

## Tracks to Transition: Tips for Leaving your Teen Home Alone.

Sometimes your teen may need to stay home alone for a short time. Here are some tips and things to talk with them about when you leave them home alone.

- Don't answer the door unless they are sure who is there. Use a peep hole or look out the window to check.
- Don't use a hot oven, stove, or microwave unless they are allowed and know how. Remind them they can get burned!
- Lock all the doors. If you have one, turn on the alarm if your teen knows how.
- Turn lights on outside the house at night.
- Don't tell anyone they are home alone.
- Keep your daily activities the same.
- Have a phone number to call a parent, friend, or neighbor if you need help.
- Know where to find a fire extinguisher and how to use it if there is a small fire.
- Know how to get out of the house and where to go in an emergency.