

Healthy Living – Safety Lesson Series

Elementary

Title	Grade-Level Expectations	Newsletter Bullets
<p style="text-align: center;"><i>Don't Be A Target</i> (Bullying)</p>	<p>Demonstrate understanding of information in grade-appropriate texts using a variety of strategies, including: sequencing events and steps in a process, summarizing and paraphrasing information, making simple inferences and drawing conclusions, predicting the outcome of the story or situation (ELA-7-M1), Examine and explain the relationship between life experiences and texts to generate solutions to problems (ELA-7-M2).</p>	<p>What to do if you are being bullied? Try these tips:</p> <ol style="list-style-type: none"> 1. Don't give the bully a chance. As much as you can, avoid the bully. 2. Stand tall and be brave. But sometimes just acting brave is enough to stop a bully. 3. Get a buddy (and be a buddy). Two is better than one if you're trying to avoid being bullied. 4. Tell an adult. If you are being bullied, it's very important to tell an adult.
<p style="text-align: center;"><i>Safety on the Net</i> (Cyber-Safety)</p>	<p>3-E-4 demonstrate ways to avoid and reduce threatening situations; and (2,3,4)</p>	<p>Most people who go online have mainly positive experiences. But, like anything there are some risks and annoyances. You can get a lot of benefits from being online, but you can also be targets of crime and harassment in this as in any other environment. Respect other people's online rights. People on the Internet have rights just as they do in everyday life.</p>
<p style="text-align: center;"><i>Riding Safe</i> (Fitness - skateboarding, bicycle)</p>	<p>Design, predict outcomes, and conduct experiments to answer guiding questions (SI-M-A2)</p>	<p>Remember these Road Rules.</p> <ul style="list-style-type: none"> ▪ Know your hand signals ▪ Hands on the handlebars ▪ Always stop and check ▪ Cross and Walk at intersections. Stop at all stop signs ▪ Ride on the right-hand side of the street ▪ Pay Attention ▪ Never ride against Traffic ▪ Use bike lanes or designated routes ▪ Don't ride too close to parked cars ▪ Obey street lights ▪ Single file on the street

<p><i>Get Fired Up About Outdoor Cookery</i></p>	<p>PS-M-A6- Describe new substances formed from common chemical reactions (e.g., burning paper produces ash)</p> <p>PS-M-C6-Identify other types of energy produced through the use of electricity (e.g., heat, light, mechanical)</p> <p>SE-M-A4 -Describe the consequences of several types of human activities on local ecosystems (e.g., polluting streams, regulating hunting, and introducing nonnative species)</p> <p>SI-E-A2-Predict and anticipate possible outcomes</p>	<p>■</p> <p>When cooking outside, no matter what method you use, you need to follow some basic fire safety tips:</p> <ol style="list-style-type: none"> 1. Clear area of all debris/avoid area with overhanging branches 2. Have a bucket of water, shovel and a fire extinguisher nearby and ready to put out a fire 3. Never build a fire near tents or other flammable items 4. Never use flammable fluids to start a fire 5. Never leave fire unattended 6. Build a fire only as big as you need and surround with rocks 7. Make sure to completely extinguish fire by scattering ashes or embers, sprinkle with water, stir with a stick, drench charred logs, and repeat these steps until everything is cold. 8. Keep gas canisters upright at all times. Keep them outside in well ventilated areas. Check for leakage by putting soap liquid on all connections. Turn off when not in use. Never install or remove propane cylinders while stove is lit, near flames, pilot lights, other ignition sources or while stove is hot to the touch. 9. Do not operate a gas stove or store fuel containers around another heat source such as a campfire. Only operate the stove in open, well ventilated areas. 10. Never use a gas stove in a tent or confined areas.
<p><i>Fishing for Safety)</i> (Recreational Water)</p>	<p>3-E-3: Illustrate safety/ injury prevention techniques related to daily activities.</p> <p>3-E-4: Demonstrate ways to avoid and reduce threatening situations.</p> <p>3-M-3: Develop injury prevention and management strategies for personal and family health.</p>	<p>One thing that many people forget that is just as important as having a life jacket is that the life jacket must fit properly!! If you have a life jacket that doesn't fit well then it can't do its job properly.</p> <p>A proper fit means once it's zippered and/or buckled, it should keep your head and upper shoulders above the water. If it fits too loose, the flotation will push the jacket up around your face. If your life jacket is too small, it won't keep your body afloat. A general rule is that the life jacket should not come up above 3 inches over your shoulder.</p>

<p>Severe Weather Safety AW</p>	<p>Identify various types of weather-related natural hazards and effects (e.g., lightning, storms) (ESS-E-A4)</p> <p>Identify safety measures applicable to natural hazards (ESS-E-A4)</p> <p>Estimate the range of time over which natural events occur (e.g., lightning in seconds, mountain formation over millions of years) (ESS-M-B3)</p>	<p>Louisiana is no stranger to severe weather. Hurricanes, tornadoes, floods, thunderstorms, lightning, ice storms, strong wind, and extreme heat are all examples of severe weather that we commonly experience in Louisiana. If you are unprepared, severe weather can trigger emergency situations and cause damage to property and buildings, and may even result in a loss of life.</p> <p>Stay informed about weather developments in your area by watching your local television station or listen to the radio for accurate, timely storm updates in your area. Stay alert by observing current weather conditions are expected in your area. Use your best judgment to take cover when necessary from lightning and tornadoes. Remember when you approach flooding to seek high ground, and “Turn Around, Don’t Drown.” Most importantly, always heed evacuation orders issued by local officials.</p>
<p>Safe at Home Alone</p>	<p>3-E-4 demonstrates ways to avoid and reduce threatening situations (2, 3, and 4)</p>	<p>Staying at Home Alone takes a great deal of responsibility. Before you stay alone for any amount of time you should do the following things:</p> <ul style="list-style-type: none"> - Work with your parents to develop your family’s ground rules. - Practice making any snacks and completing any chores before you are home alone. Have a responsible adult check your ability to do the job well before you attempt it by your self. - Practice any emergency drills (related to weather, first aid, fires, etc) - Always communicate with your parents or guardians about any concerns you have about being home alone.
<p>Skin Safety (Sun, Insect Repellent, Poison Ivy) AW</p>	<p>Explain how fitness and health maintenance can result in a longer human life span (LS-H-G1)</p>	<p>The body is made up of living cells and like-cells join together to form tissues. The skin is the largest organ of the body consisting of tissues structurally joined together to perform specific functions. The four main functions are:</p> <p>(1) Protection: The skin covers the body and provides a physical barrier that protects underlying organs, muscles and bones from physical abrasion, bacterial invasion, dehydration and ultraviolet radiation.</p> <p>(2) Maintenance of body temperature: The production of perspiration by sweat glands helps to lower body temperature back to normal.</p> <p>(3) Excretion: Perspiration assists in excreting small amounts of water, salts and several organic compounds.</p>

