



Non-Profit ▪ Totally Volunteer ▪ Est. 1993



"A Safe Day Is A Great Day"

Tips That A Child Can't Hear Too Many Times!

A Target Kids™ Series Program



- Safety Story
- Parent & Teacher Guide
- Glossary
- Quiz
- Merit Certificate



Written & Published By

Robert Schaefer, Founder

Schaefer Institute

4440 PGA Boulevard • Suite 308 • Palm Beach Gardens, FL 33410

bob@schaeferinstitute.org • www.schaeferinstitutes.org

Copyright Notice

All materials contained within this document are protected by United States copyright law and may not be reproduced, distributed, transmitted, displayed, published or broadcast without the prior express written permission of Schaefer Institute. You may not alter or remove any copyright or other notice from copiers of this content.

About Us

Founded in 1993, Schaefer Institute is a non-profit, totally volunteer organization.

Our Mission

We produce Nationally Acclaimed Educational Programs in various formats. Our programs address the critical interests, needs and concerns affecting children to young adults. We also create support materials for parents, grandparents and teachers.

Our Message

Welcome to our newest Target Kids™ Series program, ***“A Safe Day is A Great Day.”*** Children will learn how to stay safe and what to do in an emergency. As a father and grandfather, I am a firm believer in this e-Book’s title tagline:

Tips that a child cannot hear enough!

Of primary importance is that our educational programs incorporate learning and value systems which require the participation of an adult for maximum benefit to the child. Characters and Situations are created to be both elementary and instructional, reflecting cultural and social diversity. Thank you.

Bob Schaefer

www.schaeferinstitute.org



HOW TO USE THIS PRESENTATION

STORY CONCEPT

This easy-to-read and entertaining presentation offers common safety precautions and suggestions for staying **SAFE** by following simple, reliable rules.

PARENT TEACHER GUIDE

- **The top captions are intended to be read aloud by an adult.**
- **The bottom captions can be read by either a parent or child.**
- We suggest that the presentation be read as a story first.
- The adult must read and reread the text for maximum benefit.
- Encourage the child to talk about situations. How would they feel? What would they do or say?
- The adult must reinforce the response in order to teach through repetition.
- The checklist and certificate are included to sustain and support the important safety messages.

SAFETY GLOSSARY

DANGEROUS

Likely to cause something bad or harmful to happen.
Example: Two people riding on one bike is dangerous.

EMERGENCY

Something serious that comes without warning and calls for fast action.
Example: In case of an emergency, call 911.

ESCAPE

To get away or get free.
Example: The bird escaped from the cage and flew into the woods.

FRIGHTENING

To make or become suddenly afraid or alarmed.
Example: Being lost was very frightening.

INJURY

Harm or damage done to a person or thing.
Example: The bicycle accident caused an injury to his leg.

MEMORIZE

To learn by heart, fix in memory.
Example: The girl memorized 911.

911

An emergency telephone number to call the police or firefighters.
Example: The neighbor's house is on fire, call 911 or help.

RULES

A direction or principle that serves a guide for behavior or action.

Example: Baseball, football and other games have rules.

SAFETY

Freedom from harm or danger.

Example: The police officers work for the safety of all people.

SECRET CODE

Information that only your mother and father and you will understand.

Example: The word apple is my family's secret code word.

SECURITY

Protection from harm or loss, safety.

Example: The boys ran to the security of their house during the storm.

SEPARATED

To go apart, come apart.

Example: The two friends were separated from their parents at the store.

SHRILL

Having a sharp, high sound.

Example: The policeman used a whistle to direct traffic.

STRANGER

A person who you do not know.

Example: Strangers moved into the house next door to ours.

TAUGHT

To help a person learn, show how.

Example: My mother taught me not to play with matches.

TRUST

To believe or have confidence in.

Example: You can trust your parents.

FIRE SAFETY

The first thing we will do is visit the Fire Station.



Visiting the Fire Station is a lot of Fun!

