

Primary Health & Safety:
I Can Be Safe

Teacher's Guide

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Primary Health & Safety: I Can Be Safe

Time: 13 minutes

PROGRAM OVERVIEW

Intended Audience and Uses

This video is intended to be used with youngsters, ages 6-9. The program contains safety information most commonly studied in primary-level health, guidance and safety curricula. As a special feature, it incorporates an “interactive clock” that encourages children to think ahead to possible consequences of unsafe behavior.

Program Synopsis

Rick is rushed to Dr. Traina’s office, the result of an accident on his bicycle. Rick wasn’t paying attention and slammed into a mail box. To make matters worse, he wasn’t wearing his helmet. Viewers learn that paying

attention to one's surroundings and following the safety rules are two of the best ways to avoid injury. The program then discusses bicycle safety in detail, cautioning against side-by-side riding, encouraging children to ride bikes that are the correct size and that have been checked for mechanical defects. Viewers also are encouraged to use hand signals. Automobile safety is covered next. Buckling up and maintaining proper decorum are encouraged. School bus safety is also covered. The video then moves on to playground safety, illustrating safe and unsafe behavior on playground equipment. Skate and skateboard safety are discussed next, followed by animal safety. The program then shows what to do when a child is confronted with "stranger danger." The second part of the video discusses safety at home – primarily in the bathroom and kitchen. Proper uses of electricity and electrical appliances are shown, and planning for emergencies is discussed. The last part of the program illustrates how to be safe when you're home alone.

STUDENT OBJECTIVES

After viewing this video and participating in the suggested activities, students should be able to do the following:

1. Tell five ways a person can be safe when riding a bicycle.
2. Explain why it's important to wear one's seat belt and to refrain from horsing around in the car and school bus.
3. Name at least three ways to avoid injuries on the playground.

4. Tell why it's important to be cautious around animals.
5. Demonstrate what to do when a stranger tries to talk to you.
6. Name three ways to be safe in the bathroom.
7. Name four ways to be safe in the kitchen.
8. Draw a home emergency exit plan.
9. Make a list of emergency phone numbers.
10. Tell three ways to be safe when home alone.

SUGGESTED LESSON PLAN

1. Introduction

Ask the members of your class if anyone has ever been injured. If so, how did the injury take place? Could the injury have been prevented? If so, how? Explain that while some injuries cannot be avoided, many can be prevented by being careful. Has anyone ever avoided being hurt by being careful? Discuss ways of being careful when crossing the street. Be certain that your students understand they must look left, then right, then left again before crossing. Are there streets in your neighborhood that are too busy to cross safely? Duplicate and hand out "*Crossing the Street Safely*." Have your students complete and discuss this handout as a class exercise.

2. Previewing Activities

Because there is a great deal of information in this program, you may find it beneficial to show it in two sessions. The first half of the program deals with safety *outside* the home (bicycle, car and school bus, playground, skate and skateboard, animals and “stranger danger”); the second half deals with safety *in* the home (bathroom, kitchen, fire prevention, emergency planning, and what to do when home alone).

Tell your students that crossing the street carefully is only one way in which we need to act safely. There are many other ways, and they are now going to see a video that explains how to act safely on a bike, on playground equipment, in parks and neighborhoods and in your home. Write on the chalkboard, How to Act Safely Outside

- *On a bike*
- *In a car and school bus*
- *On the playground*
- *In your neighborhood*
- *When you're near an animal*
- *When a stranger tries to talk to you*

Tell the class that the first part of the program discusses each of these topics, and that after the video is shown, everyone should be able to discuss how to act safely in these situations. Mention also that the program asks the audience to think about *what might happen* when a person acts in an unsafe way. Tell your students that thinking ahead to *what might happen* is a very important part of acting safely. After you've finished the first half of the program, discuss, as indicated in the next section of this guide, the major concepts presented. Then write on the

chalkboard, How to Act Safely in Your Home

- *In the bathroom*
- *In the kitchen*
- *How to plan for a fire emergency*
- *What to do if a fire breaks out*
- *What to do when you're home alone*

Tell your students that the next part of the program discusses how to be safe in the listed places and situations. Mention that they should again think about ***what might happen*** when the little clock appears on the screen. And, when the video is done, they should be able to tell how to act safely when they're at home.

