

Our family outing plan

Ages 6-10 | Fill in together before a public outing

Grown-up: stay with your child during practice. Choose a plan for this venue; move away from immediate danger if needed. This sheet supports supervision, not a guarantee of safety.

Where are we going?

A staffed help point we will identify together:

People we can ask for help here:

Our words: "I cannot find my grown-up. Can you help me?"

Practice: pause in a safe, visible place; call for help; ask an identifiable helper. Do not leave the venue or get into a vehicle with an unfamiliar person.

Grown-up checklist: check the venue procedure; decide a contact backup; explain that asking for help is never getting in trouble. Keep personal contact details private.

A gentle practice conversation

Pretend at home. Never test a child by secretly walking away.

1. Explain the pretend situation

"We are practicing what to say. I am staying right here."

2. Take turns asking for help

One person is the child; the other is staff at a pretend information desk. Practice the sentence on page 1 or point to a prepared card.

3. Keep the plan public and safe

Discuss not going outside or to a car with an unfamiliar person. If someone tries to take the child, call out and seek immediate help.

4. Close with reassurance

"You are not in trouble if we get separated. You can ask for help." Stop if practice becomes upsetting.

One thing we want to practice again:

If a child is actually missing: alert venue staff/security immediately and contact local police or emergency services as appropriate. Follow their instructions; do not delay to complete this sheet.

Source for identifying helpers: NCMEC, KidSmartz (missingkids.org/education/kidsmartz). The rehearsal and worksheet are original LifeQuest activities, not NCMEC materials or an endorsement.