

Dear Parent or Guardian,

Your child's health class is currently studying the topic of safety. Safety rules learned during the teenage years can become, literally, rules for life. We are carefully identifying ways to be safe at home and at school, ways to avoid violence, and ways to act safely on the road, outdoors, and during weather emergencies.

Some questions your teenager will answer as we explore this topic are: *How can I have fun with my friends and still "play it safe"? What causes accidents at home, how can I avoid them? How can I avoid becoming a victim of violent crime? What are the traffic rules for bicycle riders? What should I do to stay safe in case of a severe storm in my area?* and many others.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your teenager:

- Assign your teenager the job of checking your home's smoke detector. Your child should make sure it is properly placed and functioning correctly.
- Working together, clean out the medicine chest. Check expiration dates and throw away expired medicines.
- Conduct a Home Safety Survey as an assistant to your teenager. Have your child identify and correct safety hazards in the home.
- Play "What would you do if . . . ?" with your teenager. You ask, "What would you do if . . ." and name an emergency, such as "a tornado is approaching." Urge your child to be prepared for safety emergencies.
- Go for a walk or a bicycle ride together. Take turns pointing out road hazards. Discuss safety rules for pedestrians or bicyclists.

Please feel free to engage in any other activities you think will encourage your teenager to keep his or her personal safety and that of others a primary concern. Thank you for supporting our classroom work. As always, you may contact me for further information.

Sincerely,

Health Teacher