

# SMART KIDS, SAFE KIDS

CHILD SAFETY ACTIVITY BOOK



AUXILIARY TO THE  
OHIO OSTEOPATHIC ASSOCIATION

## WHAT IS A D.O.?

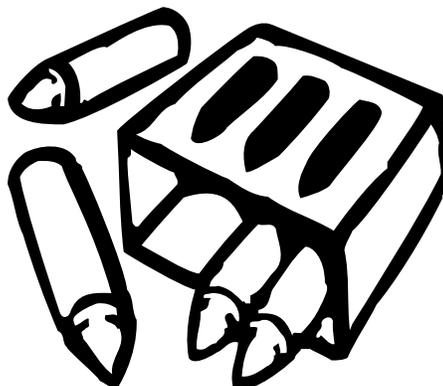
There are only two kinds of physicians qualified to be licensed for the unlimited practice of medicine in all 50 states: those holding the M.D. degree, and those who have earned the D.O. –Doctor of Osteopathic Medicine– degree.

Osteopathic physicians perform surgery, deliver babies, and prescribe medicine in hospitals and clinics across the nation. Whether they are family doctors or specialists, D.O.'s use all the tools of modern medicine.

They help their patients develop attitudes and lifestyles that do not just fight illness, but prevent it. They give special attention to how the body's nerves, muscles, bones, and organs work together to influence health. And through osteopathic manipulative treatment, they can use their hands to diagnose injury and illness...and encourage the body's natural ability to heal itself.

These "extra touches" distinguish the D.O.'s whole-person philosophy of medicine. It is a century old tradition of caring for people, not just treating symptoms.

For more information regarding Osteopathic Medicine, or to contact an Osteopathic physician in your area, please call The Ohio Osteopathic Association (OOA) at 614-299-2107. You may also visit their web site at [www.ooanet.org](http://www.ooanet.org). The Auxiliary to The Ohio Osteopathic Association, distributors of this publication, can be reached via their web site at [www.aooa.org](http://www.aooa.org).



# HELPING PARENTS TO HELP THEIR CHILDREN **BE AWARE...NOT AFRAID**®

## **A NOTE TO PARENTS:**

This book is designed for you and your children to work together and discuss the issues raised by the material.

- ▲ On several of the pages you will find this parent icon. These areas indicate further safety tips and discussion points to help you continue the learning.

Discuss the material as your children color each page. Answer any questions your children may have with simple, complete answers.

*AN AWARE CHILD IS A SAFE AND CONFIDENT CHILD.*

Use your own judgment in covering the material in this book. Younger children have shorter attention spans and generally need reinforcement to retain information.

Try to have adult supervision available to your children whenever possible. However, if you must leave your children alone, be sure they understand complete rules of safety.

You might try acting out some of the situations from this book so that your children can practice their reactions and will know what to do. Above all, don't frighten your children. Try to teach them to use good common sense so that they will not panic in situations that they view as threatening.

Try to get to know the parents of your children's friends. Before you let your children play over at that friend's home make sure it is a safe environment. Some families may have far less strict safety rules than you do. If you are uncomfortable with their rules or lifestyle, have the children play at your house.

Some of the pages in this book represent potentially dangerous situations. Speak to your children frankly, without frightening them. This will help your children learn how to protect themselves if a similar situation occurs.





