

# How Juliette and Jacob Stay Safe!



Booklet for Children  
3 to 8 years old



missing children's  
network  
Keeping hope alive

Dear Reader,

The Missing Children's Network, in collaboration with Groupe Jean Coutu, is proud to present the following interactive booklet that is designed to help parents, guardians and educators foster their children's safety competence. This book is meant to encourage on-going dialogue between caregivers and their children.

The protagonists of the story are two adorable siblings, Juliette and Jacob, who invite us to join them in their daily activities in which they encounter situations that reinforce basic safety habits, such as the importance of asking permission, trusting one's instincts and the right to say NO!

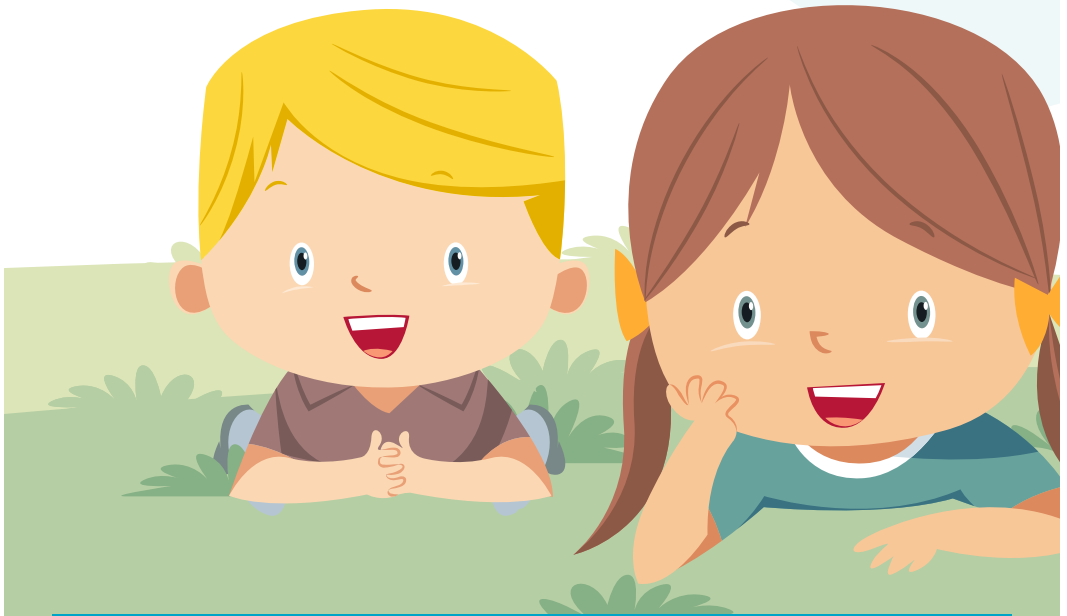
The open-ended questions allow children to develop confidence and critical thinking skills, while the section addressed to parents, provides additional tips to keep the conversation going. Concepts practiced and rehearsed over a period of time increase personal safety in real-life situations.

Happy Reading!



Hello. It's nice to meet you.  
This is Jacob, my little brother,  
and I'm Juliette. I'm 6 1/2 years old.

What about you, what's your name?  
How old are you?



This book belongs to:

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# PARENTS

As a safety precaution, have your child learn their full name and age, as well as the names of their father and mother, so that they don't simply remember their dad's name as... Dad.

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## TIP

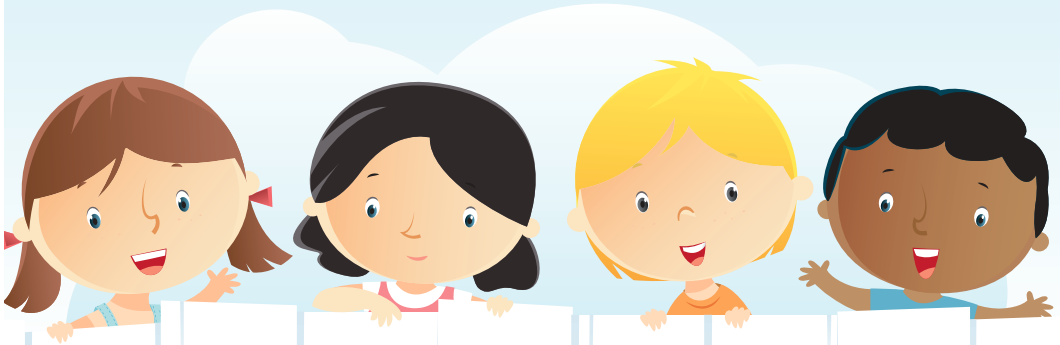
Make up a rhyme using full names. Have fun reciting it during your daily activities, such as driving to school or preparing dinner.

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We live in the city. In our neighbourhood there is a beautiful alley with flowers behind the house. That's where I meet my friends to play ball. There's always a grown-up watching us. Jacob is too small to leave the backyard on his own, so mom or dad have to take him to the alley.



What about you, where do you live?  
Tell me more about it.

