

SAFE@HOME

Learning outcomes

Having completed this badge the members will:

- be aware of dangers inside and outside the home and how to respond to them;
- be able to seek help in an emergency;
- know and put into practice ways to make their home safer.

Badge requirements

1. Show that you can recognise potential dangers in the home and discuss with your leader how to prevent them.
2. Know how to safely use electricity and gas in the home.
3. Know what to do if fire breaks out in the home.
4. Know who to contact in an emergency.
5. Know some simple 'stranger danger' rules to use at home.
6. Know how to prevent accidents in the yard.

ADVENTURERS
SUNBEAMS

safe@home



CATEGORY

Life To The
Max

TIME FRAME

Four - Five
weeks

AIM

To help the
Adventurers/
Sunbeams
understand
the
importance of
having a safe
home.





Teaching Ideas

- Parts of this badge lend themselves to inviting special guests e.g. a fireman or a policeman.
- Several handouts are included and may be used to teach the information or reinforce the teaching. Be sure to discuss each danger including why it is a danger and how to prevent an accident in each situation.
- Teach the information by demonstration, e.g. set up a kitchen with some or all of the dangers listed in the material. Encourage members to identify each danger, discuss why it is a danger and how to prevent an accident or injury.
- Prepare the information on charts, PowerPoint or other presentation.
- Use pictures to illustrate dangers and invite members to discuss why each one is dangerous and how to prevent accidents or injuries.



1. show that you can recognise potential dangers in the home and discuss with your leader how to prevent them.

Kitchen

- Ask why the kitchen can be one of the most dangerous rooms in the house.
- Talk with your group about 'kitchen rules' they may have in their homes.
- Get them to call out kitchen rules that are used in their home and if the majority of the members agree that it is an important rule write it up on a whiteboard or chart.
- Discuss the reason for each rule and how keeping it makes the home safer.

Some ideas to help you get started:

1. Stay away from the stove when someone is cooking.
Reason: The stove is a hot place and you may get burnt.
2. Don't play with toys in the kitchen.
Reason: Mum could step on them and drop a hot dish or fall over.
3. Carry knives with the point downwards and scissors by closed blades.
Reason: It prevents people from being stabbed.
4. Keep medicines and chemicals in a high or locked cupboard.
Reason: Swallowing a large amount of medicine/chemical can cause poisoning.
5. Clean spills up straight away. Paper towelling is good for this.
Reason: To prevent people from slipping.
6. Wipe down benches and surfaces with water and disinfectant.
Reason: To stop the spread of germs.
7. Turn saucepan handles away from the edge of the stove.
Reason: Handles can be knocked or pulled causing the saucepan to fall and the contents to spill out and/or scald.

Teaching ideas

Relay Race – Divide the group into equal teams. Have an empty box or basket for each team. Scatter toys around the room and each member takes turns to place one toy into its box. The first team finished or the team with the most toys in their box in a given time frame is the winning team.

Use **Handout 1** to reinforce kitchen safety rules. The picture illustrates some dangers/risks the group could discuss.

List of dangers on **Handout 1**:

Saucepan handle turned out	Liquid spill on floor
Medicines on kitchen bench	Chemicals in open cupboard
Child pulling on tablecloth	Apple core on floor
Flower vase too close to edge of table	Over-full garbage bin
Curtain hanging over toaster	No adult in sight
Kettle cord hanging over kitchen bench	
Unattended cooking pot spilling over	

Bathroom and laundry

Discuss the potential dangers found in the bathroom and laundry.

Surfaces harbour bacteria

- Wipe down benches and surfaces with water and disinfectant.
- Clean toilets regularly.
- Mop the floors.

Safety issues

- Never leave a young child alone in the bathroom.
- Turn cold water tap on first when running a bath or shower.
- Turn hot water tap off first when turning off the taps.
- Test that the water is not too hot.
- Electrical items, e.g., cords, hairdryer, shaver, heater, kept away from water.
- Any medicines/chemicals stored in the bathroom/laundry need to be out of the reach of children.



2. Know how to safely use electricity and gas in the home.

General Information

We need power to make things in our home work. Talk with the group about what electricity or gas is used for in their home. Ask the members if electricity and gas are used in every room in the house. Gas and electricity help to make our lives so much simpler but can be dangerous if not used properly. There are some rules that we need to know so that we can use gas and electricity safely.