# My Safety information

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_

**STATE:** \_\_\_\_\_

**ZIP CODE:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

**\*HOW TO CALL THE EMERGENCY OPERATOR:** \_\_\_\_\_

**\*\*FAMILY "CODE WORD":** \_\_\_\_\_

## ▲ HELP YOUR CHILD LEARN THIS IMPORTANT INFORMATION

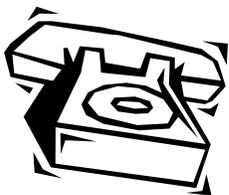
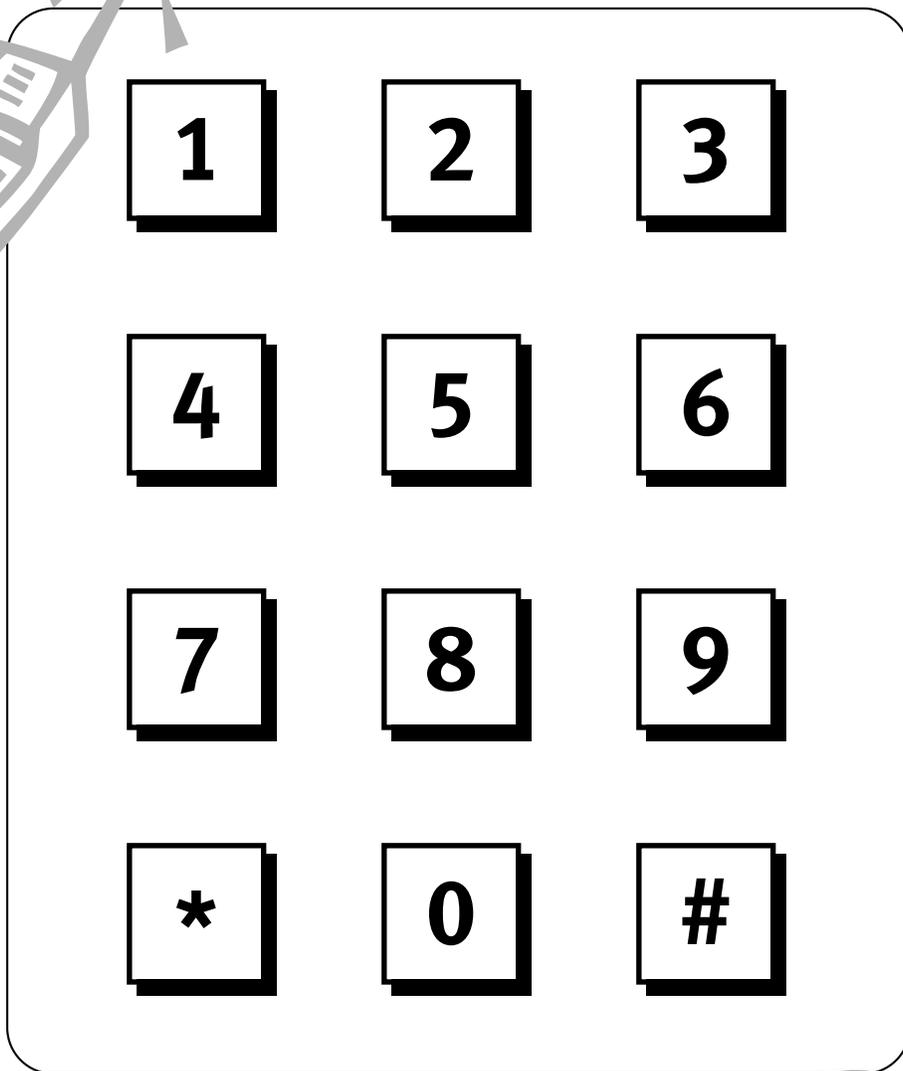
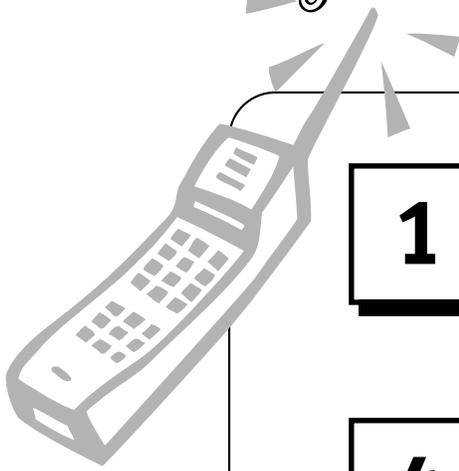
If they are too young to read or write, help them learn to match the numbers written on the page to the numbers on the phone.

You could also set the numbers to a song familiar to your child such as 'Twinkle Twinkle Little Star'

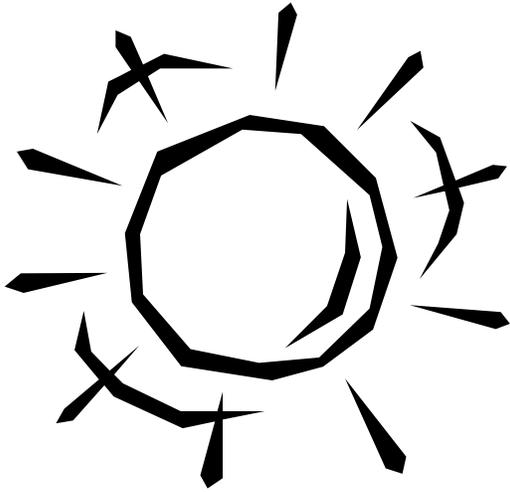
\*A *codeword* is a simple, secret "family word" that a child and his family have chosen together. Only a "safe" person sent by you will know this word and will give it to your child before they ask for it.

\*\*Please look up the correct emergency phone number for your area and write it down here and near your telephone. It is also a good idea to teach your child how to turn the telephone on and what a dial tone and busy signal sound like. Practice dialing the emergency number on page 3.

