



CHILDHOOD INJURY PREVENTION

Topic: Learning Safety At Home And Outdoors

LESSON ONE

 TARGET GROUP: K2 students

 DURATION: 30 to 40 minutes

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Identify safe and unsafe behaviours in different settings : home and outdoors

Materials Needed

- Markers
- Flip chart paper
- Pictures of kitchen, living room, bedroom and park (outdoors)
- Activity sheet

Introduction

Show the students pictures of the kitchen, living room, bedroom and the park. Ask the students to share talk about what can happen in these areas. Write their answers on the flip chart paper.

Suggested Activity

1. Discuss with the students about safe and unsafe behaviour. Write their answers on the flip chart.

🌟 "Prevention is better than Cure." Providing children with up-to-date content as well as equipping them with important knowledge and skills will empower them to take care of themselves and those around them. Contents include road safety rules, bicycle safety, water safety, staying safe outside and staying safe at home. Playground etiquette will prevent causing injury and preventing harm to self and others.

2. Role-play the safe and unsafe behaviours with groups of students.
3. Have the students to complete an activity sheet
4. Have the students to create a poster on safety rules in the house and outdoors.

Discussion Time

- Only use chemicals when an adult says it is safe to do so. For example, cleaning the floor.
- Never play with fire. If you find matches or a lighter around your home, tell an adult.
- Do not use the stove or oven unless an adult is with you.
- Never play with power sockets as putting objects in a power socket can be very dangerous.
- Never touch switches or electrical devices if your hands are wet.
- If you find exposed electrical wires in your home, don't touch them. Tell an adult right away.
- Playing with sharp objects such as knives and scissors around your home can be dangerous because you could injure yourself.

Playing outside is great fun and a good way to stay fit and healthy. What are some things you can do to avoid accidents and make sure your outdoor activities are safe?

- Do not sit on ledges or high places
- When out in the sun, be sure to put on plenty of sunscreen and wear a hat and sunglasses
- Never play outside if there is a thunderstorm
- Do not jump from high places – high play equipment, trees, stairs, roofs of buildings
- Wear protective gear such as helmet, elbow and knee pads when you are doing sports like riding a bike or roller-skating
- Avoid clothing with cords or drawstrings

★ Pointers for parents

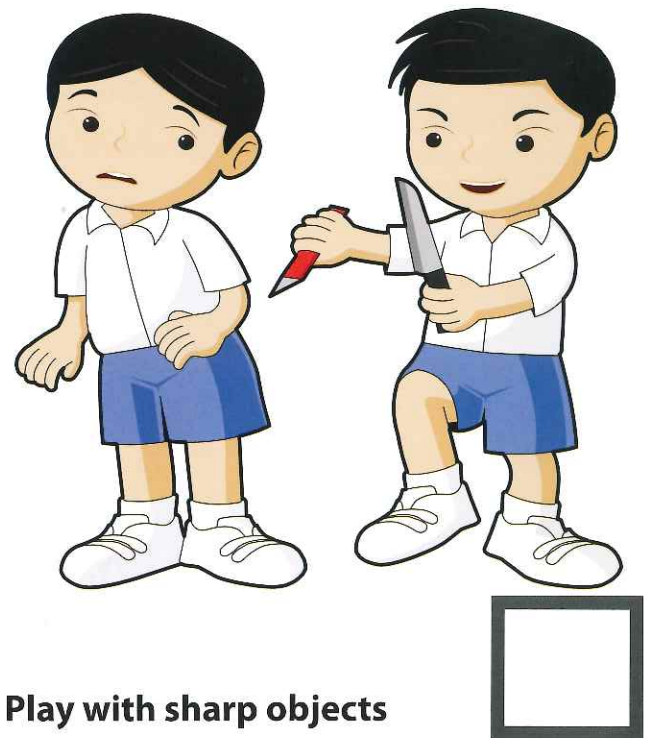
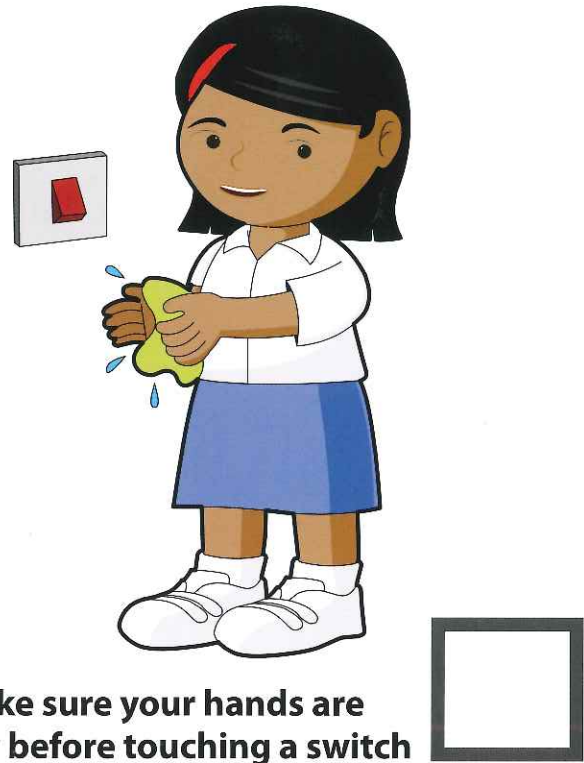
The children were taught to identify safe and unsafe behaviours at home and outdoors.