Gas

Gas has a distinctive odour. You might consider allowing members to smell gas so they can recognise the smell.

Most modern gas appliances will light themselves automatically with the press of a starter, but some still require a flame to ignite the gas. The safest way to light a gas appliance is with a gas lighter. Alternatively use a long match. If you walk into a room and smell gas you should open the window and find the source of the smell. Turn the gas off at the source.



TEACHING
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Teaching ideas

Demonstrate lighting a gas appliance so that children can experience it. Remember to light the flame before turning on the gas.

Children should never attempt to light a gas heater or stove without adult supervision.

Remember - gas is a good way to heat or cook but is never a plaything!

Electricity

Electricity is supplied to every house. Electrical power can be used for lighting, cooking, hot water service and other appliances. Electric shock can be caused by using faulty appliances, broken switches and poking metal objects into the power outlets.

Remember – electricity can kill!

Discuss ways of using electricity safely. Here are some ideas:

- Always turn toaster off to remove stuck food.
- Check if any items such as tea towels and pot holders are too close to the stove.
- Make sure inflammable objects or materials are not placed on or close to the heater.
- Overloading power boards and double adaptors is dangerous.
- Always dry hands before turning switches on and off.
- Make sure power point switches are turned off before placing plugs in them.
- Turn off the power switch before removing the plug.
- Always remove the electrical appliance from the outlet by holding the plug and not pulling on the cord.
- Place power cords so they cannot be tripped over or pulled on.

Use **Handout 2** to reinforce the basic safety rules.

Answers to the True or False section are:

- | | | |
|----------|----------|-----------|
| 1. False | 5. True | 9. False |
| 2. True | 6. True | 10. False |
| 3. True | 7. False | 11. True |
| 4. True | 8. True | 12. False |



3. Know what to do if a fire breaks out in the house.

Every home should be fitted with smoke alarms:

- on each level of the house;
- near the kitchen;
- near the bedrooms.

If the alarm works by batteries they must be changed regularly.

Other safety equipment may include - a fire extinguisher and a fire blanket.

Smoke alarms are a warning of the presence of smoke. An adult should investigate why the alarm has gone off.

If a fire is detected follow home evacuation procedures.



Home Evacuation Plan

Every family needs to have discussed what to do if their home is on fire. It is a good idea to practise a fire drill. Ask the children for suggestions.

Things to know and do:

- Two ways out of every room, e.g. a door and a window.
- Make sure the windows can be opened.
- Decide on an outdoor meeting place.
- Every person should know the details of the plan and how to get out quickly.
- Practise regularly.
- Draw your evacuation plan on paper and place in a central area or entrance way.
- Dead locks must be easily unlocked and opened in an emergency.
- Close doors as you leave a room to stop fire spreading rapidly.
- Cover your nose, get down low and get out quickly.

Personal Fire safety

Any heater can be a source of fire if safety precautions are not observed.

- Pyjamas and dressing gowns are a major cause of burns in the home because they can be flammable, long and loose fitting. Don't stand too close or play near the heater.
- Clothes placed over or too close to a heater can cause a fire.
- Never place a heater near curtains or furniture.

What to do if someone's clothes catch on fire:

- stop, don't run,
- drop to the ground,
- roll until flames are out.

Don't remove any clothing. If possible, place the person or injury in or under cold water. Shout for help or call 000 for emergency assistance.

You can use **Handout 3** to reinforce teaching.

Role Playing – Give each patrol/team a situation that they must role play for the rest of the group, e.g. making an emergency call, answering the phone correctly, fire safety – stop, drop and roll. Allow them time to rehearse then come together to watch each other's play. Discuss whether the group remembered all the safety rules for the situation they were role playing.



4. Know who to contact in an emergency at home.

Sometimes we need to use the telephone in an emergency. An emergency means someone is badly hurt and we need help quickly or a fire has started or there is a stranger trying to get into our house.

The emergency number is 000. Never ring 000 just for fun.

When teaching this to your group they will need to know:

- The person on the phone will ask whether they need police, ambulance or fire. The person needs to know where the call is being made from and what the problem is.
- Don't forget to include the state because operators may be answering the call from another city or state.
- It is important to speak slowly and clearly.