# Calling the Emergency Operator

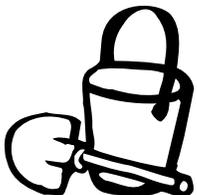


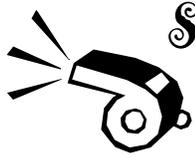
# Personal Safety



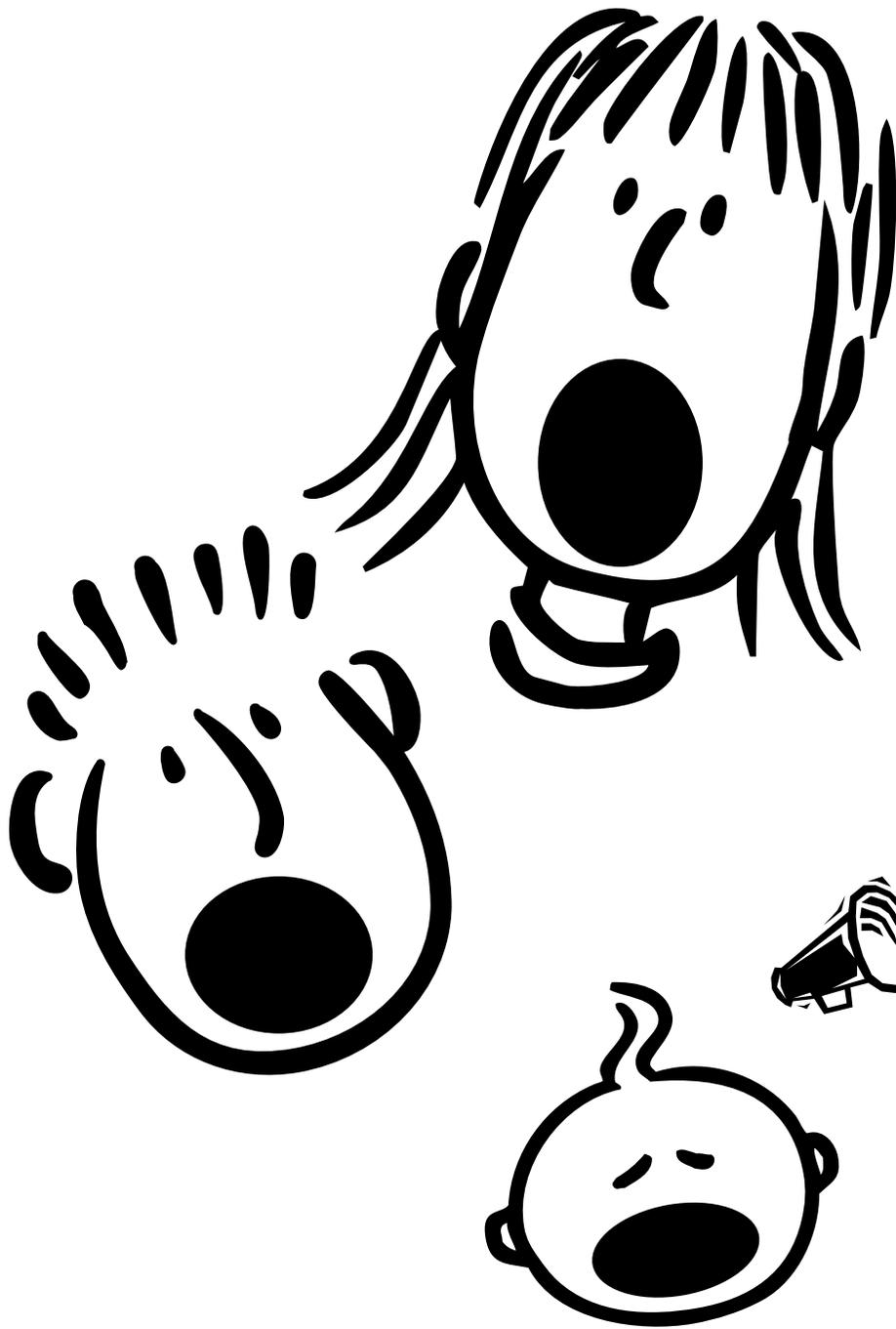
The part of your body covered  
by your bathing suit is private.

It belongs only to you. No  
one should touch you there  
or do anything to make you  
feel uncomfortable. If some-  
one wants to do something  
to your private areas **NO!**  
and tell a trusted adult.





Sometimes you just have to  
**scream!**



If someone is following you, tries to grab you or makes you feel uncomfortable try to break free and run to a safe place. If this doesn't work **SCREAM!** Tell a trusted adult what happened.



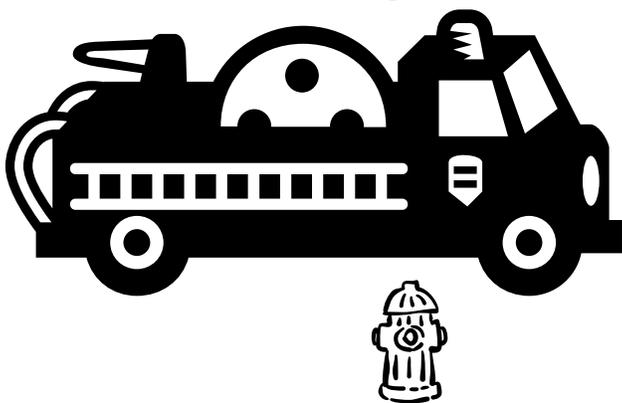
# 5

# Fire Safety

Practice fire safety at home with your family and find a safe place to meet outside.

Fireman Joe says,

***“Get low and go!”***



## **▲ PLAN A SAFE ROUTE OUT OF YOUR HOUSE IN CASE OF A FIRE.**

Practice crawling the route. Plan a safe place to meet outside. Teach your child not to hide under a bed or in a closet. It is important to be in a place where a fireman can find you.

