

*Safety Guidebook
for Parents and Children*



My school name	
My name	

Saitama Prefectural Police Headquarters

Introduction

We really hope that you can live your life in a safe and secure society.

That's why we made this guidebook.



Saitama Police

Final message

To make a safe society, your cooperation and effort are necessary.

We made this handbook to provide an opportunity for parents and children to talk about crime prevention and traffic safety.

May each day be a safe day!

Saitama Police

My nearest police station is :

_____ Police Station

The telephone number is :

My nearest police box is :

_____ Police Box

The telephone number is :

FAMILY CHECKLIST

Food and Clothing			
Water (3L per person is needed)		Food (for 3 days)	
Retort pouch food		Canned food	
Clothing		Underwear	
Milk powder/ Feeding bottles		Rain gear	
Disposable diapers		Towels or Blankets	
Necessary Items for Safety			
Medical supplies for emergency		Medicines kept at home	
Cotton work gloves, Flu masks		Shoes, Socks	
Helmets or hats			
Valuables			
Cash (and coins)		IDs, Bankbooks etc.	
Handy Items to Have			
Boxes of matches or Cigarette lighters		Portable radio, Spare batteries	
Flashlights, Candles		Pens or Pencils, Memos	
Wet wipes		Plastic sheets	
Plastic bags		Packing tape	
Sleeping bags		Portable stove, Toys	

Table of contents

1. Tips to keep you safe from crime	3
• Five rules	3
• Preventing bicycle theft	6
2. Road safety rules	7
• How to cross the road safely	7
• How to ride your bicycle safely	8
• You need a license to drive a vehicle	10
3. How to call 110.	11
4. Let's follow the rules!	12
• Theft	12
• Assault, bodily injury and property damage	13
• Alcohol, cigarettes and illegal substances such as stimulants	14
• Be careful using email on your cell phone or the Internet!	15
5. Lost and found items	17
• What you should do	17
6. Tips on Reducing Earthquake Damage	18
• Checklist	19

1. Tips to keep you safe from crime

~Five rules~

Beware of strangers!



Do not go with anyone you don't know.

Don't get in a stranger's car!



Do not get in a car with anyone you don't know.

6. Tips on Reducing Earthquake Damage (Protecting yourself from a big earthquake)

○ Daily Preparation

- **Stock food & water in case of emergency**
- **Secure furniture**
- **Valuables should be kept where you can get them easily**
- **Discuss and confirm contact numbers, place of evacuation, route to get there with your family**

○ If earthquake occurs...

[Inside the house]

- **Get under the table or protect your head with a cushion,**
- **Move away from wardrobes and furniture,**
- **Do NOT rush out of the house,**
- **Do NOT try to turn off the cooking range while the house is shaking,**

[Outside the house]

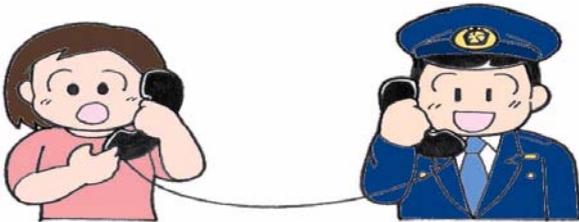
- **Protect your head with your bag & arms,**
- **Move away from concrete block walls or vending machines,**



5. Lost and found items

When you have found some lost property or you have lost something :

- Please report it to a police station or police box.
- In the case of a lost item, you can report it to a police or police box by phone.
- You can report it 24 hours a day.
- Children as well as adults can call or visit the police.



17

Shout out for help!



If you are in trouble, cry out for help in a loud voice.

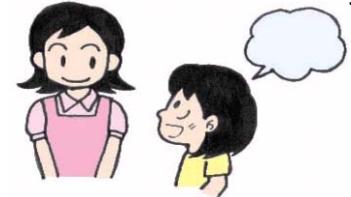
(If you have a security alarm, use it.)

Run away!



If you feel scared of a strange person, run away and get help from nearby adults!

Tell someone!



If you see a crime, tell someone in your family what you saw.

4

To parents

To keep your children safe from crime, it is important to constantly tell them that they have to look out for themselves as much as possible.

<The most dangerous times and places>

- Children are spoken to by strangers mostly between 3 PM and 6 PM.
- Places where children should not stay by themselves:
 - Shady areas behind bushes, stairways, roof tops, landings of stairways
 - Parking lots, bicycle parking lots
 - Public toilets

To parents

Why not consult the Juvenile Support Center?

To help raise juveniles as responsible individuals, we at Saitama Prefectural Police Headquarters have been stepping up our efforts to help young people and their parents with personal problems.

The Juvenile Support Center offers a consultation service to young people and their parents, in cases of juvenile delinquency, domestic violence, bullying, or crimes. Please feel free to use this service.

