

# SAFE AT HOME, SAFE ALONE DEALING WITH EMOTIONS

It is normal to have certain feelings and thoughts when you are home alone. You might feel independent, confident, and mature with new responsibilities. After all, you are in charge and must be responsible for what happens in the house and to you! Sometimes you might feel **AFRAID** or **WORRIED**. All of these feelings are normal. The most important thing for you to remember is to share your feelings to your family. Together, you can find ways to replace negative feelings with positive ones.

## Here are some suggestions to help you from feeling **AFRAID** or **WORRIED**:



- 1** Walk through your house when you first get home. Check to be sure all doors and windows are locked and that everything looks normal.
  - 2** Look in all the places that scare you when it gets dark, like behind doors and in closets. Nothing changes just because it's dark. Everything is exactly the same as when it is light outside. If you are afraid of the dark, turn the lights on inside and outside the house. You can also close the curtains so no one can see inside the house.
  - 3** Don't play scary video games or watch TV shows or movies that may be scary.
  - 4** Know who you can call when you feel afraid or worried.
  - 5** Keep busy to take your mind off of your worries.
  - 6** Be aware of strange noises. Strange noises can often cause you to worry. It is a good idea to walk through your house with your family to learn the common noises. Some common noises are: the heat or air conditioner turning on, the ice maker in the refrigerator, water running, the floor creaking, the wind on the door or window, or a pet moving around. These noises sound different when you are home alone and may be scary. The more you know about these noises, the less scary they will be.
- Make a list of things that frighten you and talk to your family about these.
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# Let's take a look at the different types of fear to determine if the danger is real, possible, or imagined.

## REAL DANGER

If you feel afraid it may be an alert to a real problem—a person or thing that is likely to cause harm or injury. Consider these "real" fears because you could be in some danger and need to act. When this is the case, stay calm, get out of danger, and get help.



## Possible Danger

Sometimes you might be afraid something might happen. That's when you need to take steps to try to prevent that something from happening.



## NO DANGER

Other times, your imagination might make you fearful of something that probably won't happen. You are worrying without a good reason. This is a time that you will want to get busy and get your mind on something else. It is always good to discuss your fears with an adult who you trust.



## REAL DANGER OR NOT?

Read the situation below and determine if it is a **REAL DANGER**, **POSSIBLE DANGER**, or **NO DANGER**.

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|--|------|----------|----|
| 1. You are inside and a snake is on your front porch.                      | REAL | POSSIBLE | NO |
| 2. You hear a creak from the bedroom floor.                                | REAL | POSSIBLE | NO |
| 3. You answer the phone and no one speaks but there is heavy breathing.    | REAL | POSSIBLE | NO |
| 4. A weather alert comes on TV for a tornado approaching.                  | REAL | POSSIBLE | NO |
| 5. It has gotten dark outside.   | REAL | POSSIBLE | NO |
| 6. You see someone you don't know sitting in a car in front of your house. | REAL | POSSIBLE | NO |
| 7. You start thinking about burglars.                                      | REAL | POSSIBLE | NO |
| 8. You smell and see smoke in the kitchen.                                 | REAL | POSSIBLE | NO |
| 9. The electricity goes out during a storm and it is dark.                 | REAL | POSSIBLE | NO |
| 10. A stranger comes to the door and will NOT stop knocking.               | REAL | POSSIBLE | NO |