Be sure to have working smoke detectors on every floor of your home. Change the batteries twice a year, EVEN if they appear to still function.

# Safety at Home



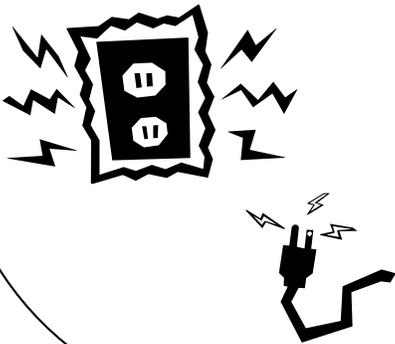
Know your  
emergency number.



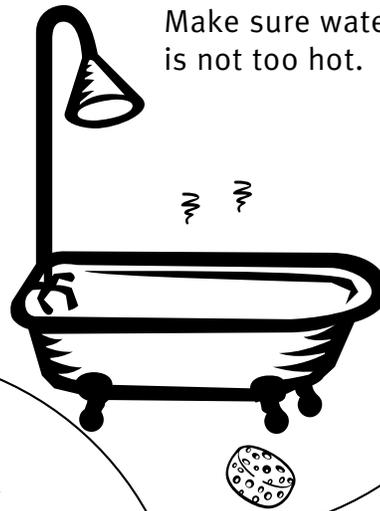
Make a clear path  
down the stairs.



Never play with  
electrical outlets.



Make sure water  
is not too hot.



Stay away from the stove.

- ▲ Move all poisons and cleaning products out of reach.
- Turn the temperature on your hot water heater down a few degrees to avoid scalding burns.
- Cover any unused outlets.
- Keep pot handles turned in and stay near a hot stove at all times while cooking.



# Internet Safety



The back button is  
our best computer friend.

If something you see makes you feel uncomfortable, hit the back button. Never give out your personal information on the computer. Always use a secret or made-up name. If someone pressures you to give them your information, say **NO!** and tell a trusted adult.



▲ It is always good idea to install protective software on your computer to limit which web sites your child can visit. Keep the computer in a public area of your home so you can supervise the web sites your child is visiting.

# What does a stranger look like?

1 2 3 4 5  
6 7 9 0 = q  
w e r \ t  
y u i o p  
[ ] \ a s d  
\ f h j k  
| ; z x c  
v b n / ,  
. -

## ***Never Talk To Strangers!***

You cannot tell the difference between a “safe person” and a “Danger Stranger”!

Adults should never ask children for help. When an adult needs help they should ask another adult.

Children should never take anything from a stranger.

If someone tries to give you something, say **NO!** and get away to a safe place.

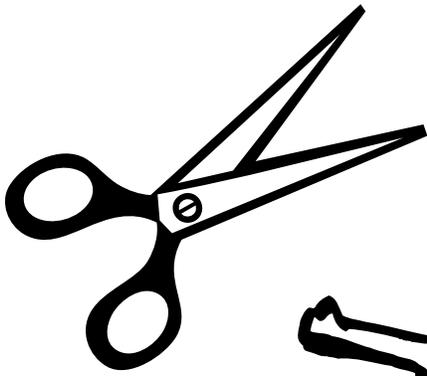
Tell a trusted adult.



## **Δ A STRANGER IS ANYONE YOUR CHILD DOESN'T KNOW**

It can be the scary man in black, the woman next door or the new kid down the street.

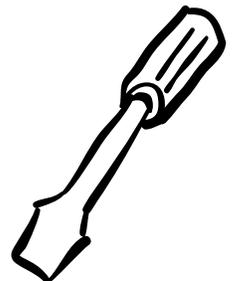
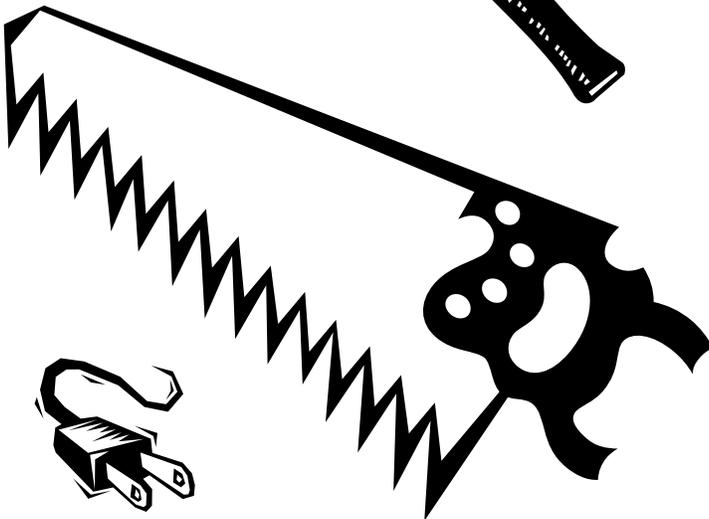
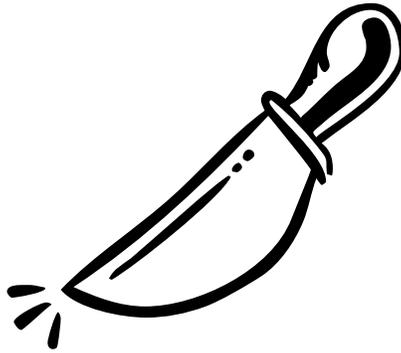
# Not a toy...



