

## **SAFE HOME ENVIRONMENT**

### **PA Physical Education and Health Standard - 10.3.6.A**

Explain and apply safe practices in the home, school and community.

- emergencies (e.g., fire, natural disasters)
- personal safety (e.g., home alone, latch key, harassment)
- communication (e.g., telephone, Internet)
- violence prevention (e.g., gangs, weapons)

### **PA Physical Education and Health Standard - 10.3.9.A**

Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.

- modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle)
- violence prevention in school
- self-protection in the home
- self-protection in public places

ASCA Standard C: Students will understand safety and survival skills.

PS:C1 Acquire Personal Safety Skills

PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)

PS:C1.6 Identify resource people in the school and community, and know how to seek their help

Objective: Students will be able to identify methods for keeping themselves safe while they are in their homes. Students will create a first aid kit for themselves.

Materials: Strong zipper lock bags (or more expensive zip up bags, old lunchboxes, or shoeboxes), adhesive bandages, index card (for emergency numbers), safety scissors, gloves, masks, alcohol wipes, hand sanitizer, individual antibiotic ointment packs, q-tips (add or subtract materials based on the ages of students - middle school students might use an instant cold pack or hand warmers, high schoolers might want gauze and a splint), permanent markers.

Procedure:

1. Ask students: what are some ways that we stay safe? (Accept a variety of answers)
2. What are some things we do when we get hurt? (Accept a variety of answers)
3. Today we will be creating our own first aid kits. Discuss each of the materials and how they can be used in an emergency.
4. Have the students put the materials into their bags or boxes, keeping them organized via smaller zipper lock bags or clips.
5. Have the students fill out index cards with Emergency Contacts. Possible contacts include:
  - a. 911
  - b. Important adults (parents, grandparents, caregivers)
  - c. Doctors
  - d. Poison control
6. Label the kit with permanent marker - First Aid Kit, FirstName LastName