Teaching ideas

Bring some phone books and help the members to look up some other important 24-hour numbers which can be contacted for poisons information, local hospital and doctor and the Kid's Helpline. You may like to have your group make a fridge magnet or card with these numbers to be displayed in their home.

Games

Help the children to see that their ability to remember correctly may save their own or someone else's life.

- Practise carrying a message of at least 12 words in your head. Tell the leader the message after 5 minutes.
- Play some games with your group which entail remembering a simple message, e.g. Chinese Whispers.
- Play Kim's game.

You may use **Handout 4** to reinforce this teaching.



5. Know some simple 'stranger danger' rules to use at home.

When the phone rings:

- Never tell a caller you are home alone, even if they say they know you.
- Never tell the caller that an adult is not at home. Simply say they can't come to the phone at the moment (which is not a lie).
- Write down any messages, repeating the message to the caller. If too young to write ask the caller to phone back.

When a person comes to the door:

- Don't open the door.
- Always keep the security door locked (if applicable). Don't invite anyone into the house without parents/carers permission.
- Ask the person at the closed door who they are.
- Ask the person at the door to wait while you get an adult.

You may use **Handout 5** to reinforce this teaching.

Internet and mobile phone safety

The Internet can be educational and fun to use, but can also have dangers. Children may be accidentally exposed to unsuitable material or contacted by exploitative and predatory individuals.

Make sure you emphasise to your group that they must have permission from their parents/carers to use the Internet and that it is very important to obey the rules of their home when using the computer.

Discuss with your group what rules they have in their home. Here are some rules:

- Ask parents/carers to help find good websites.
- Only use the Internet to research information.
- Parents/carers should be aware of how you are using the internet.
- Be aware of online 'stranger danger', especially in chat rooms and by email.
- Don't give anyone your address or other personal details.
- Always tell your parents/carers if you come across something that worries you.

Teaching ideas

Encourage the children to inform parents of things that worry or disturb them on the Internet and to exit such a site immediately.

A mobile phone is good for communication and emergency use. Many of the home phone rules also apply but here are some safety tips:

- Don't give your number and other personal information to others without first asking your parents/carers.
- Tell an adult if you receive bullying text messages or calls.
- Always turn off your mobile in places where they are not allowed.
- Only use mobile phones when necessary.



6. Know how to protect yourself in the yard.

There are a lot of things in our front and back yards that could cause accidents. It is good to know some basic first aid and what to do if someone needs help. Let your parents/carers know if you see anything that is damaged or broken so that they can have it repaired or replaced. Always observe the safety rules that govern outdoor activities/games and garden equipment, e.g. when playing with others take turns when necessary without pushing or shoving, only use the garden tools when told to do so.

Discuss with your group how to correctly use different equipment in the yard so that accidents may be prevented. Some of the things you could talk with your group about are:

Playgym, swings, slides

Check that equipment is in good condition, e.g. look for frayed ropes, broken chains, loose nuts and bolts. Playing safely on the equipment and taking turns helps prevent accidents.

Trampolines

If you have a spring protector, make sure that it is in place and not damaged.

Always jump in the centre of the mat keeping clear of the springs.

Allow only one person at a time on the trampoline. Set a timer to let each child know when their turn is finished.

Sports Equipment

Always make sure that bats, balls and other sports equipment are not left lying around to be tripped over and damaged. Always pack up and put away after use.

Bikes

Bikes should always be kept in working order. They should be put away when not in use.

Bike safety equipment should always be worn even if riding in the yard.

Swimming pools

An adult should always be present when children are in the swimming pool.



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Teaching ideas

Always observe safety precautions when around, near or in the pool, e.g. no running, pushing, bombing. Keep the pool gate closed to ensure the safety of younger children. Know some basic water safety rules and what to do if someone in the pool needs help. Display an authorised resuscitation chart (usually purchased from local council or hardware store).

Gardening tools and plants

When helping parents/carers with the gardening, only do what you are asked to do. Don't touch any of the tools unless supervised by an adult. Always wear suitable footwear and clothing. Be aware of plants that may be in the garden that can cause rashes and allergies. Wear gloves if the garden has thorny or prickly plants growing.

Garbage

It is important to remove unwanted items from the yard. Most towns and cities have a recycling system where paper, cardboard, cans and bottles are recycled. Large unwanted items (e.g. car parts, old furniture, etc) may be removed by the local council at bi-annual 'clean-up' collections.