## **DANGER!**

These are NOT toys!

Stay away!



- ▲ Keep these and similar objects far out of reach from children. Keep ALL cleaning products and ALL medications on high shelves. Remember vitamins containing IRON can be very dangerous to your child if ingested so keep them far out of reach. If you have houseplants check to be sure they are not poisonous.

# Playing it Safe

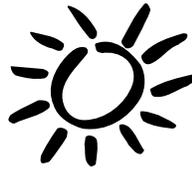


Circle all activities that need a **helmet**.

▲ Make sure helmets are fitted properly over your child's forehead.



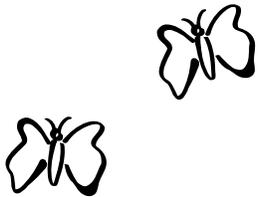
# Crossing the Street



**Circle the words that tell us it is safe to cross the street.**

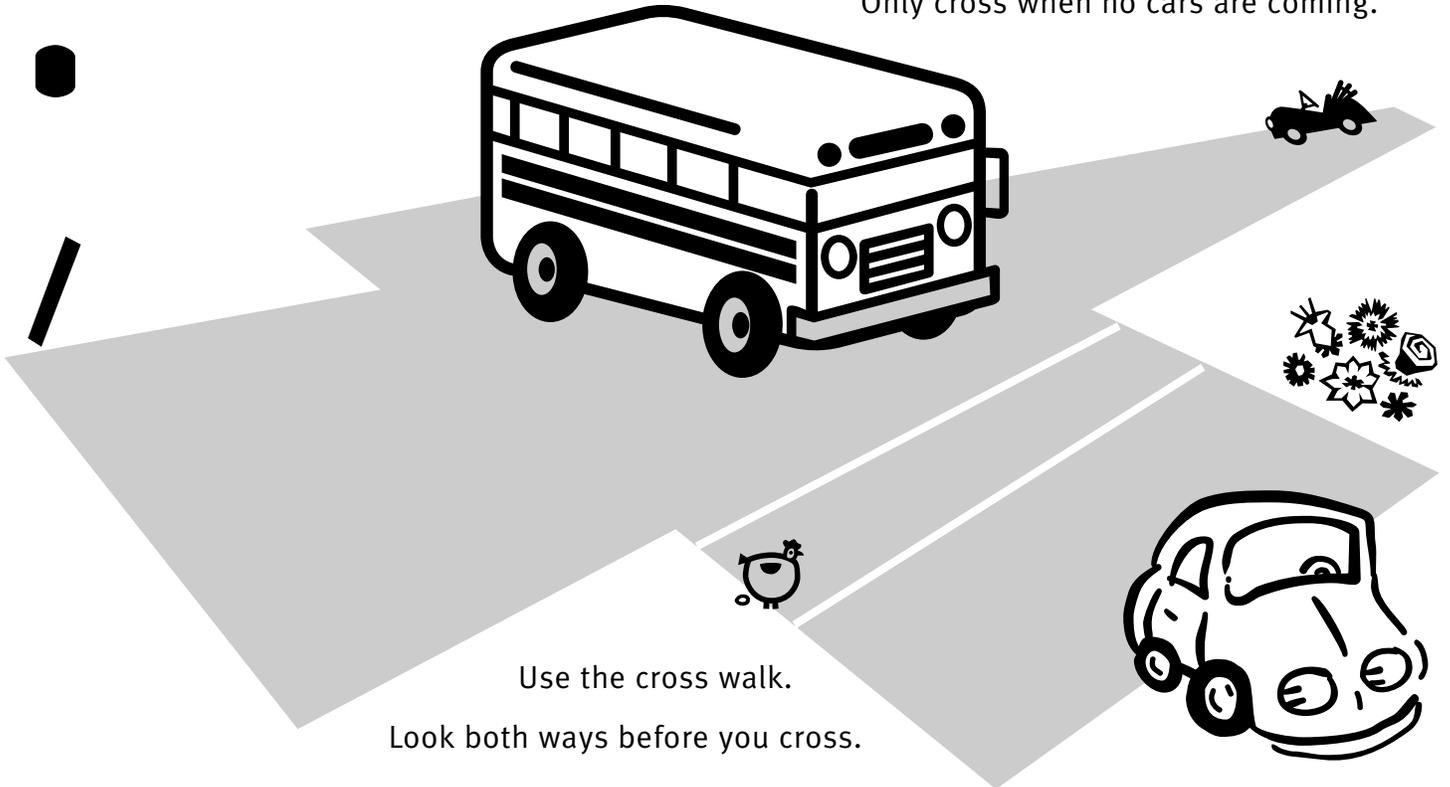
WALK

DON'T WALK



Walk your bicycle across the street.

