

# SAFE AT HOME, SAFE ALONE

## LETTER TO CAREGIVER

Dear Caregivers,

The following package consists of information and conversation tools to help you and your youth to be prepared and confident in-home safety. We strongly encourage caregivers to work through this course with their youth and to use the activities as opportunity to discuss the importance of safety and responsibility when being left alone.

Although this program guides and prepares your youth to be left at home without supervision it is a conversation between the caregiver and youth as to whether being home alone is an option. There is no general statement as to when a youth is ready to be unattended. Considerations that caregivers must take into account include the youth's maturity, and confidence in being home alone. As a household, a discussion around whether the youth can be accountable and responsible, and comfortable with their judgement will help you to decide when the youth is ready. Leaving youth at home alone should be a gradual approach, starting with a small amount of time and giving room for practice. With all aspects considered it is important for the youth and caregiver to create an individualized safety plan as to how situations should be handled, whom emergency contacts are and expectations while unsupervised. This package of information will help you to go through these points and assess how and when your youth is ready to be home alone.

Sincerely,

Mental Health Capacity Building Team

