



H.E.R.O. Companion Guide for Parents



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, **the science of protection** has provided us with effective responses to increase safety and survivability.

Your child's school has partnered with Safe Kids Inc., a team of **law enforcement and education experts**, who have developed curriculum that teaches these responses in a non-threatening manner - The H.E.R.O. program. H.E.R.O. is an acronym for:

HIDE!
ESCAPE!
RUN!
OVERCOME!

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 five lessons: "HIDE!", "ESCAPE!", "RUN!", "OVERCOME!", and "Putting it all Together". Each lesson will be taught in the classroom and reinforced with physical activities, journaling, and schoolwide drills.



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!





Lesson 1 **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.)



Lesson 2 **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.)



Lesson 3 **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”?



Lesson 4 **OVERCOME!**

- What does it mean to **OVERCOME**?
- How did you learn to **OVERCOME** an invader?
- How does it feel knowing you can **OVERCOME** dangerous people and situations?
- Do a family scavenger hunt at various places in your community (supermarket, library, etc.) to find items you can use to **OVERCOME**.



Lesson 5 **PUTTING IT ALL TOGETHER**

- Where would you **HIDE** from a dangerous person if you're _____ (at home, a playground, the supermarket, etc.)?
- How could you use H.E.R.O. if you're being bullied?
- How could you use H.E.R.O. if a dangerous person was chasing you?
- How could you **OVERCOME** a dangerous person if you're _____ (at home, a playground, the supermarket, etc.)?