Pets

Do not tease or torment animals as they can bite and scratch even if they are the most placid of pets.

Always wash your hands after playing with animals.

Driveways

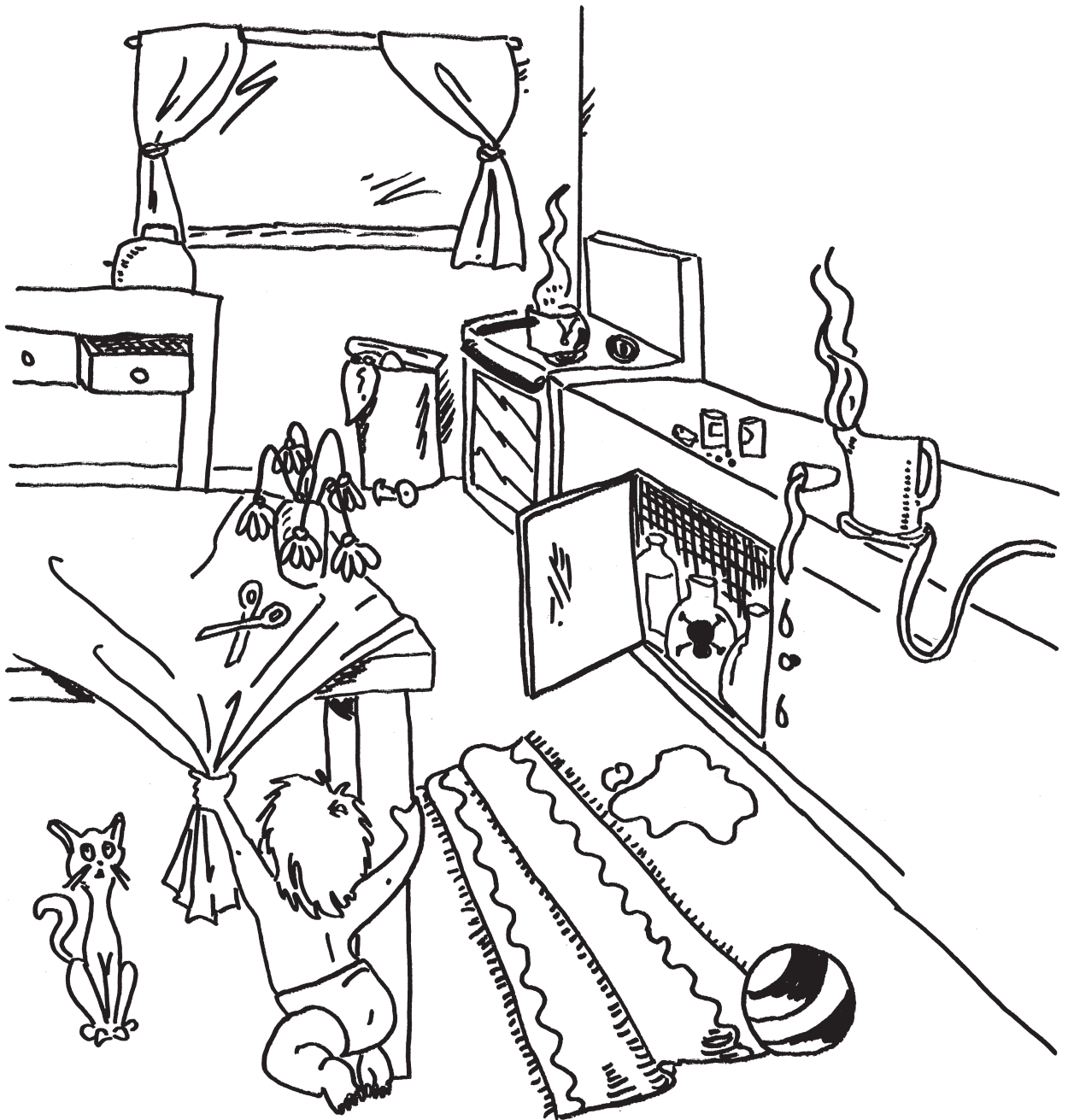
Remember driveways are for cars not a play area.

Always stand away from the driveway where a driver can see you clearly when they are reversing a car.

