

Letting rangatahi stay home alone

Practical tips for parents
and caregivers



01 Are they ready?

Are they mature enough to make safe decisions on their own?

THEY MUST:

- be over the age of 14
- be able to follow rules
- be able to manage basic tasks
- know when to ask for help

02 Can they get help?

Who can they contact if something goes wrong?

MAKE SURE THEY KNOW:

- how to contact you
- who they can call if you're unavailable
- how to call 111 in an emergency
- where they can go if they need help

03 How do they feel about it?

Do they feel safe and comfortable being home alone?

A young person shouldn't feel pressured to stay home alone simply because they're old enough. Ask them how they feel - and take their answer seriously.

04 Who are they responsible for?

Are they being left responsible for younger children?

CONSIDER:

- the ages and needs of the younger child/ren
- how long they'll be alone
- whether they feel comfortable taking responsibility



Before you leave,
make sure they know:

- | | |
|---|--|
| ☐ How to contact you | ☐ What to do if someone comes to the door |
| ☐ Who else they can contact for help | ☐ What they are and aren't allowed to do |
| ☐ What to do in an emergency | |
| ☐ Where the first aid kit is | |

If in doubt - don't go out!