		(4) Perception of stimuli (sensitivity): The skin contains numerous nerve endings and receptors that detect stimuli related to temperature, touch, pressure and pain.
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High School

Topic	Grade-Level Expectations	Newsletter Bullets
<i>Safety on Cyber Island</i>	3-H-4 develop strategies to improve or maintain health & safety on personal, family, community, and world levels	<p>How private is your information on the internet?</p> <p>Never reveal your full name, social security number, address, or phone number to someone you meet online. Predators hoping to build an online relationship will look for clues to describe what you like, who you are and where you live. Don't give out this information because it can be used to find you. And, never post your picture on a site. Someone just might copy, edit and post it to illustrate you in an embarrassing manner.</p> <p>Consider a random user name or login making sure it doesn't reveal your name, school, age, or hometown.</p>
<i>Don't be a Victim of Identity Thief</i>	Apply fundamental economic concepts to decisions about personal finance (E-1A-H1)	<p>Identity theft is one of the fastest growing financial crimes in the US with over 15 million people falling victim each year. The Federal Trade Commission reports that young people make up 31% of reported cases of identity theft each year. Teenagers are especially vulnerable for several reasons including the fact that they have not established credit that can be monitored, they may not be as cautious as they should be and they spend a lot of time online where they may be vulnerable to hacking or email scams. Young people can avoid being a part of this "SCAM" if they remember to Safeguard their personal information, Check their financial information regularly, Ask for a free copy of their credit report each year and Maintain careful records of banking and financial accounts. And finally, don't let adults intimidate you into disclosing personal information like your social security number, driver's license number or credit card number.</p>
<i>Cruising Safely in Your Neighborhood</i>	3-H-1 describe the role of individual responsibility for enhancing health by analyzing the short-term and long-term consequences of behaviors throughout the life span (safe, high-risk, and harmful behaviors); (2,3)	<p>Don't be one of these statistics</p> <p>Car crashes are the number-one cause of death among teens and young adults. National Highway Transportation Safety Administration research shows that, on average, more than 300,000 teens are injured in car crashes each year, nearly 8,000 are involved in fatal crashes, and more than 3,500 are killed. A study conducted by AAA also shows that teen drivers are involved in more than five times as many fatal crashes as adults are.</p>

	<p>3-H-2 demonstrate the ability to use critical thinking when making decisions related to health needs and risks of young adults; (2,3)</p> <p>3-H-4 develop strategies to improve or maintain health & safety on personal, family, community, and world levels; (1,2,3)</p> <p>5-H-5 plan and demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situations; (1,2,5)</p>	<p>Young drivers are more likely to speed, run red lights, make illegal turns, and die in SUV rollovers.</p> <p>In 2006 an estimated 17,602 people died in alcohol related traffic crashes</p> <p>-3 of every 10 Americans will be involved in an alcohol related crash in their life time</p> <p>Remember these tips:</p> <ul style="list-style-type: none"> -Scanning helps you to identify potential problems and properly react to or avoid them. -Driving within the speed limit is not only safe, it’s the law. - Seat belts generally save lives. - Avoid distraction such as cell phone use. -Be a courteous driver. <p>DON’T DRINK AND DRIVE!</p> <p>-</p>						
<p><i>Fishing for Safety</i> (Recreational Water Safety)</p>	<p>(ELA-4-H2) Listen to oral instructions and presentations, speeches, discussions, and carry out procedures, including: taking accurate notes, writing summaries or responses, forming groups.</p> <p>(ELA-4-H4) Use active listening strategies, including: monitoring messages for clarity, selecting and organizing essential information, noting cues such as changes in pace, generating and asking questions concerning a speaker’s content, delivery, and attitude toward the subject</p>	<ul style="list-style-type: none"> • Water Sports include water skiing, tubing, and riding jet skis just to name a few. The state of Louisiana declared that it is illegal for anyone under the age of 16 to operate a PWC (personal watercraft). Also, no one under the age of 16 years may operate a PWC; unless he or she was 13 years or older on January 1, 2005, and has completed a National Association of State Boating Law Administrator (NASBLA)–approved boating education course. <div data-bbox="1257 1019 1696 1344" style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Hand Signals</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">• Speed Up </td> <td style="width: 50%;">Turn Left </td> </tr> <tr> <td>Slow Down </td> <td>Turn Right </td> </tr> <tr> <td>Speed OK </td> <td></td> </tr> </table> </div>	• Speed Up 	Turn Left 	Slow Down 	Turn Right 	Speed OK 	
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