HANDOUT 1

Adventurers/sunbeams

This picture shows some of the dangers that occur in the kitchen. Put a cross X beside each danger that you can find.

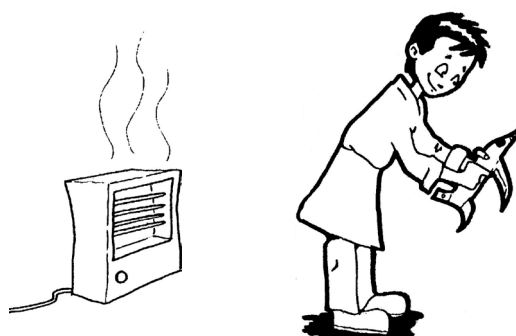
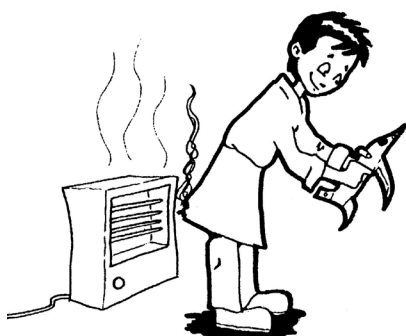
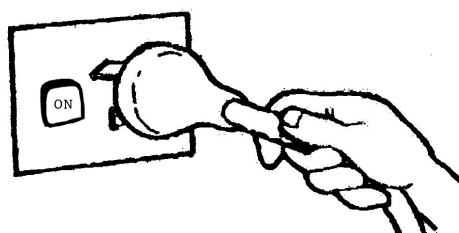
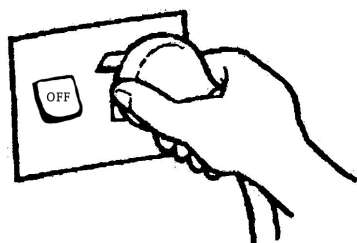
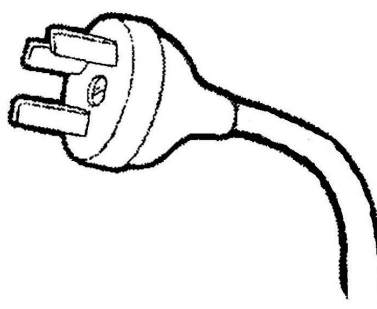
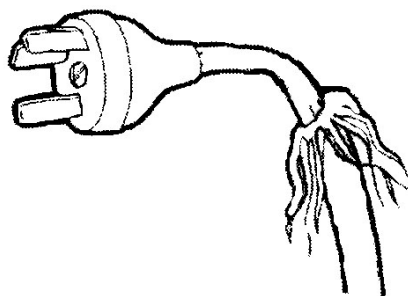


Handout 2

Adventurers/sunbeams

Basic safety rules

Circle the correct picture.



Write TRUE or FALSE next to these statements to show that you understand safety rules.

1. It's okay to play with matches. ☐
2. Never use a knife to try to get stuck toast out of the toaster. ☐
3. Light the match before turning on gas. ☐
4. Check if any items are too close before turning on stove or heaters. ☐
5. Have smoke alarms and fire blankets/extinguishers in your home. ☐
6. Keep a torch (with new batteries) in an easy to reach place in case of a blackout. ☐
7. Dancing or playing around in front of heaters or fans is safe. ☐
8. When lighting gas, use a gas lighter or long match. ☐
9. Plug as many cords as you want into power boards and double adaptors. ☐
10. Touch the hotplate/element on the stove to check if it is hot. ☐
11. Do not use wet hands to turn power points on or off. ☐
12. Pull the cord out of turned on power point. ☐

Handout 3

Adventurers/sunbeams

Know what to do when clothing catches on fire.

Fill in the missing word.



Clothing catches on fire very quickly and scars last a long time.

It's very important to learn the rules – STOP, DROP and ROLL. Act quickly so that you can save people from being seriously burned.

shouting

ROLL

_____. Keep _____ – but _____ for help.

_____. Quickly wrap the person in a woollen coat or blanket to _____ the flames and force him/her onto the _____ or ground.

shout

_____. Roll the person over in the blanket. Flames cannot keep burning without air. Prevent the person from _____ and keep _____ for help.

floor

calm

DROP

smother



COOL. When the flames are smothered, immediately cool the burn area with cold water. The water helps to take away the pain and makes the burn less serious. Running cold water is best. Help make the person as comfortable as possible. Call 000 for help.

