


6 Guidelines for Feeling and Being Safe



Stick to safety rules at school, on the bus, on the street, at home, and in sports and other activities. Stay away from dangerous things like drugs, alcohol, cigarettes, matches, fireworks, knives, and guns. Never touch any of these things if an adult isn't there.


Ask a trusted adult to help you if you see something dangerous or if you don't feel safe.

Feel safe inside by following safety rules, being careful, knowing what to do in an emergency, and making safe choices.

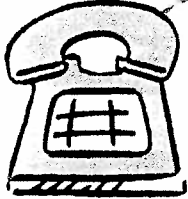
Encourage your friends to be safe, too. Stick to what you know is right even if friends tease you or try to change your mind.

Trust your instinct. Listen to the voice inside you that says something isn't right.

Yell for help if you're in danger.



6 Steps to Take in an Emergency



- 1.** Stay calm.
- 2.** Find a grown-up who can help right away.
- 3.** If you can't find a trusted adult, call "9-1-1" or dial "0" for the operator.
- 4.** Tell the problem to the person on the phone. Tell it as clearly and briefly as you can.
- 5.** Tell the person your full name and the address or place you're calling from.
- 6.** Stay on the phone to answer and ask questions and to get more instructions.

Emergency Phone Numbers

Who or what	Phone number
Local emergency number	_____
Fire department	_____
Police	_____
Poison control	_____
Disaster hotline	_____
Abuse hotline	_____
Doctor	_____
Ambulance	_____
Mom's/Dad's/ Guardian's work number	_____
Other relative or friend:	_____
_____	_____
Neighbor:	_____
_____	_____
Weather alert	_____
Power company	_____
Veterinarian	_____
Other numbers:	_____
_____	_____
_____	_____
_____	_____

Our phone number(s):	Our addresses:
_____	_____
_____	_____



Home Safety Checklist

Please check for dangers in your home. Make changes for each item checked "No."

- | Yes | No |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> There are smoke detectors in bedrooms, kitchen, furnace room. |
| <input type="checkbox"/> | <input type="checkbox"/> There are fire extinguishers on each floor and by the cooktop. |
| <input type="checkbox"/> | <input type="checkbox"/> There are carbon monoxide detectors on each floor. |
| <input type="checkbox"/> | <input type="checkbox"/> There are no electrical cords under rugs. |
| <input type="checkbox"/> | <input type="checkbox"/> Wall plugs are not overloaded with many cords plugged in. |
| <input type="checkbox"/> | <input type="checkbox"/> Paints, thinners, turpentine, and other flammable things are in closed, airtight containers. |
| <input type="checkbox"/> | <input type="checkbox"/> Matches and lighters are safely stored out of reach of small children. |
| <input type="checkbox"/> | <input type="checkbox"/> There are no oily, greasy rags lying around. These are placed in cans or jars with lids. |
| <input type="checkbox"/> | <input type="checkbox"/> Pesticides and herbicides are in child- and animal-proof containers. |
| <input type="checkbox"/> | <input type="checkbox"/> Cleaning fluids are out of reach of small children. |
| <input type="checkbox"/> | <input type="checkbox"/> Guns are unloaded and are locked. Only adults have keys to gun storage cabinet. |
| <input type="checkbox"/> | <input type="checkbox"/> Ammunition is stored separately. Only adults have access to key. |
| <input type="checkbox"/> | <input type="checkbox"/> Fireworks are safely stored under lock and key. Only adults have access to key. |
| <input type="checkbox"/> | <input type="checkbox"/> Furnaces and water heaters are checked each year. |
| <input type="checkbox"/> | <input type="checkbox"/> Furnaces and water heaters are strapped down so that they cannot move around. |
| <input type="checkbox"/> | <input type="checkbox"/> Medicines are out of reach of small children. |
| <input type="checkbox"/> | <input type="checkbox"/> Medicines are stored in childproof containers. |
| <input type="checkbox"/> | <input type="checkbox"/> Rugs are fastened down tightly. |
| <input type="checkbox"/> | <input type="checkbox"/> All outside doors have deadbolts. |
| <input type="checkbox"/> | <input type="checkbox"/> Windows can be locked shut. |

