WHAT IF?

# HALLOWEEN SAFETY

## A FAMILY ACTIVITY

DARKNESS TO LIGHT®

END CHILD SEXUAL ABUSE

**Halloween is a time for costumes, candy, and community fun — and also a great opportunity to talk about safety and trust. This activity helps you and your child practice how to handle "What If?" moments — those times when something unexpected happens and a decision has to be made.**

## How to Play

1. Take turns reading the "What If?" scenarios.
2. Ask your child, "What would you do?"
3. Talk together about different safe choices.
4. Reinforce that it's always okay to talk to a safe adult if something feels wrong, confusing, or uncomfortable.

***There are no wrong answers — every "What If?" is a chance to learn together!***

## 1. Trick-or-Treat Plans

What if your friend says their parent can take you trick-or-treating, but they say your grown-up doesn't need to come? Talk about why it's important your safe adult knows where you are and who you're with.

- ***Who are some safe adults you'd always want to tell your plans to?***
- ***How could you say, 'Thanks, but I need to check with my grown-up first'?***

## 2. Costume Changing

What if someone offers to help you change into your costume in a private space? Talk about how your body belongs to you, and you can say, 'No thanks, I can do it myself.'

- ***Who could you tell if someone doesn't respect your 'no'?***
- ***What are some examples of safe touch during Halloween fun and unsafe ones?***

## 3. Candy Invitation

What if a neighbor says, 'Come inside, I've got the best candy in here'? Talk about how candy comes to the door — not the other way around.

- ***What could you say if someone invites you in?***
- ***What's a good rule for trick-or-treating as a group?***

## 4. Picture Time

What if someone takes a photo of you in your costume and posts it online without asking? Talk about why it's okay to say, 'Please don't post my picture.'

- ***Why might sharing pictures online be unsafe sometimes?***
- ***Who can you talk to if you see a picture online that worries you?***

## 5. Haunted House Dares

What if an older kid dares you to go through a haunted house when you really don't want to? Talk about how brave kids listen to their feelings and say 'no' when something doesn't feel right.

- ***What could you say to stay confident?***
- ***Who could you stay near at a big event if you feel nervous?***

## 6. Ride Offer

What if someone you sort of know offers to give you a ride to the Halloween event because 'it's on their way'? Talk about how you should only get in cars with adults your grown-up has said are safe.

- ***What could you say if someone offers a ride?***
- ***What's a plan for what to do if you feel unsure or stuck?***

## ■7. Spooky Behavior

What if an adult in a costume is joking around but starts touching kids in ways that don't feel okay? Talk about how you can move away, say 'stop,' and find your safe adult right away.

- ***How does your body tell you when something feels 'off'?***
- ***Who could you go to for help at a community event?***

## ■8. Online Invite

What if someone you met online invites you to a Halloween party or asks where you're going trick-or-treating? Talk about how you should never share where you live or meet up with people you've only talked to online.

- ***What's a safe thing to say if someone asks personal questions online?***
- ***Who could help you decide if something online feels tricky?***

## ■9. Upset Friend

What if you see another kid at a Halloween event who looks scared or upset? Talk about how you can find a safe adult and tell them what you saw — helping others helps keep everyone safe.

- ***What are signs someone might need help?***
- ***Who are safe adults to tell?***

## Wrap-Up: Let's Talk About Safety

- What are three safety rules we can follow this Halloween?
- Who are your safe adults — people you can always talk to if something feels weird or confusing?
- How can we look out for other kids together as a family?

***Remember: Safety isn't scary — it's something we practice with love and confidence.***

# 5 STEPS TO PROTECTING CHILDREN

## STEP 1. LEARN THE FACTS

Learn the facts on what child sexual abuse is, recognize its prevalence, and how it occurs.

## STEP 2. MINIMIZE OPPORTUNITY

Minimize opportunities in both virtual and physical environments.

## STEP 3. TALK ABOUT IT

Talk openly with children and with adults.

## STEP 4. RECOGNIZE THE SIGNS

Become familiar with red flag behaviors in both adults AND children.

## STEP 5. REACT RESPONSIBLY

Use trauma-informed strategies to practice active bystander intervention, and to respond to suspicion, disclosure, or discovery of abuse.

**Made for Families by Darkness to Light**

Empowering adults to protect children for over 25 years.

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