Handout 4

Adventurers/sunbeams

What to do in an emergency at home



Ringing 000

Ring 000 only in an emergency and not for fun.

Choose one of the following scenarios and circle the correct 000 response:

Scenario 1 John has fallen off the top bunk.

Scenario 2 Jane's house is on fire.

Scenario 3 Bob's bike has been stolen.

When calling 000 you will be asked whether it is Police, Fire or Ambulance.

Other questions asked will be:

My address is: _____

_____ State _____ Postcode _____

My nearest cross-street is: _____

What has happened: _____

Other 24 hour emergency numbers are:

Poisons information _____

Local hospital _____

Local doctor _____

Kid's Helpline _____



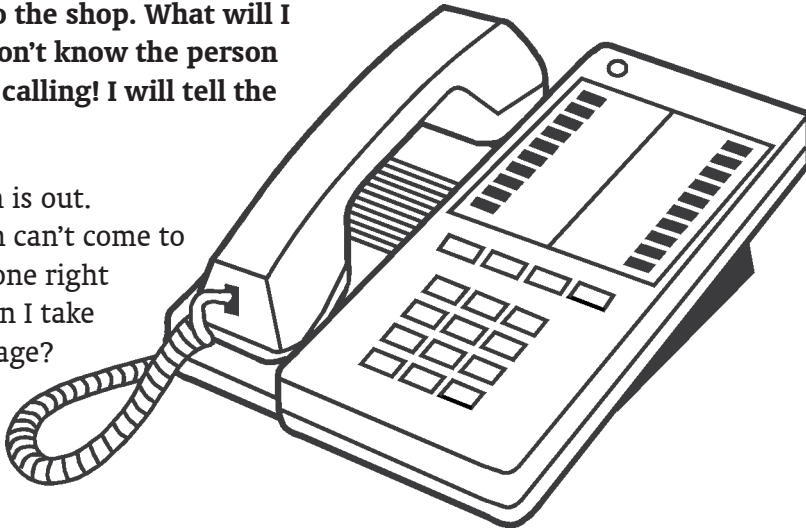
Handout 5

Adventurers/sunbeams

Read all these ideas. Underline the ones you would use.

They want Mum and she's gone to the shop. What will I do? I don't know the person who is calling! I will tell the caller:

- a) Mum is out.
- b) Mum can't come to the phone right now can I take a message?



I have to write down a message. What will I do?

- a) Tell the caller I can't write.
- b) Call my big brother or sister.
- c) Ask the caller, to wait, please, while I get a pen and pad.
- d) Write down their name and telephone number.
- e) Read it through to the caller to check I've got it correct.
- d) Ask the caller to ring back.

Read the telephone manners. Follow the cords to find out who is hearing these telephone manners.

