

CHECKLIST FOR SAFER SLEEPOVERS

You might think eliminating sleepovers altogether is a fail-safe way of preventing abuse that might take place while your children are away from home. But sleepovers are one of the exciting joys of childhood and can lead to many positive growth opportunities for your children.

So what can we do to help make them safer?

Below are some questions to ask yourself before the next sleepover.



- ☐ What does your gut say? Usually your gut reaction is correct. Pay attention to it.
- ☐ Is your kid “ready?” Have they been away from home overnight before? How old are they?
- ☐ How well do you know this family?
- ☐ What kind of adult supervision will there be & who else will be present?
- ☐ What is their household like? Does the house itself seem safe? What are the sleeping arrangements?
- ☐ Can you talk with the parent(s) about any concerns or needs? If you can't, consider this a negative on the gut-check meter.
- ☐ What are your hard & fast rules? (Spoiler: ‘No uninterpretable one-on-one situations with adults or other children’ should be one of them.)
- ☐ What safety & comfort contingencies can you put in place? Talk to your kids about different scenarios to help them feel comfortable with facing the unforeseen.
- ☐ What check-in points can you put into the mix? Maybe a call or text before bedtime? Are drop-ins okay?