



Having Fun & Staying Safe? It's Easy!

Safety Gear Tips



Safety Gear Tip # 1

SAFETY STYLE.

Be sure to gear up anytime you plan to play your game. Be sure you know which protective equipment you should be wearing.



Safety Gear Tip # 2

GAME GEAR.

Check out the right way to wear protective equipment. It could mean the difference between a trip to the movies or one to the emergency room.



Safety Gear Tip # 3

LIFE VESTS.

Put on a life vest whenever you're out for a spin on the wakeboard, water skiing, tubing, or rafting down the rapids. If you fall in, the life vest will keep you afloat.



Safety Gear Tip # 4

HELMETS.

You gotta wear one when you are on your bike, rollerblades, skateboard, or scooter to protect your noggin from serious injury.



Safety Gear Tip # 5

REFLECTIONS.

Be sure to wear reflective clothing and shoes so cars can see you easily anytime during day or when it is dark in the morning or at night. |



Safety Gear Tip # 6

SEATBELTS.

Putting on your seatbelt is the most important thing you do when you get in a car. Wear it right and tight—it may just save your life.



STREET SMARTZ

Looking Out for Yourself Tips



Looking Out for Yourself Tip # 1

BUDDY UP.

Security can't be everywhere you are, so cruising around alone can be risky. It's safer and more fun to travel with your buds whenever you are out and about.



Looking Out for Yourself Tip # 2

BULLIES.

If you feel like someone at school is giving you a hard time for no reason, practice a few comebacks with your mom and dad.



Looking Out for Yourself Tip # 3

SEE A BULLY?

If a friend is being picked on, help them out by making sure an adult knows what is going on. That's the best way to make sure the bullying stops.



Looking Out for Yourself Tip # 4

PRESSURE SITUATIONS.

There are lots of ways to say NO. Just change the subject, or end a conversation that is making you feel pressured.



Looking Out for Yourself Tip # 5

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STREET SMARTZ

Media Savvy Tips



Media Savvy Tip # 1

PRIVACY PLEASE.

Your name, email and home addresses, phone number, age, and birthday are personal information and shouldn't be shared.



Media Savvy Tip # 2

SAFE SURFING.

Make it easy by sticking to sites that you know. There are plenty of sites for kids just like you!



Media Savvy Tip # 3

STICK TO WHAT YOU KNOW.

Steer clear of sites you're in doubt about or ask mom, dad, or a teacher to surf with you.



Media Savvy Tip # 4

TO CHAT OR NOT TO CHAT—NOT!

Save chatting for your friends at lunch, recess, after school, or on the phone, not in a chatroom online. Or, simply IM your friends.



Media Savvy Tip # 5

TOO LOUD, TOO LONG.

Being able to carry your tunes with you is great but listening for hours at high volume can affect your hearing and block out noises that keep you aware of what is going on around you.



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Physical Activity Safety Tips



Physical Activity Safety Tip # 1

FUN IN THE SUN.

When you are swimming at the pool, lake, or ocean, know your limits. Remember, you will have to swim back and you can get tired before you know it.



Physical Activity Safety Tip # 2

DRINK UP!

When you're playing hard, make sure to drink plenty of water. That way, you'll be able to stay in the game.



Physical Activity Safety Tip # 3

SUN SAFETY.

Use screen with a sun protection factor (SPF) of 15 or more and slather it everywhere 30 minutes before you go outside. Put more on every few hours.



Physical Activity Safety Tip # 4

CHECK IT OUT.

Check out the conditions of the field or floor where you are playing and the surface you are riding on. If it's wet, slippery, bumpy, or has lots of traffic, find another day or place to play.



Physical Activity Safety Tip # 5

WATCH THE WEATHER.

If you see a storm rolling in, pack it up and head home.



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Safety Routes Tips



Safety Routes Tip # 1

RULES OF THE ROAD.

Always be alert and aware of what's around you and stay in familiar places. It is more fun to have friend along than going solo.



Safety Routes Tip # 2

FUN ON WHEELS.

When rollerblading, biking, or skateboarding, use trails and bike paths that are in good shape and smooth. Also, avoid paths with broken asphalt and potholes, and stay away from unknown areas.



Safety Routes Tip # 3

CLEAR VIEW.

Make sure you can see the traffic coming toward you and be aware of what is behind you.



Safety Routes Tip # 4

CHECKING IN.

Always let someone know where you are, when you are coming home, and what path you're taking.