3. Post-viewing Activities

Discuss each of the items listed on the chalkboard (see Previewing Activities, above). Make certain that your students know the ways to behave safely in each place and situation. Hand out "***What Might Happen***," which reinforces the habit of thinking of possible consequences of unsafe behavior. Have your students complete this handout as a class exercise and discuss each situation as needed. Then hand out "***Guns Are NOT Safe***." Regardless of your community's prevailing views on guns, no child should ever, under any circumstances, play with firearms. You might also mention the dangers of firecrackers. Help your class understand the extreme dangers of firearms and the dangers of firecrackers. Next, pass out "***My Emergency Exit Plan***" and "***My Emergency Phone Numbers***." Have your students take these handouts home so they can complete the information with the adult(s) in their households. Pass out "***Weather Emergencies***." Read aloud and discuss the appropriate items with your students. Next, pass out "***Stranger Danger***." Read aloud and discuss, as you deem

appropriate. Have your students play-act possible “stranger danger” situations, and have children demonstrate the proper way to run from strangers. Finally, pass out “*If You Are Lost*.” Discuss as needed. If your community has an “Officer Friendly” program, invite “Officer Friendly” to give a “Stranger Danger” presentation to your class. Does your local fire department have a fire safety presentation for youngsters? If so, you may consider using it as part of your safety unit.

PURPOSES OF HANDOUT MATERIAL

Crossing the Street Safely – Encourages students to think seriously about safety and helps them understand safe ways to cross the street

What Might Happen? – Reinforces the habit of thinking about the consequences of unsafe behavior

Guns Are NOT Safe – Stresses the dangers of handling firearms

My Emergency Exit Plan – Encourages formulation of a home emergency exit plan

My Emergency Phone Numbers – Provides a way for children to find and memorize emergency phone numbers

Weather Emergencies – Helps students know what to do during a weather emergency

Stranger Danger – Reinforces and extends the program’s information

If You Are Lost – Explains what to do if one becomes lost

ANSWER KEY

What Might Happen? – 1. You might be hit by a car (or another vehicle). 2. You may be shot. 3. You may be kidnapped. 4. You may be injured. 5. Your parents may be worried about your safety; they won't know when to start looking for you, etc.

Guns Are NOT Safe! – You should not touch. Go home immediately because guns are much too dangerous to handle.

TRANSCRIPT OF THE VIDEO

NARRATOR: Can you believe it? It's the third time this month that Rick has had to be rushed to Dr. Traina's office!

RECEPTIONIST: Wow, Rick! You've got a real bump there! What happened?

RICK: I was on my bike and ran into a mail box! It hurts a lot!

RECEPTIONIST: I bet! Have a seat for just a sec. I'll go get Dr. Traina.

RICK: Okay.

NARRATOR: When people get hurt, they often fail to act safely, whether it's at school, at home, or in their neighborhood.

Often, as Rick found out, safety is just paying attention - being aware of objects you can bump into or things that can hurt you if you're not careful!

FRIEND: Watch out! You're going to hit the mail box!

NARRATOR: Other times, acting safely means asking what might happen when you act in a certain way.

Still other times, being safe means obeying safety rules. For instance, if Rick had worn a helmet, as the safety rules state, he probably wouldn't have been hurt so badly!

Of course, there are many other safety rules for bike riding. When you're riding with others, for example, everyone should ride single file.

Riding side-by-side is dangerous because it takes up too much space, making it easy to swerve off course, or bump into each other.

Next, you should ride only a bike that's the right size for you. Think about what might happen if you don't.

Well, anybody who rides a bike that's too small - like this person is doing - is just asking for trouble because it's too hard to control an incorrectly-sized bike.

And this is what could happen!

Moreover, if your bike has something wrong with it, such as worn brakes, it's not safe. You won't stop when you need to!

So you should take in your bike for check-ups from time to time to have any possible problems taken care of.

And always remember, if you're not wearing a helmet, you're putting yourself in danger. In fact, wearing a bike helmet is the law in most states.

There are many other laws for bike riders, particularly those old enough to ride on the street.

One is riding in the same direction as the traffic.

Another is giving proper hand signals. Anyone old enough to bike ride on the street should practice all safety rules.

Safety on the go not only is for people on bikes, of course.

It's also for people in cars. Practically everybody knows to buckle up - it's the law.

But did you know that horsing around in the car can be dangerous?

Well, it can! Just think about what could happen.

MOM: Stop it!

NARRATOR: Well, if the driver has to pull her attention away from the road, she can't see possible problems coming up!

See what I mean? Behaving in the car is important to safety and it's important on the school bus, too.

Sitting quietly helps you get to and from school without any mishaps.

