

# ARISE SPROUTS

## TEEN PREGNANCY PREVENTION SERIES:

### CHILD SAFETY

## TABLE OF CONTENTS

About the Sprouts Series.....	4
ARISE Foundation: An Overview.....	5
Tips for Teaching ARISE Life Management Skills.....	6
Chapter 1: Kitchen Safety.....	9
Chapter 2: Bathroom Safety.....	13
Chapter 3: Living Room and Bedroom Safety.....	16
Chapter 4: Electrical Safety.....	20
Chapter 5: Gun Safety.....	22
Chapter 6: Poisons.....	25
Chapter 7: Lead Safety.....	28
Chapter 8: Water Safety.....	32
Chapter 9: Sun Safety.....	34
Chapter 10: Fire Safety.....	36
Chapter 11: Using Auto Seat Belts and Child Restraints.....	39
Chapter 12: Personal Safety and Abuse.....	43
Chapter 13: Sexual Abuse.....	52
Chapter 14: Domestic Violence.....	58
Chapter 15: Talk Show.....	63

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#### TABLE OF CONTENTS (CONT.)

#### LEARNER’S WORKSHEETS

Chapter 1: Kitchen Safety.....	65
Quiz.....	68
Chapter 2: Bathroom Safety.....	69
Quiz.....	73
Chapter 3: Living Room and Bedroom Safety.....	74
Quiz.....	80
Chapter 4: Electrical Safety.....	81
Quiz.....	86
Chapter 5: Gun Safety.....	87
Quiz.....	91
Chapter 6: Poisons.....	92
Quiz.....	101
Chapter 7: Lead Safety.....	102
Quiz.....	110
Chapter 8: Water Safety.....	111
Quiz.....	116
Chapter 9: Sun Safety.....	117
Quiz.....	120
Chapter 10: Fire Safety.....	121
Quiz.....	128

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## TEEN PREGNANCY PREVENTION SERIES:

### CHILD SAFETY

#### TABLE OF CONTENTS (CONT.)

Chapter 11: Using Auto Seat Belts and Child Restraints.....	129
Quiz.....	135
Chapter 12: Personal Safety and Abuse.....	136
Quiz.....	159
Chapter 13: Sexual Abuse.....	160
Quiz.....	168
Chapter 14: Domestic Violence.....	169
Quiz.....	179
Chapter 15: Talk Show.....	180
Assessment.....	188

#### **QUIZZES, ASSESSMENTS AND ANSWER KEYS**

Worksheet Answers.....	190
Quiz and Assessment Answers.....	193
How to Use the ARISE Life Quotes Found Throughout This Manual.....	194
ARISE Training and Curricula.....	195

# 1

## KITCHEN SAFETY

Objective: Learners will understand how to keep their kitchens safe and childproof.

### SAFETY IN YOUR KITCHEN

**Worksheet:** *Page 65*

**Learner's Workbook:** *Page 3*

1. Danger zone! Cabinets under the kitchen sink are like an amusement park to toddlers. Never store household chemicals, cleaning fluids, plastic bags, pesticides, or rat poisons there. Saw-tooth knives used to cut aluminum foil or plastic wrap will slash fingers as easily as they cut through these products. Always store dangerous items above adult shoulder height. Stretch your arm out and swear never to place anything harmful to young children below this line. We call this the "safety salute."
2. Have learners turn to worksheet page 65, Learner's Workbook page 3. Instruct learners to look closely at the worksheet and circle anything they think is dangerous. After you have given everyone time to do this, ask for volunteers to read the following information out loud and discuss individual experiences:

#### Cabinets

1. **Cleaners:** It is important to store all products in their original containers. Never mix household chemicals; they can create poisonous gases.
2. **Foil and plastic wrap:** Sharp metal edges on the box can cut little fingers. Plastic wrap can suffocate a toddler or infant.
3. **Chemicals:** Never store these next to food or above the stove. Toxic chemicals, such as Drano and Clorox, can leak into food or start fires when placed near heat.
4. **Knives:** Knives and other sharp items should be kept in plastic sleeves or wrapped in paper towels in drawers away from children.
5. **Five-gallon buckets:** These should always be emptied out, turned over, and stored out of reach. Small children can accidentally fall into them and drown.

## SAFETY IN YOUR KITCHEN (CONT.)

Worksheet: Page 65

Learner's Workbook: Page 3

### Oven and Stove

1. **Burners:** Turn off all burners after use. Because it is very easy for oil to catch fire, make sure the stove, broiler, and other cooking equipment are clean and grease-free. Ask learners what to do if a grease fire starts. Remind them to NEVER pour water on it.
2. **Pots and utensils:** Stirring utensils, such as spoons or forks, should never be left in the pot while food cooks. They can become hot and cause serious burns. Don't allow pot handles to hang over the edge of the stove. They can catch on clothes, causing the pot to fall and burn a baby or small child.
3. **Using the oven:** The oven must never be used for any purpose other than cooking. Things other than food can easily start a fire. Turn appliances off when not in use.
4. **Burns:** In case of burns, don't use butter or grease; they hold in heat, making the injury worse. Run cold water on minor burns; anything else may require immediate medical attention.