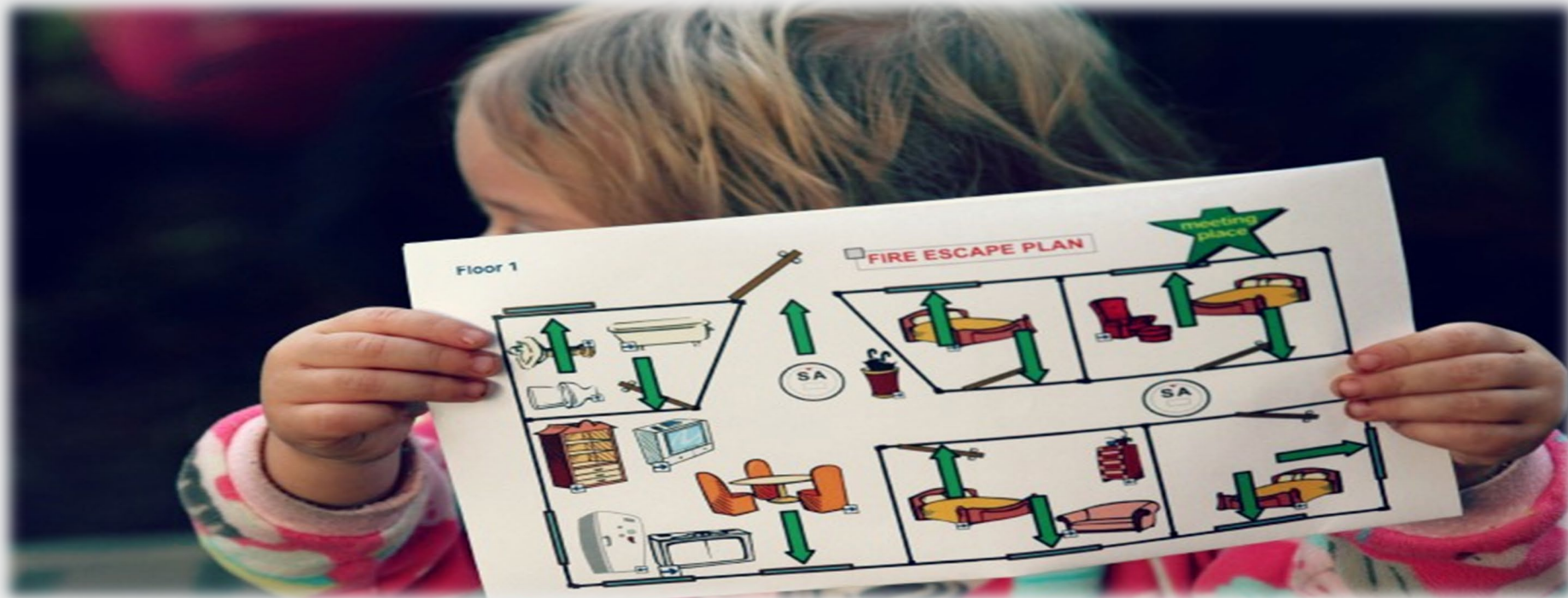
The Firefighters will be happy to show you their fire equipment and teach you about Fire Safety. It is very important to know what to do in an Emergency.



The fire trucks and equipment are really cool.