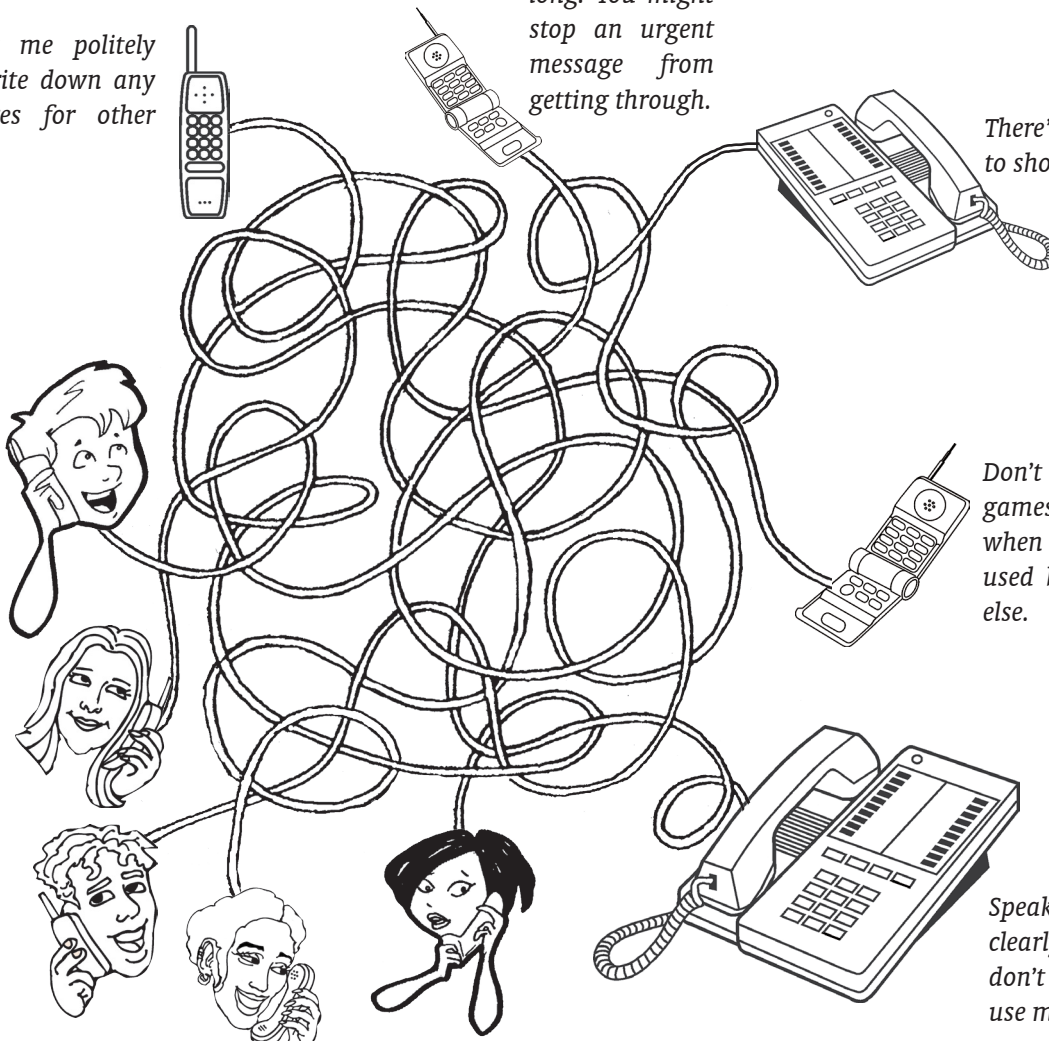
Answer me politely and write down any messages for other people.

Don't talk for too long. You might stop an urgent message from getting through.

There's no need to shout!

Don't play rowdy games near me when I'm being used by somebody else.

Speak slowly and clearly please, and don't eat while you use me.



Handout 6

Adventurers/Sunbeams

THE TEN COMMANDMENTS

- | | |
|--|--|
| 1 Worship no god but me. | 6 Do not commit murder. |
| 2 Do not make for yourselves images of anything. | 7 Do not commit adultery. |
| 3 Do not use my name for evil purposes. | 8 Do not steal. |
| 4 Observe the Sabbath. | 9 Do not accuse anyone falsely. |
| 5 Respect your father and your mother. | 10 Do not desire another man's house; or anything else that he owns. |

Devotional ideas



1. **Title:** God's rules
Bible: Exodus 20: 3 -17, Matthew 22:36 - 40
Thought: God has given us rules to keep us safe
Supplies: A Bible and a copy of **Handout 6** for each child

Everything we do and everywhere we go there are rules. Discuss some of the rules we have to keep, e.g. road, school, home, sports and SAGALA. Encourage the children to respond, even the quieter ones. Sometimes children think that adults just make up rules so they can boss children around. Do you know the real reason for rules? *(They are to keep us and everybody else safe).*

God has rules too. They are called the Ten Commandments and we can read them in the Bible in Exodus 20. Give out copies of **Handout 6** and read the Ten Commandments together or have different children read a rule each.

This seems like a lot of rules doesn't it? Jesus gave us a very simple way of remembering these rules. *(You may like to have another leader or a good reader in your group read the passage in Matthew 22:36 - 40.)* Jesus told us that the greatest commandment is 'To love the Lord your God with all your heart ... And to love your neighbour as yourself ...' What do you think Jesus was telling us?

Jesus was reminding us that if we love God we would be happy to keep His laws and if we love our neighbour as much as we love ourselves we will do nothing that would hurt him/her.

Pray: Ask God to help us to keep His rules so that we, and others, can be safe and happy.



