

Twenty-one missions taught your kid what to do. Conversations are what keep it.

This guide is one page per week — a question or two for every mission, built for the car, the dinner table, the walk to school. No prep, no lecture, ninety seconds.

THE THREE RULES

- 1 It's a chat, not a test.**
A wrong answer isn't a failure — it's the exact spot worth one more look. React with interest, never alarm.
- 2 Listen longer than feels natural.**
Let them finish before you coach. The pause after their answer is where the real stuff comes out.
- 3 Praise the tell, every time.**
Whenever your child brings you something uncomfortable — from these questions or from real life — the first words are: *"I'm glad you told me."* Everything else comes second.

THE RHYTHM One question, once or twice a week, forever — beats a safety lecture once a month. And twice a year (start of school, start of summer), re-run your Family Safety Plan from page 119 of the book.

WORTH SAYING OUT LOUD ONCE A MONTH, FOREVER

"You will never be in trouble for saying no, leaving, or telling me anything."



WEEK 1 — SEE IT

noticing early

DAY 1 — Your Body Knows First

"When did your body's alarm last go off — tight tummy, prickly neck? What did it turn out to be?"

DAY 2 — Read the Room Like a Detective

Anywhere you happen to be: "Ten-second check — if we had to leave fast, where's the exit? Who works here?"

DAY 3 — Safety Beats Politeness

"What's something that feels rude but is actually the safe thing to do?"

DAY 4 — Grown-Ups Don't Ask Kids for Help

"A grown-up in a parking lot asks you to help find their puppy. What's happening? What do you do?"

DAY 5 — Secrets Have an Expiry Date

"What's the difference between a surprise and a secret? Give me one of each."

DAY 6 — The Street Goes Through Your Screen

"Your online teammate of three months asks which school you go to. What do you do — and why?"

BOSS CHECK "Which Week 1 red flag do you think most kids would miss?"



WEEK 2 — SAY IT & DO IT

words and moves

DAY 8 — "No" Is a Complete Sentence

"Tell me no — full power, no excuse attached. (Did that feel rude? It wasn't.)"

DAY 9 — Real Friends Take No for an Answer

"How does a real friend act when you say no to a dare? How does a not-really-friend act?"

DAY 10 — The Lost Kid Plan

In any store: "We just got separated. What are your three steps?"

Freeze in a safe spot — Look — Ask.

DAY 11 — The Door Stays Closed

"You're home alone. Doorbell: 'Delivery — I need a signature!' Say your line."

"Leave it by the door, thanks." Door stays closed.

DAY 12 — The Secret Chat Test

"Compliments, little gifts, 'just between us,' personal questions — what is that? And what are your three moves?"

The pattern → stop, screenshot, show.

DAY 13 — Once It's Out, It's Out

"Before a photo goes online, what three things do you check?"

Place, name, face.

BOSS CHECK "Which words do you know by heart now? Prove it."



WEEK 3 — OWN IT

confidence and systems

DAY 15 — Telling Isn't Tattling

"What's the difference between tattling and telling?"

Tattling gets someone IN trouble. Telling gets someone OUT.

DAY 16 — The 911 Script

"First two things you tell 911?" · "Quiz me too — do I know our address cold?"

WHERE, WHAT — then listen and stay on the line.

DAY 17 — Your Body, Your Rules

"Who's allowed to change your body rules?" · "And if a game stops being fun and someone won't stop?"

Nobody. · Say STOP. Tell. Never your fault.

DAY 18 — Your Safe Team and the Code Word

"Name your whole Safe Team from memory." · "Someone says 'your mom sent me' — no code word. What happens?"

No code word, no ride — check first.

DAY 19 — The Ripple Effect

"Which rule would you teach a younger kid first? Teach it to me right now."

DAY 20 — Mission: Family Safety Plan

Flip it: "Quiz ME. Where do we meet if there's a fire? Who's on the Safe Team?"

Them catching your mistakes is the plan working.

DAY 21 AND EVERY DAY AFTER

"What would Day-1 you have done there? What would you do now?" — ask it after anything: a movie scene, a news story, something at school. Their answer is the whole book, working.

KEEP IT ALIVE

- ★ one question a week from any page
- ★ code word said out loud once a month (leaked or used? new word that night)
- ★ Safety Plan re-run at start of school and start of summer
- ★ the poster on the bonus page, for the next kid in your house