FIRE ESCAPE PLAN

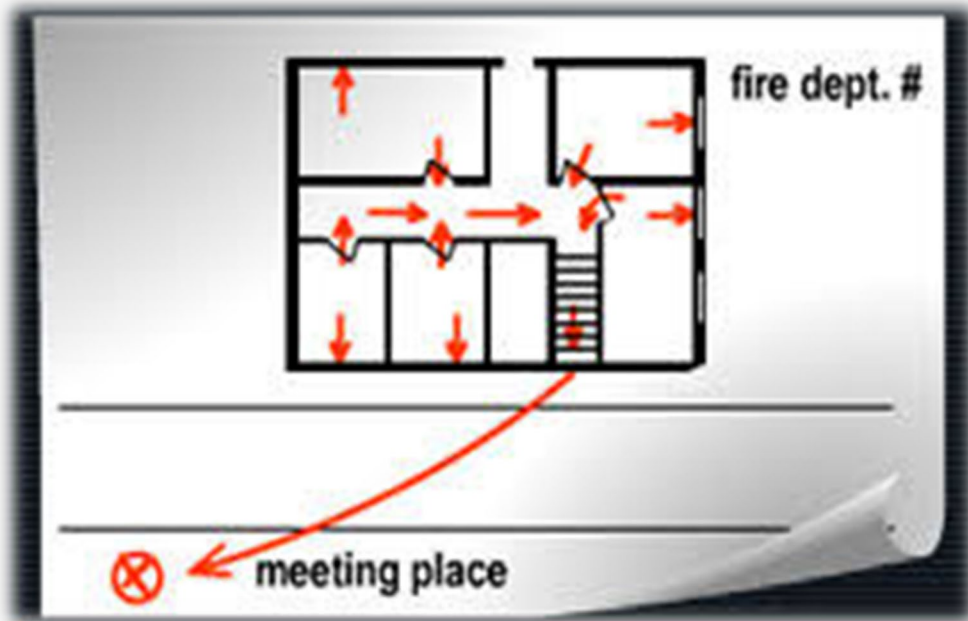
If you don't have one, sit down with your family and go from room-to-room planning your escape routes.



The Firefighter said everyone should have a Fire Escape Plan.

Does Your Family Have A Fire Escape Plan?

The Plan should have two ways out of every room, especially your bedroom. Your family should practice the Fire Escape Plan just like you practice a Fire Drill at School. Just follow the Escape Plan and go directly to your family's meeting place which should be a safe distance from the fire.



You must follow the Fire Escape Plan to get out of the house safely.
Never go back into the house for anything.

SMOKE DETECTORS

Every home should have Smoke Detectors. This is very important. They let you know if there is a fire or smoke, so you can get out safely and quickly. Smoke Detectors should be checked at least once a month.



beep!
beep!

Loud Beeps come from the Smoke Detector.

You should follow the Fire Escape Plan when you hear this sound.

Matches and Lighters are Not Toys

They are Adult Tools used for many things such as lighting a barbecue, a campfire or a candle. One match can burn a house down or hurt someone very badly.



Candles on Birthday Cakes look great.
They can also be very dangerous.

Only Adults should use matches or lighters. If you see another child trying to use a match or lighter, tell an adult right away.



**Remember what the Firefighters have taught you:
Do Not Play With Matches!**

If Your Clothes Catch On Fire DON'T RUN



STOP! DROP! ROLL!

POLICE OFFICERS You can trust a Police Officer just like your Mother and Father. They help keep you and your neighborhood safe.



A Police Officer is Your Friend and you should not be afraid to talk to one.

GUNS You may find a gun at home or even under a bush in your neighborhood.