Only cross when no cars are coming.

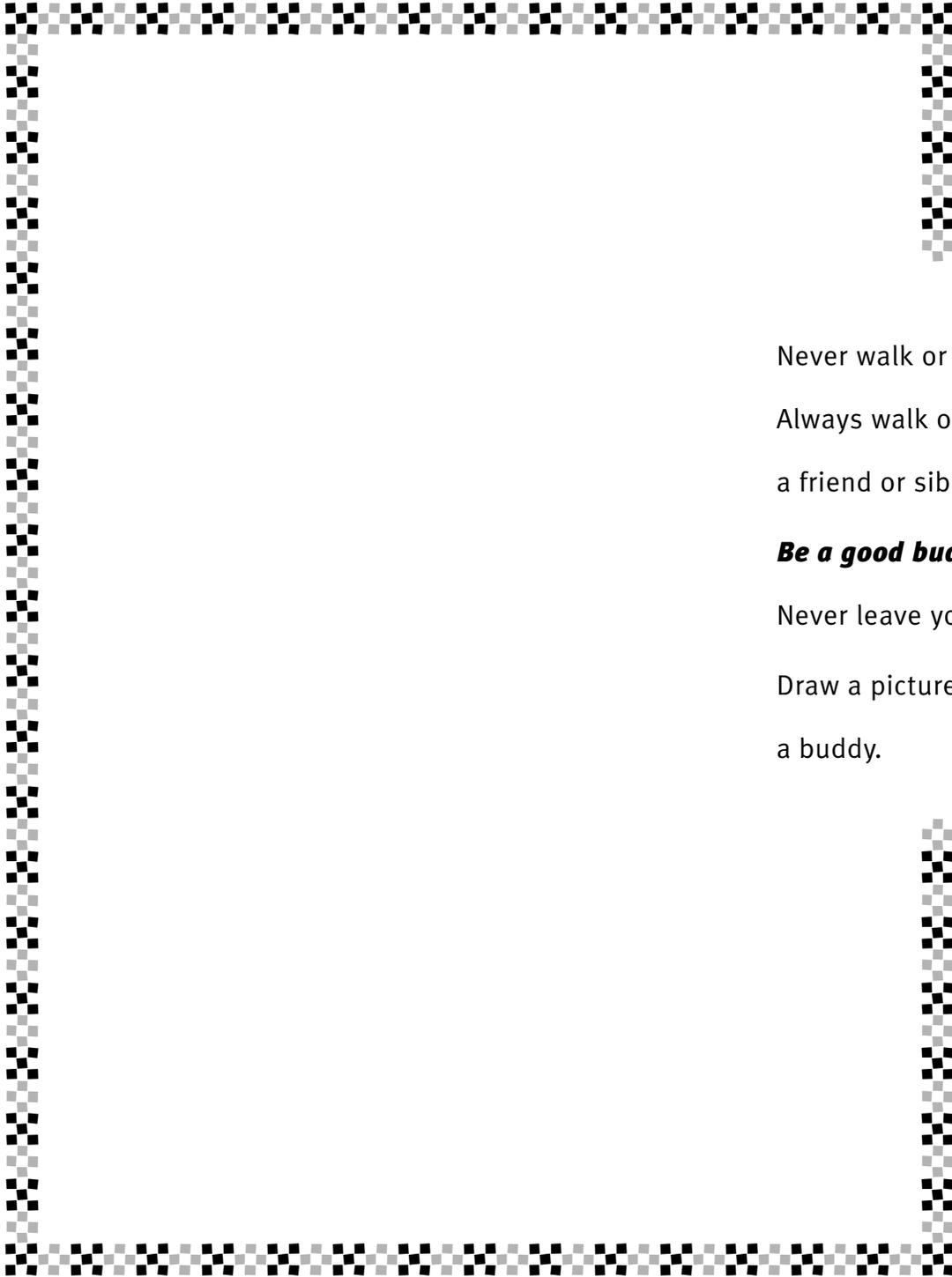
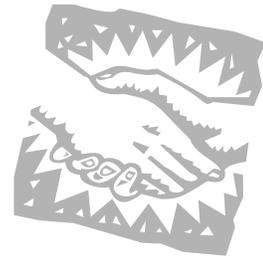


Use the cross walk.

Look both ways before you cross.

▲ The same rules should apply in parking lots. Hold small children's hands while walking in parking lots and crossing the street.

# Use the Buddy System



Never walk or play alone.

Always walk or play with  
a friend or sibling.

