



Leesburg Police Department YOUTH SAFETY PLAN

Work with your child to create this plan. Once the plan is completed, place copies in common locations around the house. This plan can be modified to fit the needs of your family.

HOME ADDRESS:

PARENTS / CAREGIVERS NAMES & NUMBERS:

Name	Phone #

IMPORTANT PHONE NUMBERS:

EMERGENCY: 9-1-1
LPD NON-EMERGENCY: 703-771-4500
Virginia Poison Center: 800-222-1222
Doctors Office:

SAFE NEIGHBORS:

Name	Address / Phone #

INTERNET RULES:

CELLPHONE RULES:

TELEVISION / VIDEO GAME RULES:

OTHER:

INTERNET SAFETY

Monitor Online Activity

Get the passwords for your child's phone, computer, tablet, and other personal devices.

Keep an eye on your child's online activity by using parental control software or monitoring tools. These can help you track websites visited, social media interactions, and overall screen time.



Talk About the Risks

Explain that while the internet provides valuable information and connections, not everything online is safe.

Teach kids not to engage in conversations with unknown individuals and never provide any personal information such as address, phone number, or school name. Make sure your child understands that predators exist.

Discuss the dangers of clicking on suspicious links or downloading unknown files.

Stay Informed

Educate yourself about new apps, social media platforms, and online threats.

PEDESTRIAN SAFETY

1. Teach kids at an early age to look left, right, and left again before crossing the street. Then remind them to continue looking until they safely cross.
2. Teach kids to put phones, headphones, and devices down when crossing the street. It is important to reinforce this message with teenagers.
3. It is always best to walk on the sidewalks or paths and cross at street corners, using traffic signals and crosswalks.

HOME SAFETY

1. Discuss never opening the door for strangers. Instruct your kids to keep the doors locked and secure at ALL times.
2. Ensure they know where the **Youth Safety Plan** is, especially point out the important phone numbers and safe neighbors.
3. Teach the emergency escape plan and what to do if faced with a fire, burglar, or other disaster.
4. Keep access to medications away from children. There are locked boxes readily available on the internet.

Set clear boundaries, curfews, and check-in times. Discuss where the child can go inside the residence as well as outside and address any potential neighbors or situations they should stay away from.

BICYCLE SAFETY

1. Wear a properly-fitted helmet. This is the best way to prevent head injuries.
2. Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.
3. Use hand signals and follow the rules of the road.
4. Wear bright colors and use lights.

POOL AND WATER SAFETY

1. If you have a pool at home, make sure it is fully enclosed and has self-closing and self-latching gates.
2. Supervise children closely when in or near any body of water.
3. Know the risks of natural waters. Lakes, rivers, and oceans have hidden hazards such as dangerous currents, waves, rocks, and vegetation.
4. Wear a life jacket.
5. Learn CPR.



Leesburg Police Department
65 Plaza Street NE, Leesburg, VA 20176
Emergency: 9-1-1
Non-Emergency: 703-771-4500