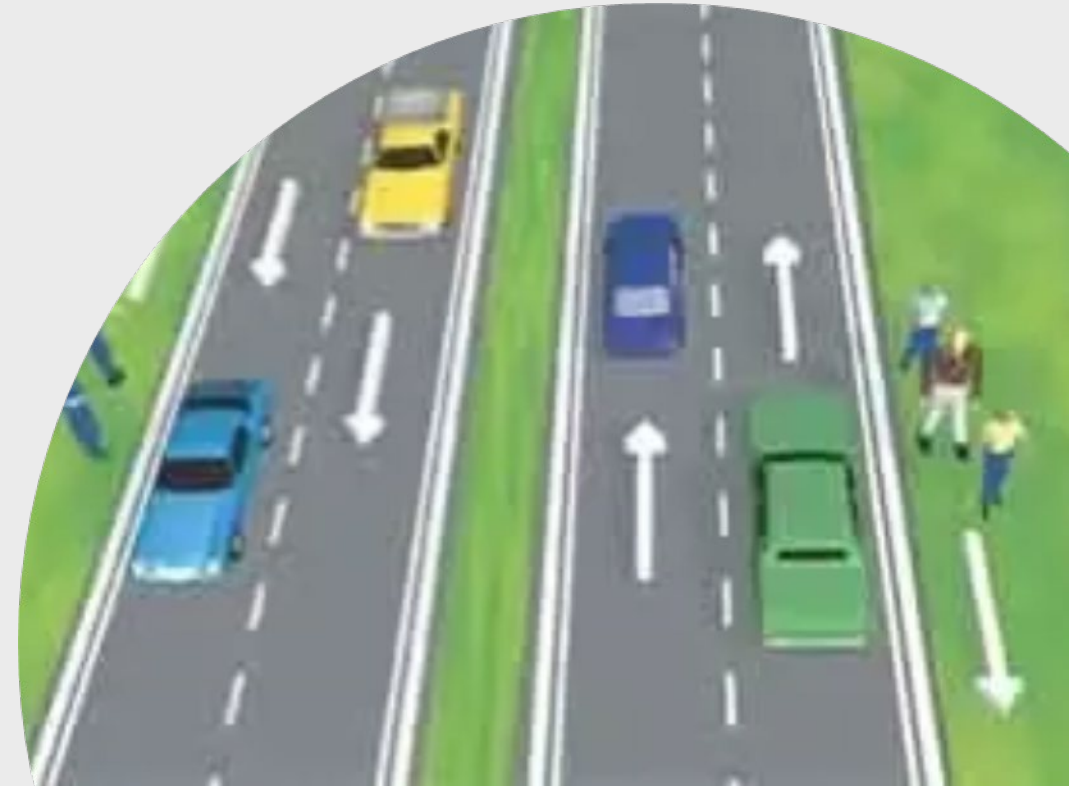
Guns are very dangerous and can hurt you.



If you find a gun, tell an adult right away and
"Don't Touch It!" like this dumb duck.

PEDESTRIAN SAFETY

A Pedestrian is someone who walks or runs. Roads, paths and sidewalks can be very dangerous, so you have to be alert. When you are walking, stay on the sidewalk and always walk facing traffic. This way you can see what's coming.



Never walk on the road. It's dangerous.

When crossing the street where there is no traffic signal, look left, then right and then left again to be sure there is no traffic coming and listen for the sound of a car or truck before crossing the street.



MAKE SURE there is no traffic coming before you cross the street.

Don't make a **BIG MISTAKE**
by chasing a ball into the street.

You Must Always



SCHOOL BUSES are big and sometimes the Driver will not be able to see you.

NEVER walk in front of the Bus. Walk 5 Giant Steps ahead of the Bus before crossing in front of it.

NEVER walk close to the side of the Bus. Stay at least 3 Giant Steps away from the side of the Bus.

NEVER walk behind a Bus.



You must be very careful when you are near a School Bus.



RIDING IN A CAR

What do you do every time you get into a car?
Put on your SEAT BELT, because they Save Lives!



What Do You When You Get Into A Car?
Buckle Up For Safety!

GETTING LOST

Getting lost or separated from your parents or a group can be very frightening. First, don't be afraid. Everything will be O.K. Here's what you should do.



Don't wander around looking for them and don't go up to just anyone and tell them you're Lost. Go the Security Office, a Check-out Counter in any store or the Information Desk and tell someone who works there that you need help.



**Remember, Don't Be Afraid
Everything Will Be O.K.**

STRANGERS

If someone tries to take you somewhere, quickly get away from them and yell or scream: “This person is trying to take me away” or “This person is not my father or mother.” Don’t ever leave the area alone or with anyone you don’t know.



Your Parents and Teachers have taught you never go anywhere with a stranger for any reason.

If a stranger follows you on foot or in a car, run away from him or her.

Don't go near the car to talk to the people inside.

Do not get into a car or go anywhere with anyone unless your parents tell you it's okay.



***ALWAYS* run away from a stranger.**

No one should ask you for directions or to look for a “Lost Puppy.” If a stranger tells you your mother or father has been hurt or is in trouble and he will take you to them, ask them for your **Family’s Secret Code Word**. Many passwords are special to your family or are based on your favorite animal, television show, etc.



These Kids are doing the right thing. They are running away from a stranger.

BIKE SAFETY

While riding a bicycle you must obey stop signs and traffic lights just like cars. Ride with the flow of traffic.

