

Chapter**19****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is currently studying the topic of safety and emergencies. We are identifying ways to be safe at home and at school, on the road and outdoors, and during weather emergencies. We will also be studying first aid for emergencies. In studying this topic, your child will learn the basic principles of first aid and what to do in situations such as: when someone has a sprain or a broken bone, an insect bite or sting, a burn, or a nosebleed; when someone is choking; and when someone needs CPR.

Some questions your teen will answer as we explore this topic are: *Why do accidents happen? What are the safety and traffic rules for bicycles, skates, skateboards, and scooters? How can I stay safe during severe weather? How can I be prepared for emergencies? What are first aid treatments for common emergencies? How do I deal with life-threatening 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:

- Assign your teen the job of checking the smoke alarms in your home. Your child should make sure they are properly placed and functioning correctly.
- Conduct a Home Safety Survey as an assistant to your teen. Have your child identify any safety hazards in the home.
- Go for a walk or a bicycle ride together. Take turns pointing out road hazards. Discuss safety rules for pedestrians or bicyclists.
- Play "What would you do if . . . ?" with your teen. You ask, "What would you do if . . ." and name an emergency, such as "a tornado is approaching." Urge your child to be prepared for hazardous weather and other safety emergencies.
- Working together, agree on the contents of a home first aid kit. Then assist your teen in assembling one. Make a second kit to be carried in the car.

Please feel free to engage in any other activities you think will encourage your teen to stay safe and be prepared for emergencies. Thank you for supporting our classroom work. As always, you may contact me for further information.

Sincerely,

Health Teacher