Then there's the matter of safety in parks and on playgrounds. If you're

near the swings, be sure to stay on the side, or far enough away so you won't be hit.

Being respectful on the playground is important, too.

Pushing, shoving and using equipment incorrectly can - well, think about it. What might happen? This!

CHILD: My knee!

NARRATOR: In fact, no matter what kind of playground equipment you use, it's a good idea to be careful and not goof off on them because horsing around on the playground is a good way to get hurt - even if there's sand or special padding on the ground to prevent injuries!

Speaking of special equipment, if you roller-blade or use a skateboard, wearing a helmet, as well as elbow guards and knee pads, will serve you well if and when you have a spill!

They may even prevent a visit to the emergency room! Another way to keep away from the hospital is to avoid animals - even those that are on leashes and look cute and cuddly.

You see, animals can be startled unexpectedly, and then can bite and scratch - sometimes seriously. That's true of pets, and even more true of wild animals, such as geese and squirrels. No child should ever try to touch or play with a wild animal.

Nor should any child talk to a stranger, even someone who looks very nice, or reminds you of your grandfather or uncle or aunt.

MAN: Would you like some candy? I bought it for my grandson, and there's some left over.

NARRATOR: Never accept candy from a stranger. Just turn and run away from any stranger who tries to talk to you...

MAN: I know your mom and dad!

NARRATOR: ... no matter what he or she says.

That's true in the park, on the playground or anywhere else.

WOMAN: Can you girls come here for a minute? Come here! I want to ask you something.

GIRL: Let's go!

WOMAN: No, no! Come back!

NARRATOR: Don't stop! Just run away!

Your home can be the safest place there is -- if you know how to act safely in it.

That depends on where you are in your home, of course.

In the bathroom, where most people keep medicine, you can be safe by never taking medicine unless your dad or mom -- or other responsible adult - is there with you. Adults know when and how the medicine should be taken.

And they know that medicines, when taken incorrectly, can be very dangerous.

Adults also know that if the water's too hot when you take a bath or shower, you could be seriously burned.

By the way, it's a good idea to have a mat or non-slip paste-ons in your bathtub or shower stall to prevent slips and falls.

And electrical appliances should always be kept far away from the tub or shower. Do you know why? Well, if they should fall in the water, the electricity will come out of the appliance and shock you! The electricity

will go into your body and probably will kill you!

Besides the bathroom, the kitchen is another place where it's wise to be careful with electricity.

Overloaded circuits can be very dangerous because they can overheat and start fires.

Cut, frayed and broken cords are dangerous, too. They can shock you if you touch them, and, as with overloaded circuits, they can start fires.

Long electrical cords aren't very safe, either. Think what might happen if one is between you and what you want. Right!

It's just too easy to catch your arm or hand on it, and pull the appliance onto the floor!

There are other things in the kitchen that require caution. The stove is one of them. If there's a pot or pan on a burner and someone wants to check on what's inside the cover should be taken off slowly, facing away from you, so the steam won't rush into your face and possibly burn you.

Long sleeves should be rolled up, and loose-fitting clothes avoided if you're going to be near an open-flame appliance because loose clothing can catch fire on the flames.

Of course, every home should have a fire extinguisher in case a fire breaks out. One or more smoke alarms is something else every home should have.

Smoke alarms and fire extinguishers are all part of something very important to safety: planning ahead for emergencies. For instance, an exit plan should be made, in case there's a fire in your home.

Every person should know exactly how to get outside. And he should know what to do before leaving a room, too.

Touching the door to make certain flames aren't right outside is important. If they are, you'll have to get out another way.

Crawling beneath the smoke, which you can practice, can be a good way to get outside when your house is on fire. Smoke is just as dangerous as fire.

Of course, it's always a good idea to know how to phone quickly for help. Some phones have speed dials and you should know which buttons are for emergency use, such as 9-1-1.

Emergency phone numbers should be placed by your phone if it doesn't have speed dialing. Better yet, you could memorize emergency numbers. It's easy if your community uses 9-1-1.

It's especially important to know emergency numbers if your parents work, and you're alone after school. But there are other things you can do, as well, to be safe.

CHILD: Extension 432. Hi, Mom. Yeah, I'm home. School was good today.

NARRATOR: Calling a parent or another trusted adult every day when you get home lets him or her know you arrived safely.

It's a good idea to lock all the doors and windows, too.

CHILD: Can I help you?

PLUMBER: I'm here to check the plumbing. There's a sewer problem in the area.