SHARE AND DISCUSS THE FOLLOWING WITH LEARNERS:

## SAFETY TIP

### Heavy bookbags can hurt students

Children can hurt themselves by having too much in their backpacks. Studies show a student's bookbag should weigh no more than 15 percent of his or her body weight.

Heavy backpacks can cause neck tension, back problems, and even nerve damage. Also, therapists warn that wearing a backpack the wrong way could lead to permanent posture problems.

Physical therapist Marcia Scullion said, "Your grandma used to say if you make a face like this it's going to stick. This is basically the same thing... Your body will make adaptive changes according to your posture." Scullion says the proper way to wear a backpack is with the straps tightly secured with the majority of the weight in the center of the back. (source: [www.wwaytv3.com](http://www.wwaytv3.com))

## SAFETY IN YOUR KITCHEN (CONT.)

Worksheet: Page 65

Learner's Workbook: Page 3

### Refrigerator

1. **Temperature:** Keep the refrigerator temperature at 38 degrees.
2. **Food storage:** Store foods quickly so they won't spoil. Don't let anything cool too long before putting it in the refrigerator. Don't keep raw fish in the refrigerator for more than one day. Normally, poultry will keep for one to two days and red meat for three to five.
3. **Mold:** You can cut away small, moldy spots on cheese, salami, and firm fruits or vegetables but not on soft foods (cottage cheese, sour cream, whole grains, rice, corn on the cob, dried peas and beans, and peanut butter). If you see mold on these foods, do not eat them. When in doubt, toss it out!

### Microwave Oven

1. **Containers:** You can't use all containers in the microwave. Reusable tubs from margarine or yogurt can melt, causing chemicals from them to leak into the food. Use ovenproof glass and special microwave containers. Never use metal or foil in the microwave; it could cause an explosion, harming family members.
2. **Cool the foods:** Microwave cooking makes food and liquid very hot. Always make sure to carefully remove the covers. Burns occur when steam rises or liquid spills from the container.
3. **Test the foods:** Microwaves heat unevenly, so the outside of food can be much hotter than the inside. Test it carefully *before* taking a bite or serving it to children.
4. **Baby formula:** Never heat baby formula in a microwave; the bottle's disposable plastic liner may burst when it is shaken or while the baby is being fed. Babies could also get burned by hot liquid.

## KITCHEN DANGERS WORD SEARCH

Worksheet: Page 66

Learner's Workbook: Page 4

Direct learners to worksheet page 66, Learner's Workbook page 4. Have them use the word bank to fill in the blank space in each statement and locate words in the search. (Answers are on page 190 of this manual.)

## MY KITCHEN WILL BE SAFE

Worksheet: None

Encourage learners to stand and discuss steps they will take to make sure their kitchen is safe for children using information they learned about certain areas of the kitchen, including cabinets, stoves, microwave ovens, and refrigerators.

## WRAP-UP: KEY TIPS

Worksheet: Page 67

Learner's Workbook: Page 5

Review and discuss worksheet page 67, Learner's Workbook page 5 with the group.

**INSTRUCTOR: IT'S TIME AGAIN...GIVE YOUR GROUP THE QUIZ (PAGE 68 OF THIS MANUAL, LEARNER'S WORKBOOK PAGE 6) BEFORE GOING ON TO THE NEXT CHAPTER. (ANSWERS ARE ON PAGE 193 OF THIS MANUAL.)**

**SHARE AND DISCUSS THE FOLLOWING WITH LEARNERS:**

## SAFETY TIP

### Lithium Cell Batteries Are Very Dangerous for Young Children

If you have a small child living with you, be very wary of the small "button" batteries, the flat silver discs used to power remote controls, toys, musical greeting cards, bathroom scales and other home electronics.

About 3,500 cases of button cell battery ingestion are reported annually to poison control centers. But while swallowing batteries has occurred for years, the development of larger, stronger lithium cell batteries has increased the risk of severe complications.

Among the serious complications, the chemical reaction triggered by the batteries can damage vocal cords, leaving children with a lifelong whisper. Damage to the gastrointestinal tract means some children require feeding tubes and multiple surgeries. "The injuries are so much more serious," said Dr. Toby Litovitz. "It's like drain opener or lye. It's not something you want in the esophagus of your child."



The batteries that pose the greatest risk are those that begin with the number 20, which stands for 20 millimeters. They are larger and stronger than older models. Batteries numbered 2032, 2025 and 2016 are responsible for more than 90 percent of serious injuries.