Consultation service is provided only in Japanese.

- Office Hours
 - Monday - Friday (Except for National Holidays)
8:30 AM to 5:15 PM
- Consultation is also accepted at police stations.

Juvenile consultation/counseling for parents and children

Please call 048-865-4152.

The hotline for young people

Please call 048-861-1152.

Online information website concerning suspicious people

<http://www.police.pref.saitama.lg.jp/>



Be careful using email on your cell phone or the Internet!

Please forward this mail to 7 girls!
Otherwise, something bad will happen to you.

It must be a chain mail!

Ignore this kind of e-mails!!

Ignore any e-mails you don't recognize!

Do not give out your name, address, phone number!

- Don't respond to any mail from a stranger.
- Don't give your name, address, phone number, or email address.
- Don't send your picture by mail.
- Don't write nasty things about people on Internet bulletin boards.
- Don't give out another person's email address without permission.

Preventing Bicycle Theft

Let's go for a ride with double locking!!

There are bicycles with locks which could be easily stolen and others that are difficult to steal. Please protect your bicycle by using a "Cylinder Key" type lock or "Dimple Key" type lock with a wire lock (double locking).

Also, be sure to lock your bicycle even when you are away for a short time.

Easily stolen key

Difficult to be stolen key



"Press Key" Type

"Cylinder Key" Type

"Dimple Key"

2. Road safety rules

How to cross the road :

- *Stop*

Be sure to stop before you cross the road.

- *Look both ways*

Confirm your safety by looking right and left.

- *Wait*

Be sure to wait until all vehicles or motorbikes pass by.

- *Check again*

Be sure to double check there are no vehicles or motorbikes coming.

- Alcohol
- Cigarettes
- Illegal drugs



Don't possess or buy these things!



Assault

Bodily Injury

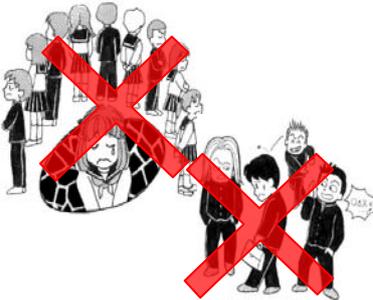
~Do not physically abuse or hurt another person.



Property Damage



Do not bully or say something that will hurt others.

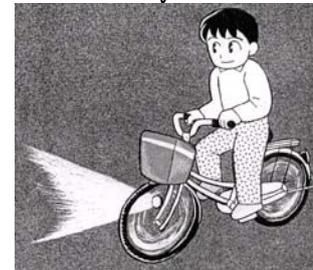


How to ride your bicycle safely



Do not run out onto the road!!

Do not carry a passenger on your bicycle!!



Be sure to turn on your light at night.

To parents

Instructions when riding a bicycle

- Cyclists are expected to travel on the left side of the roadway.
- Cyclists can travel along the sidewalk if there is a bicycle zone inside the sidewalk.
- Small children/school students under the age of 13, those over the age of 70, those who are physically disabled and have difficulty travelling along the roadway can cycle on the sidewalk.
- Pedestrians have priority over cyclists on the sidewalk, and cyclists must travel slowly along the area near the roadway. If there is a possibility of hindering the passage of the pedestrians, cyclists must stop.
- The following things are prohibited :
 - Drink driving
 - Carrying a passenger
 - Riding two or more abreast
- Be sure to turn on the light at night.
- Be sure to make a full stop at a stop sign. Cyclists must stop at a stop sign at an intersection.
- Using an umbrella or a cell phone while riding a bicycle is prohibited.

4. Let's follow the rules!

~Courage not to do these things~

Theft

~Do not steal someone else's belongings!



Don't steal bicycles!



Don't shoplift!

You need a license to drive a vehicle.

- When you turn 16 years old :
 - You are eligible to take a license test for a motorcycle with an engine capacity from 50cc to 400cc.
- When you turn 18 years old :
 - You are eligible to take a license test for a car or large motorcycle with an engine capacity of more than 400cc.



To parents - make sure your children know!

IF YOU DRIVE WITHOUT A VALID LICENSE...

It is a violation of the Road and Traffic Law.

The violation carries imprisonment with labor up to 1 year or a fine of up to 300,000 yen.

👉 If you drive without a valid license, you may not be able to take a license test or even if you pass the test, you may not be able to obtain a driver's license.

3. How to call 110

110 is an emergency police telephone number called by people who got involved in an accident/incident or who have seen or heard about the accident/incident.

👉 What to Say When You Call 110

★ First of all, stay calm and state the following:

- What occurred
- Where it occurred
- When it occurred
- If you saw the person who did it, what they looked like.
- Situation of the accident/incident scene
- If anyone is hurt
- Your name, address and telephone number