

COUNSELING GUIDELINES

From 10 to 12 Years

FIREARM HAZARDS

1. Is there a gun in your home or any of your friends' homes?

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Do not play with guns! More than 300 children die each year of unintentional gunshot wounds. BB guns and paint pellet guns often cause severe eye injuries. Air rifles are dangerous weapons that can kill.

BURNS

2. Do you have working smoke alarms in your home?

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Check to see that your home has smoke alarms. Most fire-related deaths are the result of inhaling smoke or toxic gas. There is a critical period of 4 minutes to get outside the home after the alarm sounds. Smoke alarms are recommended for each floor, but particularly for furnace and sleeping areas. You should know appropriate exit routes and a family meeting point away from the house.

BICYCLE SAFETY

3. Do you ever ride with passengers on your bike?
4. Do you wear a helmet when you ride your bike?

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Never ride with passengers on your bike. This may impair your stability and visibility and lead to an injury.

Always wear a helmet when riding a bike. This protects you from head injury. Use the TIPP handout *Safe Bicycling Starts Early*.

AUTO SAFETY

5. Do you wear a seat belt in the car?
6. Do you ride in cars that have passenger air bags?
7. Where do you sit in the car?

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Buckle up. Seat belts save lives and should be used by all children. Remind your parents to buckle up as well.

Do not sit in front of a passenger air bag. The safest place for children to ride is in the back seat.

The safest place for you to ride is in the back seat, buckled up.

PEDESTRIAN SAFETY

8. When you want to cross the street, what is the first thing you should always do?

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Follow safety rules when crossing the street.

- Always stop at the curb, roadside, or at the outside edge of a parked car.
- Always look left-right-left before entering the area of the road in which cars travel, even if a traffic light says "walk."
- If a car is coming, wait until it passes and look left-right-left again.
- Proceed to cross the street only when the road is clear.

WATER SAFETY

9. When playing near water (for example, rivers, ponds, lakes, oceans), is it OK to play alone?

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Never play near water without an adult nearby. Even if children can swim, they should never play unsupervised near bodies of water into which they may fall because they may not retain their swimming skills in an emergency. Water conditions (rapids, tides) may overwhelm otherwise capable swimmers.

FARM SAFETY

10. Do you live or work on a farm?

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Farm equipment is very dangerous to children. Parents may need to be counseled for this question.