DEVOTIONAL
IDEAS



Devotional ideas



2. Title: Invisible dangers

Bible: James 4:7b - 8a

Thought There are other dangers around us besides the ones we can see

Supplies: Draw, copy or cut out pictures and place around hall. The pictures should represent things that can hurt us emotionally, spiritually and in our thinking, i.e. temptations – cruelty, bad books, bad friends, swearing, selfishness, dishonesty, abuse, etc. (If pictures are too difficult – scramble the letters of the word, e.g. siel (lies), and let the children try to unscramble them)

We have been looking at dangers that could hurt our bodies, but there are other things that can hurt our minds or our feelings. Around the hall there are some pictures or puzzles about these things that hurt us. Work with a partner and see if you can work out what the dangers might be.

(Allow a few minutes for children to move about the room, bring them back together to share their answers.)

These things can hurt us or others and we need to be aware of these dangers too. In our activities we thought about how we can prevent or manage the dangers around our home. How can we be safe from these other dangers? *(Allow time for the group to discuss possible answers.)*

Many of the things we looked at around the room are used by the devil to hurt us. The Bible says that we can tell the devil to leave us alone and he will. (Read James 4:7b - 8a GNB 'Resist the devil, and he will run away from you. Come near to God, and he will come near to you.')

God wants us to be healthy and happy, and staying away from the kinds of things around the room will help us. Jesus will help us to drive the devil away when we ask Him.

Thank Jesus that He loves us and wants us to be happy. Ask Him to help us to say 'no' to the devil when he tries to get us to disobey God's rules.

Devotional ideas



3. Title:

Safety workers

(This devotion could follow a visit from a representative of an emergency service e.g. police officer, nurse, fireman.)

Bible:

Luke 10:30 - 35

Thought:

Thank God for those who help us and ask Him to help them.

Supplies:

Pictures of emergency service personnel e.g. police, doctors, fire, ambulance, paramedic

Display the pictures around the room and invite members to view each picture. Set them a simple task, e.g. think of one task each service does. Allow time for members to share their ideas. Ask members if any of them have a relative who works for an emergency service and allow a few minutes to talk about what their relative does.

We need people who work in these services. They not only protect us from harm but they help us when we get into trouble. Jesus told a story about someone who helped another person who was in trouble.

Read or tell Luke 10:30 - 35. If possible show pictures. How do you think the man who was attacked felt when the Samaritan helped him?

We're glad to have people like firemen, nurses, police officers who protect us and help us when we're in trouble. Invite members to say sentence 'thank you' prayers for those in emergency services. Finish with a prayer for the safety of emergency service personnel.



DEVOTIONAL
IDEAS



Devotional ideas



4. Title

Be clean and tidy

Bible:

Ephesians 4:23, 24 (CEV)

Thought

Not just our homes need to be clean

Supplies:

Picture **Handout 1**, enlarge it or put on overhead projector or PowerPoint, so that every member can see it clearly

Show the group the picture and ask them to decide whether it is a tidy or untidy home.

Ask members to find things that are dangerous or messy, for example:

- The drawer has been left open.
- Scissors have been left on the table.
- The baby is pulling at the tablecloth and the scissors will come down as well as the flowers.
- The flowers are dead so the water will be very smelly.
- The glass has been knocked over and there is a puddle of water on the floor.
- Someone could slip in the puddle of water.
- A ball on the floor is always dangerous.
- The mat isn't straight so someone could trip on it.

Have you ever thought about why it's good to keep our homes clean and tidy? (*Germes breed in dirt and dust and we can't find what we want or we have accidents as we fall over things.*)

Did you know that the same thing can happen in our lives? Our lives can get a bit messy when we do wrong things and just say, 'Too bad!' Maybe we are unkind to someone else, we give our parents or teacher cheek and disobey their rules. All this means that our lives get messy and spoiled. We call this 'sin' and only God can help us clean up the mess.

Read Ephesians 4:23, 24 (CEV).

These verses say that God can clean up our messy lives and make us a new person. He does this by changing our thinking to be like His which is good, holy and clean.

God is always willing to help us make our lives better – we only need to ask for His help.

Ask members to think of one area of their life where they would like God's help. Allow a few moments and then pray for all members, asking God to help them in the area they've been thinking of.