



SAFETY FOR SCHOOL AGED CHILDREN

- Plan and conduct fire drills once or twice a year. Designate a meeting place outside for the family.
- Teach your children fire safety including to stop, drop, roll and crawl in order to avoid smoke
- Discuss tornado safety with your children
- Teach your children when and how to use the 911 system
- Discuss stranger issues and present your children with different scenarios to make sure they know what to do
- Discuss private parts and who is and is not allowed to see that part of the body
- Always insist that your child wear a bike helmet when riding their bike, rollerblading or skateboarding
- Discuss street safety with regards to traffic and cars
- Teach younger children their phone number and address as well as their parents' full name. Teach older children how to reach you in case of emergency.
- Remember children need a car seat until they are 40 lbs. and a booster seat between 40 lbs. and the height of 4 foot 9 inches
- Supervise your children's use of the internet and place controls on which web sites your child can visit
- Monitor the violence level of the TV shows, movies and video games that your children watch
- Make sure guns are locked up in a gun safe, unloaded and that the ammunition is stored elsewhere out of reach
- Inspect playground equipment annually to ensure that bolts are secure and sharp materials are not exposed
- Know your children's friends and their whereabouts

Safety considerations for teenagers

- Know your teenager's friends and know where your teenagers are going
- Provide teens with a way to contact you in an emergency i.e. cell phone or money
- Discuss peer pressure scenarios with them and share your views about smoking, drug use and sex
- Know the signs of depression
- Know the signs and symptoms of anorexia and bulimia
- Watch for erratic behavior and other signs of drug dependency
- Discuss car safety including seat belt usage and driving under the influence
- Discuss appropriate phone, media and internet/social networking etiquette