



# SAFE AT HOME, SAFE ALONE HOUSE RULES

Who has my family identified as the trusted and safe people I can turn to if I need help? How can I contact them?

My parents/caregiver's  
contact info:

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Trusted adults  
and their phone numbers:

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Extra Notes:

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## What is the House Rule for ...?

Using the telephone: \_\_\_\_\_

Calling to confirm you are home safe: \_\_\_\_\_

Answering the door: \_\_\_\_\_

Cooking in the kitchen: \_\_\_\_\_

Using the computer: \_\_\_\_\_

Having friends over: \_\_\_\_\_

Playing outside: \_\_\_\_\_

Homework: \_\_\_\_\_

Watching TV: \_\_\_\_\_

Taking care of siblings: \_\_\_\_\_

Taking care of pets: \_\_\_\_\_