



Personal Safety Lesson Plan

Life Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Feather for Each Team



- Feather for Each Team



- Paper
- Pencils
- Feather for Each Team

FUN



Blind Crossing

Place obstacles on the floor. Use toys, chairs, books, etc. Blindfold a boy and have another boy give him directions on how to cross the room. He will safely lead him to safety.

Or



Feather Race

Split the Mountain Lions into two teams. Mark a start and finish line. First Mountain Lion in each team gets a feather. On 'GO', he throws the feather towards the finish line. From where it lands, he throws again, repeating until it lands past the finish line. He picks up the feather and runs it back to the next Mountain Lion.



Goal: Be the first team have all members get the feather over the finish line.

FOCUS



Home Dangers

Homes are normally safe places, but there can be some dangers at home. Learn about things you can do to prevent dangerous situations, like pick up your toys, play in safe areas, and alert your parents of something wrong.



Chemicals

Learn about dangers in the kitchen and living area. How can you take precautions to prevent dangerous situations? What dangers are found outside? Learn how to avoid them.

One of the biggest dangers in a home are chemicals and medicines. Never take medicine unless your parent tells you to do it. Stay away from cleaning supplies and other chemicals. They can be very dangerous to you.



Safety in the Home

This Meeting may be done in the Trailguide's and/or Trailman's home. You may consider printing this list for your Mountain Lions to take home.

Kitchen

- Are knives, forks, scissors, and other sharp tools in a drawer with a childproof latch?
- Are chairs and stepstools positioned away from the stove?
- When cooking, are all pot handles on the stove turned inward or placed on back burners where kids can't reach them?
- Are all vitamin or medicine bottles tightly closed and stored in a high cabinet far from reach?
- Are matches and lighters stored in a locked cabinet?
- Is the cabinet under the sink free of cleaning supplies, bug sprays, dishwasher detergent, and dishwashing liquids? And are these supplies out of

the reach of children or have a childproof latch on the cabinet door?

- Are all plastic garbage bags and sandwich bags out of reach?
- Are all cords and wires from wall telephones, or TV and other appliances out of reach of children?
- Are refrigerator magnets and other small objects out of reach?
- Are childproof latches installed on all cabinet doors?
- Is there a working fire extinguisher? Do family members know how to use it?

Adult's Bedroom

- Are all medication bottles, loose pills, coins, scissors, and any other small or sharp objects out of reach?
- Are window blind and curtain cords tied with clothespins or specially designed cord clips?
- Are all bookcases or tall pieces of furniture securely fastened to the wall so that they cannot tip over if a child tries to climb on them?

If you own firearms:

- Are they stored in a securely locked case out of kids' reach? All firearms should be stored unloaded and in the un-cocked position.
- Is ammunition stored in a separate place and in a securely locked container out of kids' reach?
- Are keys kept where kids can't find them?

Electrical

- Are all unused outlets covered with safety plugs?
- Are all major electrical appliances grounded?
- Have cord holders been used to keep longer cords fastened against walls?
- Have you checked for and removed other potential electrical fire hazards, such as overloaded electrical sockets, extension cords, and electrical wires running under carpets?
- Are televisions, computers, and stereo equipment positioned against walls?

Heating & Cooling Elements

- Are all radiators and baseboard heaters covered with childproof screens?
- Have gas fireplaces been secured with a valve cover or key?
- Do all working fireplaces have a screen and other barriers in place when in use?
- Have chimneys been cleaned recently?
- Are all electric space heaters at least 3 feet (91 centimeters) from beds, curtains, or anything flammable?

Emergency Equipment & Numbers

- Have you placed a list of emergency phone numbers near each phone in your home?
- Are there fire extinguishers installed on every floor and in the kitchen?
- Do you have an emergency ladder for the upper floors of your home?
- Are there smoke detectors on each floor of your home?
- Have smoke detectors been installed in the hallways between all bedrooms of your home?
- Have you tested all smoke detectors within the last month?
- Have you changed the batteries in the smoke detectors within the past 6 months?
- If you cook with or heat your home with natural gas or have an attached garage, have you considered installing a carbon monoxide detector in your home?

www.kidshealth.org

Lists are developed and updated by Kate M. Cronan, MD

FINGERS



Fire Safety

When it comes to fire safety, one of the most critical preparations you can make is to have a plan in place. Knowing how to prevent a fire is of greatest importance to protecting your family and your home. Then, if a fire ever does occur in your home, knowing what to do and recognizing who to trust in those situations will be the key to everyone's safety.

Conduct a role playing practice drill, and cover these major points in how to escape a fire in your home:

- Make sure you know at least two ways to get out. If one way is blocked by fire, you can take the other.
- Never try to hide from the fire, like going under your bed or into a closet. Find a way out of the house as quickly as possible.
- Get low and stay low—below the level of the smoke—all the way out of the house. Smoke can choke you and stop you from breathing.
- When you come upon a closed door, put your hand on it to see if it is hot. If it is hot, that means there may be a fire on the other side, and you do not want to open it. Take another way out of your house.
- Should fire get on your clothes, you are to stop, drop, and roll.
- Get out as quickly as you can, and meet your family at a predetermined outside meeting place. That way, you can tell if everyone is safe.
- Call 9-1-1 to report the fire and ask for help.



Meeting Place

Take a walk around your meeting place building. Identify dangers and think of ways that you can make those dangers safer. Now walk around the outside. What dangers are out there?

Review Fire Safety above if necessary.



Floorplan

Draw a floor plan of your meeting place, show fire alarms, smoke alarms, fire extinguishers, and other safety equipment. Also, write a short escape plan for your Troop and where they should safely gather in case of fire or other emergency. Look for possible dangers in your meeting place. Review Fire Safety above if necessary.

FAITH (TRAIL GUIDE THOUGHTS)



God Has a Plan

Finding yourself in an emergency can be a very scary experience. It can make you panic and try to hide from the danger, which is the wrong thing to do. But what we have learned today is that a good plan can safely lead you out of the danger. God has a good plan for us, too, and it involves trusting Him. We can trust Him when we are scared and in danger, and He will protect us.

Read Psalm 5:12

Pray: Almighty God, protect us should we ever find ourselves in a fire emergency. Help us to remember what we have been taught and to trust that you will lead us to safety. Amen.

Pray with the Trailmen.



Wisdom

What is wisdom? The dictionary says that wisdom is “the capacity of judging rightly in matters relating to life and conduct” (how we figure out what’s right and wrong).

Read - Proverbs 3:1-2 One way we show wisdom is when we obey our parents. The Bible promises us that when we obey our parents, God will bless us.

Pray with the Trailmen.



Wisdom

What is wisdom? The dictionary says that wisdom is “the capacity of judging rightly in matters relating to life and conduct” (how we figure out what’s right and wrong).

Read and discuss Proverbs 3:1-2. Pray with the Trailmen.

FAMILY

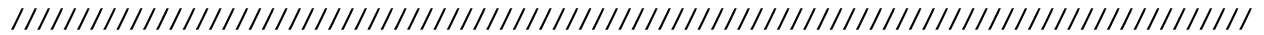


Family Safety

Go over home safety as a family. Go through the checklists as a family and talk about keeping up with home safety and how the Mountain Lion can help do this. Discuss the family escape plan in case of a fire or any emergency.



FOREST BADGE



By actively participating in this meeting, each Trailman earned the Personal Safety Step on the Life Skills Branch.



*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.

