



As we are all painfully aware, we live in a day and age where it has become prudent and necessary to prepare our children for exposure to violent events. Fortunately, **evidence-based strategies** exist that can help children stay safer during these types of incidents.

Your child's preschool has partnered with Safe Kids Inc., a team of **law enforcement and education experts**, who have developed lesson plans to teach these safety skills in a non-threatening manner – The H.E.R.O. Program. H.E.R.O. is an acronym for:

**HIDE!**  
**ESCAPE!**  
**RUN!**  
**OBEY!**

This companion guide is intended to encourage discussion between you and your child. By discussing the H.E.R.O. program with your child at the conclusion of each lesson, you'll help reinforce the concepts learned in the classroom and **develop effective safety strategies** for your entire family.



**The H.E.R.O. program consists of four lessons:** HIDE! ESCAPE! RUN! OBEY! Each lesson will be taught in the classroom and reinforced with age-appropriate stories, discussions, and exercises.

**Safe thinking starts at home**, and your commitment to your child's development is critical to any new learning experience. By asking your child the following questions, you can be sure that your child and you are on the same page when it comes to safety.

Prior to reviewing the following questions with your child, make sure to **ask them what each letter of the H.E.R.O. acronym stands for**. This will help reinforce the total concept and help you learn how to be a H.E.R.O. too!





**OBEY:** Practice the OBEY skill with your child by letting them play. Give them a few minutes to become distracted, then use the OBEY hand signal and tell them, "OBEY! OBEY! Obey, right away!"

### Lesson 1

## OBEY!

- What does it mean to **OBEY**?
- What is the hand signal for **OBEY**?  
(Fist over heart/chest)
- Who do we **OBEY**?  
(People who love us the most: Parents, teachers, first responders, etc.)
- How do we **OBEY**?  
(Right away!)
- Who are some people who help?
- Who are some people who hurt?



**HIDE:** Practice the HIDE skill with your child by showing them different hiding spots at places your family frequents.

### Lesson 2

## HIDE!

- What does it mean to **HIDE**?
- When would you want to **HIDE**?
- Where would you **HIDE** if we are \_\_\_\_\_?  
(places you and your child would frequent, e.g. park, mall, etc.)



**ESCAPE:** Practice the ESCAPE concept with your child by identifying emergency exits at your home and other places your family frequents. Point out emergency exit signs so they become familiar with them and understand their purpose.

### Lesson 3

## ESCAPE!

- What does it mean to **ESCAPE**?
- When would you want to **ESCAPE**?
- How can you **ESCAPE** from bullies?  
(Ask about cyberbullying too.)
- Where could you **ESCAPE** if we are \_\_\_\_\_?  
(at home, a playground, the super market, etc.)



**RUN:** Practice the RUN concept with your child by going to a safe running area (park, lawn, etc.) and prompting them to: "OBEY! OBEY! RUN! RUN! RUN!" Make sure to use the OBEY hand signal in conjunction with the verbal prompt.

### Lesson 4

## RUN!

- What does it mean to **RUN**?
- Can you show me the difference between "fun running" and "danger running"?
- When would you want to "danger run"?