# PARENTS

To follow up on the question in the text, have your child describe their house, balcony, yard, etc. so that they can identify it from the street. Teach them their address and phone number as soon as they are old enough to remember the information.

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## TIP

Use a song or a rhyme to help them learn  
their address and phone number.  
Sing it with them often.

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My little brother really enjoys going to the playground. Grandma often takes us there. Since she can't run fast at all, she prefers to sit on a bench and watch us play.

She always says, "My little darlings, don't wander off!"

I've explained to Jacob that we always have to be able to see Grandma with our eyes... even when we're running around all over the place. As she says, it's safer that way! I don't want to lose my Grandma!

**What about you, who goes with you when you play outside?**



# PARENTS

Ask your child the question again, if necessary, and let them talk about it (where they go, when, with whom, etc.). Explain the importance of always asking for permission, never going out alone, always being accompanied, and keeping within eyesight of the person accompanying them.

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## TIP

Have your child name the people  
who usually accompany them  
(e.g. Grandma Louise, Aunt Josie,  
my older brother Daniel, etc.).

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Yesterday, we went to the mall with Daddy to buy Mommy's birthday present. There were so many people...

I remembered Grandma's words: "Little darlings, don't wander off!"... so Jacob and I always looked to see where Daddy was... it's much safer that way! I think Mommy's going to be very happy with her present. It's a big surprise... Shh! Don't tell her!

What about you,  
do you go to places  
where there are a lot  
of people?  
Which ones?



# PARENTS

To follow up on the child's answer to the question, explain what they should do if they get lost in a public place. They should never leave the premises but rather go to the cashier, a security guard, or someone in uniform who can contact mom or dad by phone or have them called over the PA system.

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## TIP

Write down your phone numbers  
(mobile, home, office) on a piece of paper  
and slide it inside the child's pocket or jacket.  
That way they will always be able to reach you.

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Jacob likes getting hugs and kisses from Daddy, Mommy and Grandma too, but he hates getting them from other people... especially from his sister.. “Yuck!” is what he screams every time. Mom says it’s up to Jacob to decide who gets to give him kisses. She also explained to us that if you feel afraid or uncomfortable with someone, you have the right to say so. Well done, Jacob!

When I give my cat lots of kisses, he’s happy.  
I think it’s great!

**What about you,  
do you cuddle your  
favourite stuffed toy  
sometimes?**



# PARENTS

Explain to your child that they have the right to say no to anyone and to any situation in which they feel uncomfortable or afraid. This is why it is important to respect the physical boundaries that a child sets (even with their sister!). This is how they will learn to rely on their internal alarm (their intuition) and know whether they feel okay or not “inside”.

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## TIP

Game: I say yes or I say no (The child answers according to how they feel.)

How to play: You ask them a question and then they ask you one back.

E.g.:

1. Giving kisses to my cat: do I say yes or no?
  2. Giving Grandpa a hug: do I say yes or no?
  3. Sitting on Santa Claus' lap: do I say yes or no?
  4. Holding the hand of someone I don't know: do I say yes or no?
  5. Talking to the cashier at the supermarket: do I say yes or no?
  6. Etc.
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I like going to the market with Mommy and Jacob. There are some people there that we know a little bit and others that we don't know at all. I don't like it very much when people come to talk to me, I'd rather pick out apples with Mommy. Jacob talks to everyone, he always has something to say to them.

Watch out, Jacob, be careful!

Mom has explained to us that it is not a bad thing to be shy or reserved in life. She says that sometimes it is even **MAGICAL**, because it allows us to think before we act. I was right...!

**What about you,  
are you like  
Juliette or like Jacob  
in public places?**



# PARENTS

Explain to your child that in this story Jacob's mother is right. It is better to be reserved and even shy sometimes, because it gives us time to check whether we feel okay or not "inside" before acting.

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## TIP

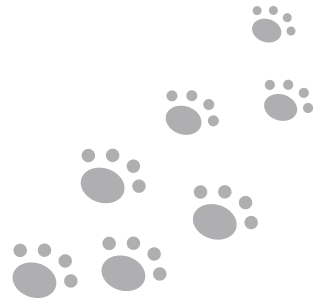
Game: Yes or No. You ask your child a question and they answer.

The discussion is open.

1. I can talk to anyone at the mall: yes no
  2. I can share my troubles and my joys with mom and dad: yes no
  3. I can yell loudly at the library: yes no
  4. I can accept gifts from a stranger: yes no
  5. I can splash everyone at the pool: yes no
  6. Etc.
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Founded in 1985, the Missing Children’s Network is the only non-profit organization in Quebec whose mission is to support and assist families whose child has disappeared. Our staff supports and counsels these families by working collaboratively with law enforcement and government agencies, child welfare organizations, as well as the media.

In addition, the Missing Children’s Network offers comprehensive educational and prevention programs designed especially for children, parents and professionals.

For more information about the Missing Children’s Network’s services and programs, please visit our website: [www.missingchildrensnetwork.ngo](http://www.missingchildrensnetwork.ngo)

**The Jean Coutu Group (PJC)**  
**Major partner of the campaign,**  
*Together for Vigilance*



**Jean Coutu**



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