

Safety Week

October 20-26, 2013



It starts with Scouts.

Day 1

Personal Safety

Personal Safety means taking care of yourself — in every way, in all places, and at all times. It includes how you react to an emergency, and it includes looking after your mental and physical health. After all, looking out for your wellbeing will help you to be prepared to react to a dangerous situation, and it can help you to avoid hazardous scenarios in the first place.

BEAVER SCOUTS

Tips to share:

- Don't give yourself medicine. Have your parents measure out the medicine you need, and decide when you should have it.
- Keep your shoelaces tied up. Use a double knot.
- Take some time to taste your food—chew carefully. Don't fill your mouth right up or swallow everything at once.

Scouters Tip:

Wash your hands regularly, especially before eating. Teach youth to do the same.

Resources and Program Ideas:

- [Feelings, Personal Space and My Body Jumpstart](#)
- [Stay Safe! Poster](#)
- [Healthy Eating Jumpstart](#)
- [Healthy Eating 2 Jumpstart](#)



CUB SCOUTS

Tips to share:

- Don't swim unsupervised.
- Always let your parents know where you're going to be and who you're going to be with when you go out. Set a time to be back and wear a watch.
- If you're feeling sick, tell your parents or another adult. Wake somebody up if you have to.

Scouters Tip:

Use hand sanitizer. Encourage youth to do the same.

Resources and Program Ideas:

- Talk about [Kids Help Phone](#) with your Pack.



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Scouts

Tips to share:

- Just say no to drugs and alcohol. The younger somebody is when he or she experiments with drugs or alcohol, the more likely that person is to have long-term struggles with substance abuse.
- Talk to your parents if you're having trouble sleeping. It's common for sleep patterns to change for teenagers, but there are things that can be done to still get a good night's rest.
- Be true to yourself. Know what your own interests and passions are, and do what makes you happy. Don't let somebody else tell you how to be you!

Scouters Tip:

Structure your schedule to get seven to eight hours of sleep per day. If you've been sleep deprived, the hours of sleep you've missed can and should be made up, even days later.

Resources and Program Ideas:

- Learn about [youth mental health](#). You never know if somebody in your Troop may be wrestling with some tough questions.



VENTURER SCOUTS

Tips to share:

- Ensure your own safety before trying to help others in an emergency.
- Know how to perform first aid on yourself. There are ways to give yourself the **Heimlich maneuver** or to stop serious bleeding.
- Ask for help if you're feeling stressed and overwhelmed with the challenges of school, Scouting, other extracurricular activities and your social life. A little helpful advice can go a long way.

Scouters Tip:

Smile! Laugh! Making a point of joking around every day can help to manage stress, improving your blood pressure and immune system.

Resources and Program Ideas:

Find out about your local crisis centre. Share its information with your youth. Let them know that there are places to turn to for discrete, expert help in times of need. For example, in Ottawa it is the [Distress Centre Ottawa and Region](#).



ROVER SCOUTS

Tips to share:

- If you're not feeling well, consult a doctor—especially if a seemingly minor ailment just won't go away.
- Wear sandals in public showers.
- Throw away expired medications.

Scouters Tip:

Remember, sick days can and should also be used for your mental health.

Resources and Program Ideas:

- Find out about your local addiction centre. Share its information with your Crew. Let members know that there are places to turn to for discrete, expert help. For example, visit the [Nova Scotia Addiction Services](#).