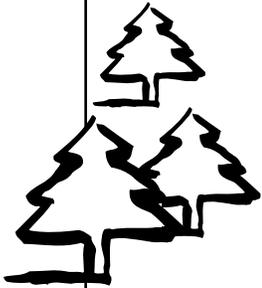
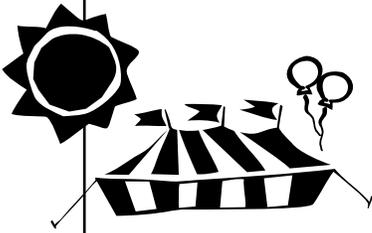
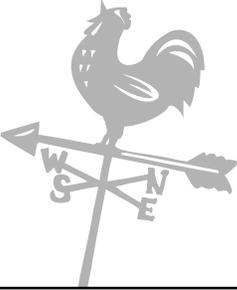
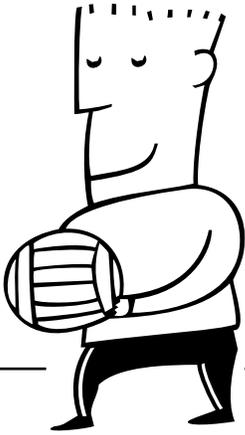
***Be a good buddy.***

Never leave your friend alone.

Draw a picture of you and  
a buddy.

▲ Always know where your children are going and who they are going to be with. If plans change have your child call and tell you the new plans. If possible, have your child carry change for an emergency phone call.

Mom told David to come straight home.  
Help him find the safest path home.



# Adults you can trust!



Parents

A Police Officer



A Teacher



A Store Clerk  
with Name Badge



A Fireman



A Mother  
with Children



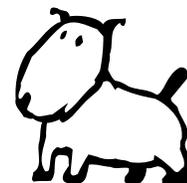
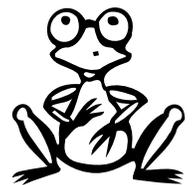
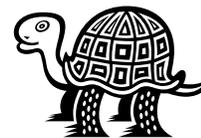
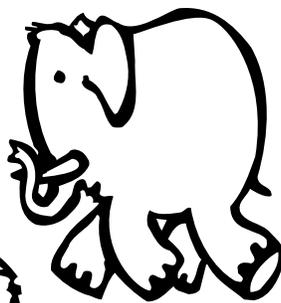
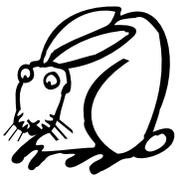
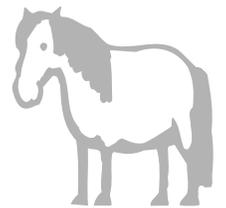
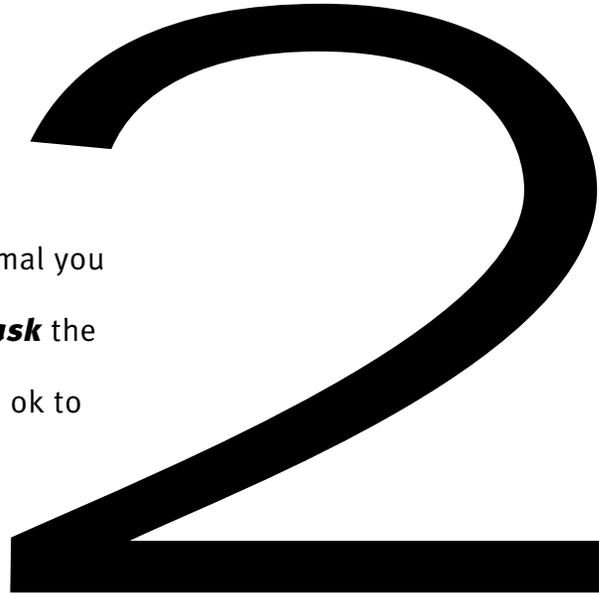
If someone makes you feel uncomfortable or tries to make you do something you don't want to do, **tell a trusted adult.**

Draw or paste a picture of these trusted adults in each bubble.

# Animal Safety

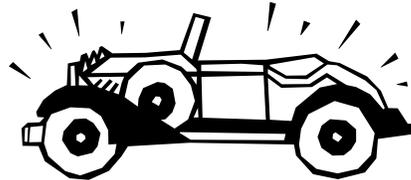


Never go near an animal you don't know. **Always ask** the animal's owner if it is ok to pet the animal.



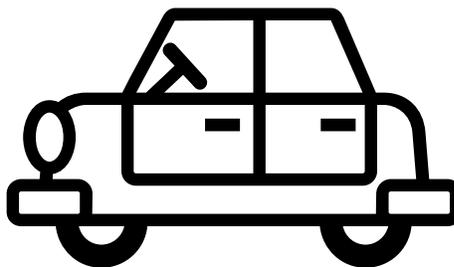
# Make it Click

# 6



Before you go anywhere in the car ***always buckle up.***

No matter what kind of car or how short the ride.