CHILD: My mom is sleeping right now and I'm not supposed to wake her up.

PLUMBER: Okay, I'll come back later.

NARRATOR: And, of course, you should never - ever - let a stranger in the house, no matter what he or she says!

Jeff's response - that his mom was home (even though she really wasn't) is exactly the right thing to say. You should never let a stranger know that you're alone, whether that person is at the door or on the phone.

JEFF: Hello, Williams' residence.

JEFF: Jeff speaking. She's in the shower right now. Can I take a message? Well, you'll have to call later, then. Bye.

NARRATOR: Again, Jeff has said the right thing.

In short, then, safety is knowing what to do - on the sidewalks and streets of your neighborhood, on the playground, in the park and in the car.

Being safe means staying away from people you don't know, no matter how friendly they may appear, and no matter what they may say.

You can be safe by planning ahead for emergencies, too, so you'll know where to go and what to do in case there's a fire.

Safety means just being cautious - having things around that will warn you of a problem and knowing how to get help quickly if you need it.

Finally, you can be safe by never using electrical appliances near water, by being careful in the kitchen and by never taking medicine unless there's an adult present.

Most of all, you can be safe by simply paying attention to what's going on around you, avoiding anything that could cause harm - and perhaps most importantly, by thinking about what might happen!

OTHER PROGRAMS IN THIS SERIES

GERMS & DISEASE
FEELING GOOD WITH GOOD HYGIENE

Web Resources

Dueling Modems Emergency Internet Links

<http://emergency.dm.emlinks.html>

Links to government and other organizations whose web sites offer information on safe conduct before, during and after natural and man-made disasters.

Three Little Sheep

<http://www.talewins.com/3sheep.htm>

Gary Adam's "Stranger Danger"
story for very young children

Ten Home Fire Safety Tips

http://www.hollywoodfl.org/frtip_f2.htm

Ten excellent illustrated tips regarding home fire safety

Home Safety Tips

<http://www.farmersinsurance.com/fi3260.html>

A first-rate commercial site gives clear, precise home safety tips.

Bicycle Safety Tips

<http://www.ci.austin.tx.us/bicycle/pwbisafe.htm>

Excellent, illustrated guidelines for bicycle safety

CROSSING THE STREET SAFELY

Directions: Do you cross streets safely? Check the boxes below to see if you do. If you check all the boxes "YES," you are a safe crosser.



When I walk to and from school, I always cross where there is a crossing guard.

YES NO

I always cross at the corner, never in the middle of the street.

YES NO

I always look left, then right, then left again before I cross.

YES NO

I never run into the street.

YES NO

I never cross streets I'm not allowed to cross.

YES NO

WHAT MIGHT HAPPEN?

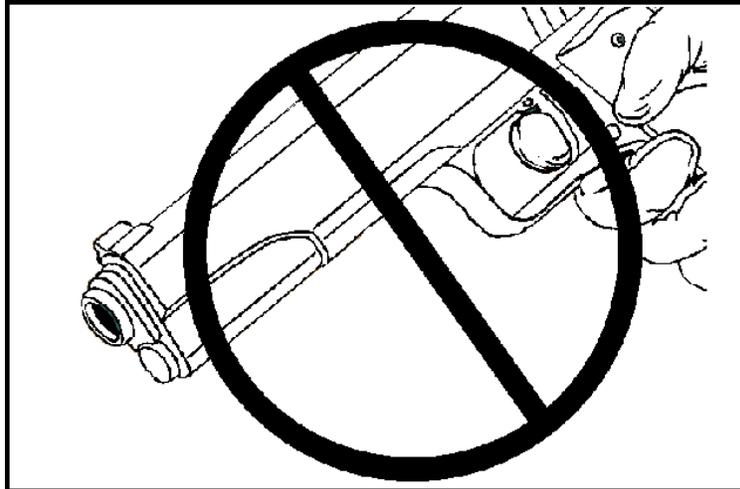


Directions: In the video, whenever you saw an alarm clock, you were asked, “What might happen?” When people act safely, they ask themselves what might happen, before they do something. Below, tell what might happen.

- 1. You run into the street.**
- 2. You play with a gun.**
- 3. You talk to a stranger.**
- 4. You ride a bike that’s too small for you.**
- 5. You don’t tell your father or mother where you’re going or when you’ll return.**

GUNS ARE NOT SAFE!

Directions: Read the article about guns. Then answer the question in the box.



