



Where did the tradition of Halloween come from?

Long ago an ancient tribe people called the Celts believed in ghosts, goblins, demons, and trolls. They thought all these spirits appeared on the last night of the year.

To protect themselves on this night, the Celts put on disguises to look like spirits. They hoped one ghost wouldn't hurt another. To get on the spirit's good side, the Celts also offered them treats to eat.

Today, we know ghosts, goblins, demons and trolls don't exist. But many of us still continue the tradition of the Celts by dressing up to scare away the spirits on that special night – Halloween!

Most of us look forward to Halloween. And while the only Ghosts and Goblins we meet will be our friends in disguise, it's still important to take safety precautions during the evening. Discuss the safety tips with your parents before you go Trick-or-Treating. Please use the safety tips you have learned and have a safe and fun Halloween night!



Halifax Regional Police
1975 Gottingen Street
Halifax, NS B3J 2H1

To Report an Emergency or
Crime-in-Progress call:
911

Non-Emergency
902-490-5020

General Inquiries
902-490-5016

Community Offices

Central Division
(Peninsular Halifax)
902-490-5686

West Division
(Mainland Halifax/Bedford)
902-490-5200

East Division
(Dartmouth)
902-490-5171



*Working together to keep our
communities safe*

Halloween Safety

For more information:

Halifax Regional Police
Community Relations / Crime Prevention
902-490-6977

<https://www.halifax.ca/fire-police/police>

How to Have a Safe Halloween

Although Halloween is a fun time for young people, sometimes cruel tricks can be played on them. For this reason, Halifax Regional Police ask parents and teachers to teach children Halloween safety habits at Halloween time.

The Top Ten Trick-or-Treat Safety Rules

1. Be Safe - carry a flashlight so you can see in the dark and be better seen.
2. Trick-or-Treat on one side of the street, then the other.
3. Go with a parent or another responsible adult.
4. Discuss your route and the time you will be home with your parents.
5. Never go inside a strange house, apartment or car.
6. Have a parent check your treats before you eat any. Remember to have a snack or meal before you go out.
7. Know the Block: Parent homes in your area in case you get frightened, lost or hurt.
8. Don't take short cuts through backyards, alleys, or parks.
9. Older children should never Trick-or-Treat alone. Have at least two "buddies" together for the entire evening.
10. Cross the street only at the street corners; never between parked cars, never diagonally across an intersection.



Costumes

1. If you're wearing a costume, make sure it's light-coloured and flame resistant. Tell your parents to use retro-reflective tape so drivers can see you better.
2. Make-up is better than a mask. A mask with small holes makes it hard to see.
3. If you do wear a mask, make sure that it doesn't restrict your vision and has adequate breathing holes.
4. Wear a short costume so you don't trip. Do not ride a bike, your costume might get caught in the spokes.
5. You should have at least one hand free at all times to avoid injury in case you fall.



Remember...

- ◆ Trick-or-Treat in Groups
- ◆ Beware of Strange Goblins
- ◆ Wear Weird Shiny Costumes
- ◆ Check your Treats Before You Gobble



Mmmmmmm...Candy!

1. Do not eat any candy, food or drink anything until you arrive home and have it inspected by your parents.
2. Accept only professionally wrapped candy. Discard all candy that is not wrapped and any that appear to have been opened.

What Mom and Dad can do to Make Halloween Safe

1. Welcome Trick-or-Treaters with your porch lights on.
2. Patrol your street occasionally to discourage speeding motorists and acts of mischief.
3. Set a time limit for your children to Trick-or-Treat. An adult should accompany children under 8 years old.
4. Report any suspicious or unusual activity to police.