Taking your hands off the Handlebars in Not Very Smart.



You must walk your bike across the intersection and stay within the crosswalk.

**Wearing a bicycle helmet is the best way to prevent most serious head injuries.
Getting hurt riding your bike is **No Fun**. Make sure you wear a helmet.**



This girl was not wearing a helmet and had to go to the hospital.

Always ride your bike in single file and never give a friend a ride on your bike.



It is dangerous to carry another person on your bike.

WATER SAFETY

Swimming Pools, Ponds, Creeks, Rivers and Streams are a lot of fun, but do not go into the water unless a Lifeguard or a Parent is with you.



It is not safe to go into the water before the lifeguard arrives.

PLAYGROUNDS

Never go to the playground alone.

Always go with friends. Adults call this the “Buddy” system.



Never go to the playground alone.

Monkey bars, swings, slides, merry-go-round, and seesaws are a lot of fun. You must be very careful not to lose your grip or lose your balance, because you could slip and fall and be seriously hurt.

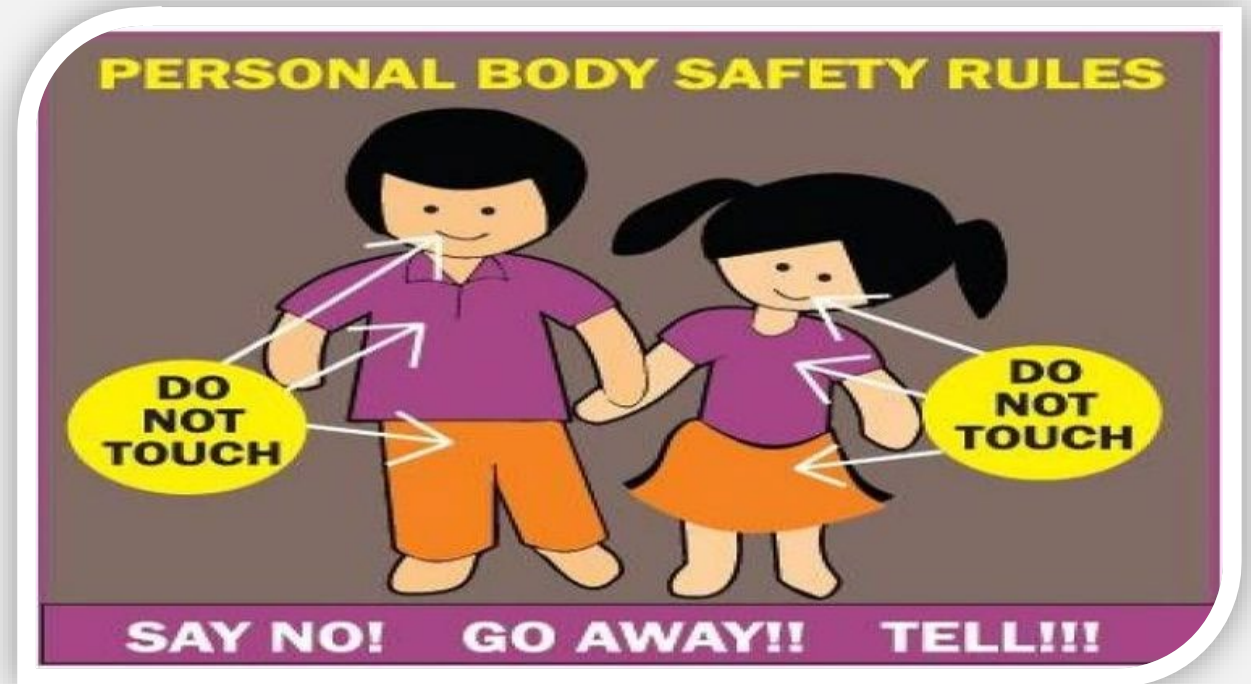
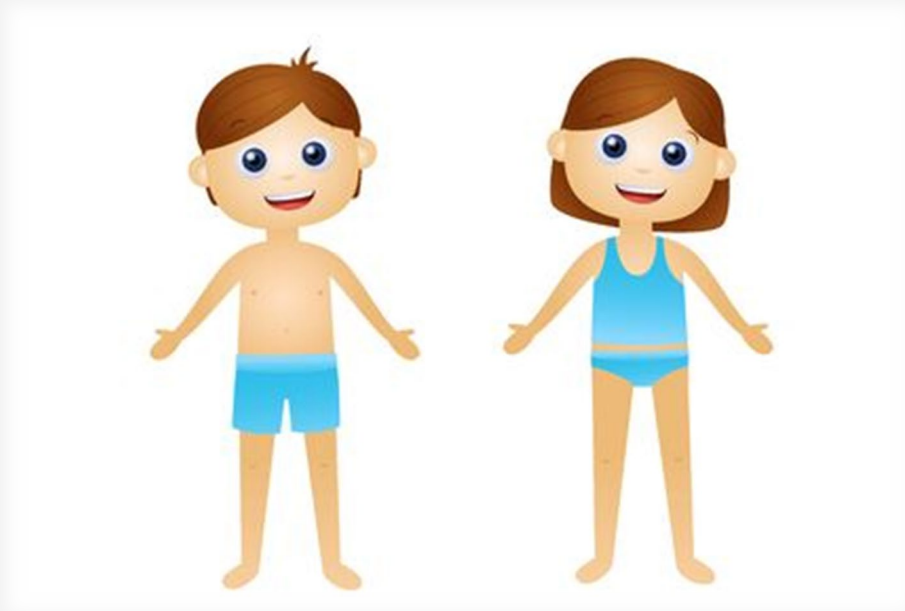