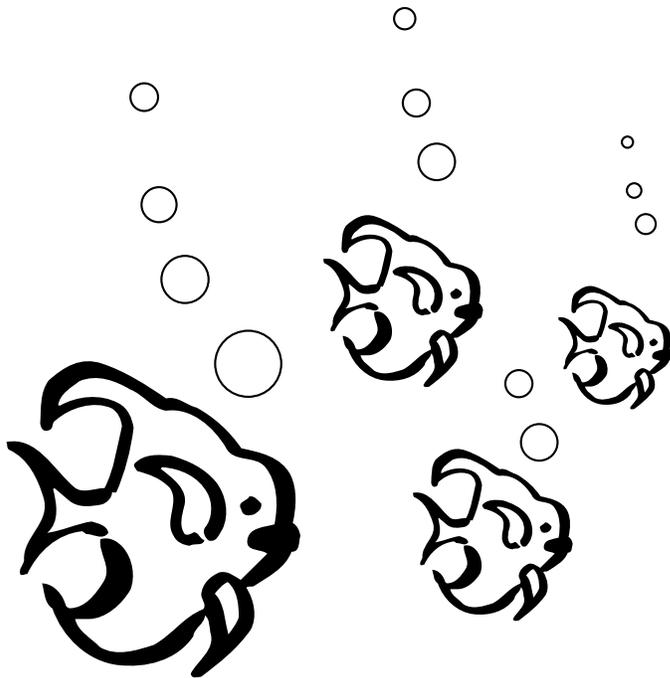
- ▲ Your children watch what you do. So wear your seat belt every time you ride.
- All children twelve and under should fit in the back seat.
- Children between 40-80 pounds and less than 4ft.9in. should ride in a booster seat.

# Water Safety



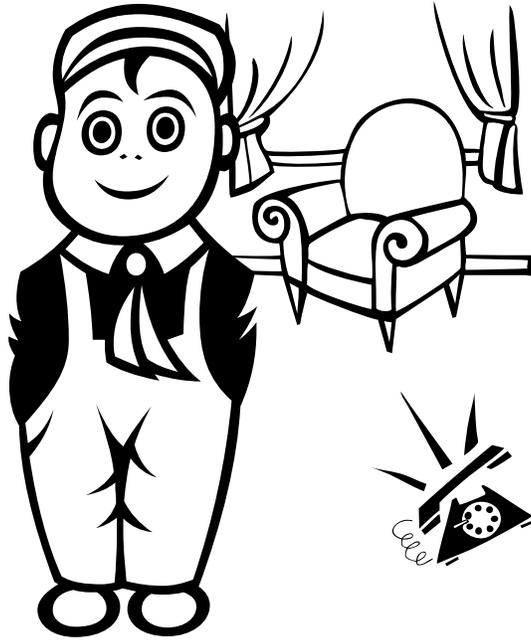
Always wear your life vest when in a boat. Never swim in water you are unfamiliar with. **Never swim alone.**

Always have an adult or life-guard nearby while swimming or playing near water.

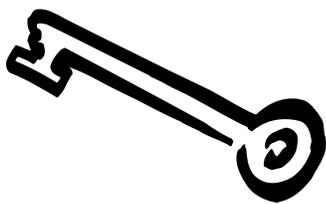


▲ Never leave your child unattended near water. Empty wading pools when not in use. A child can drown in as little as 2 inches of water.

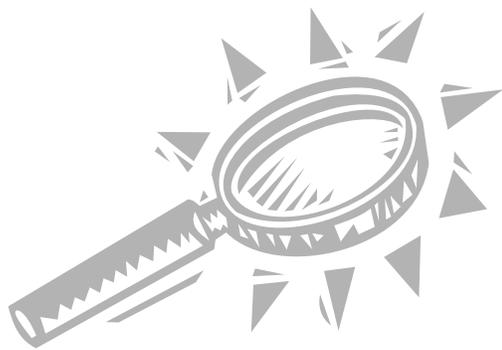
# Home Alone Safety



Keep your house or apartment key out of sight. Don't wear it openly. **Never** tell anyone, even a friend, that you are home alone. **Never** go into the house if it looks like it has been broken into. Run to a neighbor or friend's house and dial the emergency number. Always lock the door behind you and don't let anyone in, no matter what they say. If they won't go away call the emergency number.



- ▲ Make a list of agreed upon rules and post them on the refrigerator along with the emergency numbers. Arrange a telephone check with your child after school to be sure that he or she has arrived safely. You might ask a relative or neighbor to make the call if you are unable.



# Word Search

R	E	K	S	A	F	E	T	Y	A
D	P	L	T	W	Q	P	C	N	S
A	S	M	R	K	F	Z	O	J	E
N	W	B	A	L	U	V	D	Y	A
G	P	D	N	U	S	R	E	M	T
E	K	Q	G	V	C	N	W	F	B
R	U	L	E	S	P	L	O	S	E
W	L	V	R	C	I	K	R	R	L
I	E	B	X	B	U	D	D	Y	T
H	E	L	M	E	T	N	J	D	P

**Try to find these hidden words above and color their squares:**

- BUDDY      CODEWORD      HELMET      RULES  
STRANGER      DANGER      SAFETY      SEATBELT

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Special thanks to graphic design artist Joanna De Fazio  
for donating her time and talent to this project.

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