

**Chapter****14****Parent Letter and Activities**

Dear Parent or Guardian,

Your teen's health class is currently learning about ways to stay safe at home, in school, and outdoors. We will begin by discussing how unintentional injuries occur and ways to prevent accidents. Next, we will focus on outdoor safety, including safety from crime. We will then discuss safety measures for tornadoes, hurricanes, blizzards and thunderstorms, floods, and earthquakes. Our study of safety will conclude with basic first aid procedures.

Some questions your teen will answer as we study these topics include: *What does it mean to be safety conscious? What causes unintentional injuries and how can they be prevented? How can I protect myself and others from fires? How can I prevent unintentional injuries at home and in school? What can I do to stay safe on the roads and in my neighborhood? What can I do to protect myself from crime? How can I be safe in the water? What safety measures should I practice when hiking, camping, or engaging in other recreational activities? What are the different types of weather emergencies? What safety measures should I take during a weather emergency or natural disaster? How do I perform CPR? How can I help a person who is choking? How can I stop severe bleeding? What is the proper treatment for burns, poisoning, fractures, sprains, and bruises?*

By answering these questions, your teen will learn valuable safety skills that can help prevent injury. Your teen will also be prepared for emergencies.

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 teen:

- Do a home safety check. Identify unsafe areas and/or unsafe habits. Then decide how you can correct them.
- Talk together about what procedures to follow if there is a fire at home. Set up and review emergency exits, especially from upper floors. Check to see that all fire and smoke alarms and fire extinguishers are in working order.
- Together, locate and display emergency telephone numbers where they can easily be seen. You may also wish to include the telephone numbers of nearby family members or friends to call in case of an emergency.
- When you go on a car trip together, review road safety precautions. If you are hiking or camping, review the safety measures you should take.

Any other activities that you think will help your teen learn to stay safe and take effective action in emergencies are, of course, a welcome addition to our efforts here. Thank you for supporting our classroom work. As always, do not hesitate to contact me for further information.

Sincerely,

Health Teacher