

## **Safety Notebook**

### **Fitness #1, Artist #8, Art pin #9**

Make and decorate the safety notebook. Make copies of the following pages for each scout. Cut apart sheets to fit notebook as appropriate. (Purchase 5x7" white paper notebooks with hard stock cover at GW School Supply.)

Supplies: 5x7 notebooks, glue sticks, star or other fun/related stickers, colored pens/pencils

Discuss general safety tips and ideas with the boys during the project. Review the pages (below) that they are pasting into their books. Tell the boys to keep this safety notebook in their backpacks for future reference.

Suggestions to add to their notebook:

- Nearby relatives, neighbors, family friends' address and phone numbers.
- Family meeting place if you get lost.
- Bus schedules (school or community)
- Combination numbers
- Food allergies, medicine allergies.
- Map from school to your home.







Safety  
Notebook

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Home Address: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Emergency Contact	Address/Location	Phone Numbers
 <b>Police</b>	Non-emergency 327-7111	<b>911</b>
 <b>Fire</b>	Non-emergency 324-4542	<b>911</b>
 <b>Doctor</b>	Name:	
	Address:	
 <b>Dentist</b>	Name:	
	Address:	
 <b>Mom</b>	Company:	Work:
	Address:	Cell:
 <b>Dad</b>	Company:	Work:
	Address:	Cell:
Relative/Neighbor/Friend	Name:	
	Address:	
Out-of-state Relative/Friend	Name:	
	Address:	

Home Address: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Emergency Contact	Address/Location	Phone Numbers
 <b>Police</b>	Non-emergency 327-7111	<b>911</b>
 <b>Fire</b>	Non-emergency 324-4542	<b>911</b>
 <b>Doctor</b>	Name:	
	Address:	
 <b>Dentist</b>	Name:	
	Address:	
 <b>Mom</b>	Company:	Work:
	Address:	Cell:
 <b>Dad</b>	Company:	Work:
	Address:	Cell:
Relative/Neighbor/Friend	Name:	
	Address:	
Out-of-state Relative/Friend	Name:	
	Address:	

# Child's Bill of Rights: Basic Safety Rules

Ask an adult for help such as:

- Police officer
- Teacher
- Coach
- Parents
- Security officer
- Check out clerk

**Never** get into a car without your parent's permission

Adults should **never** ask children for directions

**Always** use the buddy system

**Don't** visit your friends' or neighbors' house without your parent's permission

**Always** tell a parent or teacher, for example, if someone asks you to keep a secret or they will hurt you.

**Never** take your clothes off if someone wants to take your picture or make a movie of you.

**No one** should touch you in your private places.

If you are unsure about any situation, **always** ask your parent or teacher or coach to help you understand or decide what is best.

**You always have the right to say, "NO"!**

# Computer Rules for Children













**ALWAYS get permission before you use the computer, log onto the Internet, or enter a chat room.**

- ⇒ **ALWAYS** stay in public chat rooms if you chat with strangers.
- ⇒ **NEVER** tell anyone in a chat room your real last name, phone numbers, parent's names or workplace, your home address, or what school you attend.
- ⇒ **NEVER** agree to meet someone you met in a computer chat room at a real place.
- ⇒ **NEVER** send e-mails to a stranger.
- ⇒ **NEVER** respond to an e-mail from strangers or e-mails with bad or naughty information in it.
- ⇒ **NEVER** give your password to anyone except your parents.

- ⇒ **NEVER** get involved with a computer hacker or anyone who suggests to break into other computers electronically.
- ⇒ **NEVER** enter personal information about yourself, your address, phone numbers, etc., if a website asks for it before it will let you in. **ALWAYS** ask your parents for permission.
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# Bicycle Safety Rules

**ALWAYS wear a helmet – it's safe and it's the law.**

-  Obey all traffic signs and signals.
-  Ride single file on streets and highways and keep to the right, with the flow of traffic.
-  Ride in a straight line. Don't do stunts or weave in and out of traffic.
-  Use proper hand signals when in traffic.
-  Slow down and look carefully before you cross any intersection.
-  Be alert for other vehicles, especially for cars pulling out from the curb.
-  Don't shoot out of blind alleys and driveways.
-  Give pedestrians the right-of-way.
-  Don't carry another rider.
-  Don't hitch onto cars and trucks.
-  Be sure your bike has good brakes.
-  If you ride at night, have a working headlight on the front of your bike and a red reflector on the rear.