFE WORD

A family safe word is a simple word or phrase your child can use to signal:

**“I’m not okay. I need help.”**

How it works:

- Choose a word only your family knows
- It should feel natural, not obvious
- Practice when and how to use it

**Examples:**

**“Can you pick up my blue bag?”**

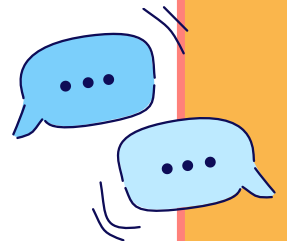
**“Tell grandma I forgot the green book.”**

If your child ever uses the safe word:

You stop asking questions

You come get them immediately

This gives kids a clear exit strategy without needing to explain in the moment.



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# ONLINE SAFETY (ESPECIALLY WHILE PLAYING GAMES)

Many kids meet people online while gaming - even very young ones. Simple online rules kids can understand:

- Don't share your name, age, school, or photos
- Don't move chats from games to private apps
- Don't accept gifts or game credits from people you don't know
- Never agree to meet someone you met online

Say clearly:

“People online can pretend to be kids.  
You don't have to reply to anyone.”



## What parents can do:

- Keep devices in common areas
  - Check privacy settings on games
  - Play together sometimes
  - Ask curious, calm questions – not interrogations
- Fear shuts kids down. Curiosity keeps them talking.



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## How to Keep the Conversation Open

Safety isn't one big talk – it's many small ones.

Try:

- Role play scenarios (“What would you do if...”)
- Revisit rules every few months
- Praise honesty when they share something uncomfortable
- Stay calm if they make mistakes

Say often:

**“You’ll never get into trouble for telling me something.”**

**That sentence alone keeps children safe.**



### FINAL REMINDERS

The goal is not to raise fearful children.

The goal is to raise aware, confident children who know:

- Their body belongs to them
- Their feelings matter
- They can always ask for help
- They are never alone



**You don't need to say everything perfectly.**

**What matters is that your child knows you are a safe place.**



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# About Emomee:



Emomee blends cartoons and toys to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes and hands-on play kits, our characters- E, Mo & Mee - guide kids through big questions like “Why should I save money?” and “How does AI work?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure - on screen and off.



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