In 60 percent of the cases involving children under age 6, the child has removed the battery from the electronic device. The problem is that most parents are not even aware when it happens, yet studies show the battery begins to cause severe damage within just two hours of ingestion. "It's really a tight timeline, because a lot of these cases aren't witnessed," Dr. Litovitz said. "Children present with symptoms that are nonspecific, the parent doesn't know the battery was ingested — that makes it difficult for the doctor to diagnose." (NYTimes.com, May 2010)



# SAFETY IN YOUR KITCHEN

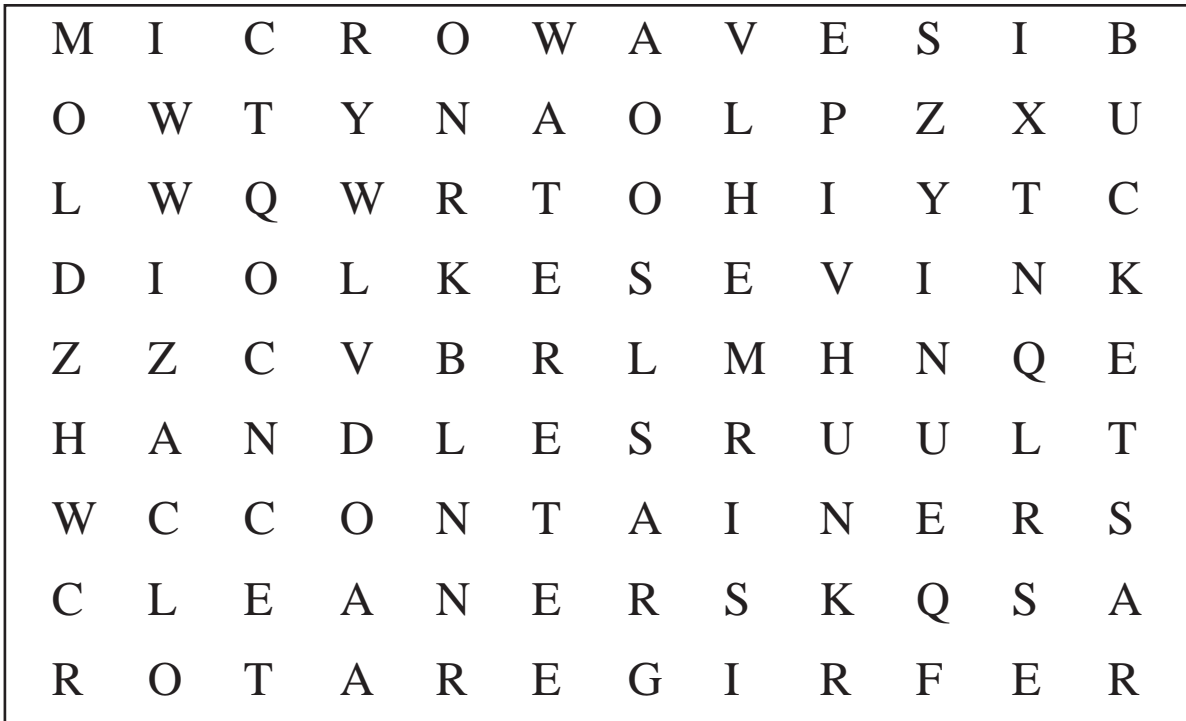
Circle all of the items that could be dangerous for a small child.





# KITCHEN DANGERS WORD SEARCH

Using the word bank below, fill in the blanks and find the terms in the search.



1. You should never mix household \_\_\_\_\_; it could create poisonous gases.
2. Five-gallon \_\_\_\_\_ should always be emptied out and turned over.
3. \_\_\_\_\_ should be kept in plastic sleeves or wrapped in paper towels.
4. Never pour \_\_\_\_\_ on a grease fire.
5. The \_\_\_\_\_ of pans should never hang over the front of a stove.
6. \_\_\_\_\_ should not be used to heat baby formula.
7. Only microwave-safe \_\_\_\_\_ should be used in microwave ovens.
8. Microwave cooking makes food very \_\_\_\_\_.
9. \_\_\_\_\_ temperature should be kept at 38 degrees.
10. Soft foods with \_\_\_\_\_ on them should never be eaten.

## WORD BANK

cleaners	hot	water	buckets	handles
refrigerator	mold	knives	microwaves	containers

# KEY TIPS

Read the following out loud. Discuss your opinions about each.

1. Warning! The common contents of cabinets under a sink are extremely dangerous to children. Never store cleaners, plastic bags, poisons, knives, or household chemicals here.
2. Practice the “Safety Salute.” Keep all hazardous items in a safety zone above adult shoulder height.
3. Follow safety rules carefully when using any kitchen appliance.
4. Purchase childproof locks to prevent little ones from opening kitchen cabinets and getting themselves into trouble.