Parent are encouraged to reinforce the concept of injury prevention and to keep electrical points covered, ensure sharp edges are covered and keep knives, scissors and medicine away from children.

In addition, parents can illustrate to their children what is safe behaviour at home and the playground.

Take Home Activity 1: Safe and Unsafe behaviour at home/playing outdoors

Which is a safe behaviour? Place a tick in the correct box.



Topic: Learning Safety On The Roads

LESSON TWO

 TARGET GROUP: K2 students

 DURATION: 30 to 40 minutes

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Identify safe and unsafe behaviours on the roads
- ✓ Practice safety rules and etiquette

Materials Needed

- Markers
- Flip chart paper
- Picture of pedestrian crossing with traffic light (see Placard 6A)
- Pictures of road signs (see Placard 6B)
- Song Chart: Twinkle, Traffic Light (see Song Chart 6)

Introduction

1. Sing the song "Twinkle, Traffic Light" (use Song Chart 6)
2. Ask the students the following questions:
 - a) How does one be safe on the road?
 - b) What are the safe and unsafe behaviours when crossing the roads?
3. Write their responses on the flip chart paper.

★ "Prevention is better than Cure." Providing children with up to date content as well as equipping pupils with important knowledge and skills that will empower them to take care of themselves and those around them. Contents include road safety rules, bicycle safety, water safety, staying safe outside and staying safe at home. Playground etiquette will prevent causing injury and preventing harm to self and others.

Suggested Activity

1. Show the students the picture of a traffic light and the pedestrian crossing. (use Placard 6A)
2. Highlight safe and unsafe behaviour: the importance of using the traffic light and pedestrian crossing. It is dangerous and unsafe for children to jaywalk and to cycle on the road.
3. Demonstrate that when approaching the pedestrian crossing, it is important to stop and make sure that all vehicles come to a stop before crossing, raise hands to show that one is crossing the pedestrian crossing.
4. Show the pictures of the road signs that help them to be safe on the roads. (use Placard 6B)
5. Prepare pictures of cars, buses, motorcycles and attach them to lanyards.
6. Invite students to role play. They can take turns to be 'cars', 'buses', 'motorcycles' and pedestrians. Have a student to hold on to the red man picture and green man picture. Teacher is to facilitate the role playing.

Extended Activity

At School

- Go to a playground and talk about the rules.
- Work on a poster in groups of five.
- Students draw a poster of a playground and write five safety rules on the poster.
- Students draw a poster of a swimming pool and write five safety rules on the poster.

★ Pointers for parents

- The children learnt the importance of using the traffic light and pedestrian crossing and it is dangerous for children to jaywalk and to cycle on the road.
- Parents can complete the activity sheet on Road Signs with their child.

ROAD SAFETY RULES

Always Do's:

- Always cross the road at designated pedestrian crossings, overhead bridges, underpasses or zebra crossings.
- Always be alert for inattentive drivers even at signalized crossings.
- Always use footpaths when possible.
- Always hold on to handrails on the bus to avoid being thrown off balance during sudden swerves or brakes.
- Always wait for the bus to stop fully before boarding or alighting.
- Always be alert for any oncoming cyclists or pedestrians when alighting from the bus.

Never Do's:

- Never sprint across roads.
- Never cross in front of a stationary vehicle or between stationary vehicles.
- Never cross when the "red man" lights up or when the "green man" is flashing.
- Never play nor stand in the bus bay.
- Never stick out any part of your body when you're in a bus or in a car.
- Never play in a moving vehicle.

Source: "Handbook for Road Users" by Traffic Police Department, Singapore

Take Home Activity 2: I Know my Road Signs!

Circle the signs that tell you to be safe on the road



Watch out for traffic lights



No left turn



Do not cross



For wheelchair-bound people



Adult crossing road with child



No eating or drinking



No smoking



No pets allowed



Pedestrian crossing

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