Be very careful to hold on tight so you won't fall off and get hurt.

GOOD TOUCHING & BAD TOUCHING

The Swimsuit Rule

Your swimsuit covers your private area, and no one should be seeing or touching that area. It is important to tell an adult who you trust if someone gives you a bad touch.



TELEPHONE / CELL PHONE

The telephone is not a toy. You should learn and memorize the Emergency Number 911.



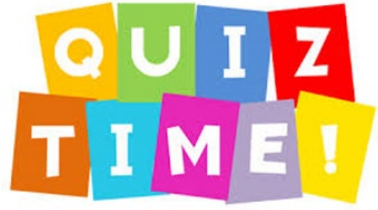
Call 911 if there is a Fire, a Traffic Accident, or if someone gets badly hurt and needs help.

JUST SAY NO TO DRUGS

A Few Tips

- Only take drugs given to you by your Parent or Doctor.
- Except for medicine, DRUGS ARE BAD for you.
- Using drugs is not fun, don't let kids tell you that they are. Just Say "No Thank You."
- Always tell your parents or teacher if ANYONE, even an adult, wants to give you drugs.





Now that YOU know how IMPORTANT SAFETY IS!

See if YOU and YOUR FAMILY can answer YES to all the questions below.

If you Answer YES, put a check ✓ on the line.

- _____ Does your family have a fire escape plan?
- _____ Does your family practice your fire escape plan regularly?
- _____ Does your family have smoke detectors?
- _____ Does your family check your smoke detectors every month?
- _____ Does your family always use their seat belts when riding in a vehicle?
- _____ Does your family have emergency numbers close to the telephone?
- _____ Do you know that it is very dangerous to go in or near water without supervision?
- _____ If guns are in your home, are they kept unloaded and locked away?
- _____ Does your family keep the water heater set no higher than 120° F to prevent scald burns?
- _____ Does your family keep the stairs clear to prevent falls?
- _____ Are household cleaners, medicines and vitamins kept in a safe and secure place?

If all the Stars are circled, you have earned a Safety Award.

Remember, if you ever have a question, just ask your parents or teacher!



SAFETY AWARD

This Certificate is Awarded to _____

SAFETY AWARENESS & EXCELLENCE

For Completing the Safety Check List

Bob Schaefer

Schaefer Institute



Acknowledgements

We are extremely grateful to the individuals, corporations, law enforcement officials, counselors, psychologists and educators who for many years have generously supported and assisted our educational efforts.