Guns are very dangerous. Bullets from guns kill many children every year. Sometimes children play with a gun. They think there aren't any bullets in it. They think the gun is safe. But sometimes there are bullets in the gun. It is hard to be sure. The gun goes off, and a child is seriously hurt or killed.

You are at a friend's house. Your friend opens a drawer and shows you his father's gun. He says, "There are no bullets in the gun. Let's play with it." Would you (1) play with the gun? or (2) go home immediately? Tell why.

Name _____

MY EMERGENCY EXIT PLAN



Dear Parent: We are studying safety in our class. As part of this unit, we are asking each child to make an emergency exit plan in case there is a fire in his or her home. Would you please draw a simple floor plan of your home, and draw arrows from your child's room to show where he or she should go in case of a fire emergency? Be sure to designate a "meeting place" outside.

FIRST FLOOR

SECOND FLOOR (IF NECESSARY)

Name _____

MY EMERGENCY PHONE NUMBERS



Dear Parent: We are studying safety in our class. As part of this unit, we are asking each child to make a list of emergency phone numbers. We would like you to discuss with your child each person and agency listed, and encourage him or her to memorize as many of the numbers as possible. Placing these numbers near each phone will ensure that they will be available in case of an emergency.

Fire _____

Police _____

Ambulance _____

Mom (day) _____

Dad (day) _____

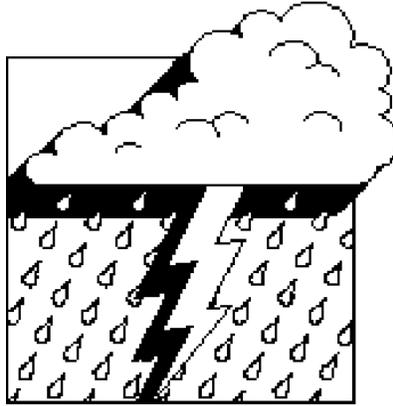
Doctor _____

Poison Control Center..... _____

Our neighbor..... _____

Our neighbor..... _____

WEATHER EMERGENCIES



What to Do in Weather Emergencies

HURRICANES

- Go with your family to a shelter if the police say you must go.
- Stay away from windows and doors, even if they're covered.
- If you're in a two-story house, go to a room without windows, on the first floor.
- If you're in a building with more than one story, go to a first-floor hallway.
- Lie on the floor beneath a sturdy table or another sturdy object.

TORNADOES

- Stay inside.
- Go to your basement, if you have one. Do not go to a place where there is a heavy appliance on the floor directly above you.
- Stay away from doors and windows.

- If you know from which direction the tornado is coming, go to an area in the opposite direction.
- Avoid mobile homes.

LIGHTNING

- Go inside a sturdy building or car immediately.
- Do not take shelter in small sheds, under trees or in convertible cars.
- Get out of boats and away from water.
- Do not take a bath or shower.
- If you are outside, find a low spot away from trees. If you are in the woods, take shelter under shorter trees.

FLOODS

- Get out of areas that could be flooded (dips, canyons, low spots).
- Never try to cross a flooded stream or river.
- If you're in a stalled car, leave it immediately and go to higher ground.
- Always move from an area when the police say you must go.
- Never play around a storm drain or viaduct or areas of high water.
- Do not drink water that has come in contact with flood water.
- Never go into a flooded basement or room.

Name _____

STRANGER DANGER



Look at the pictures. The people look nice. The man is neatly dressed. He's smiling. The old lady might look like your grandmother. Did she make that piece of pie in her warm, cozy kitchen?

If the man asked you to help him find his daughter's lost puppy, what would you do? Would you help him? If the old lady told you she had warm apple pie waiting for you at her apartment, would you go with her?

No! No matter what a stranger says and no matter what he or she looks like you must never go with him or her. Even if a stranger says your mother or father is in the hospital and you must go with him now, DO NOT GO! Turn and run away as fast as you can!

Never, ever get into a stranger's car or van. If a stranger asks for you to get into his or her car, turn and run away as fast as you can!

Name _____

WHEN YOU ARE LOST



If you are ever lost, you should try to find a police officer. A police officer can help you.

If you are lost at a shopping mall, try to find an information center or information booth. The person at the center (or booth) may be able to make an announcement for you over a loud speaker system.

It's always a good idea to carry some money so you can make a phone call in case you are lost or separated from the adults in your party.

If your community has a 9-1-1 emergency phone number, try to find a phone and dial that number. The person who answers will know how to help you.