



Girl Scouts®

Safety Sense



**Girl Scouts of Central Maryland
4806 Seton Drive
Baltimore, MD 21215
410-358-9711
800-492-2521**

TABLE OF CONTENTS

INTRODUCTION	1
ACTIVITY #1 - MY EMERGENCY PHONE LIST.....	2
Show your ability to prepare for an emergency	
ACTIVITY #2 – EMERGENCY RELAY	3
Play the Emergency Relay Game and practice making phone calls	
ACTIVITY #3 – HAZARD HUNT	4
Increase your awareness of danger in home, at school, etc.	
ACTIVITY #4 – PLAY IT SAFE AT HOME	5
Show your ability to play safely at home	
ACTIVITY #5 – THE DIFFERENCE BETWEEN A HELPER AND A HAZARD?.....	6
Show that you know the difference between being helpful and being a hazard	
ACTIVITY #6 – PROBLEM SOLVING	6-7
Show your ability to deal with safety issues.	
ACTIVITY #7 – FIRE SAFETY SKILLS	7
Show your ability to use fire safety issues	
ACTIVITY #8 – SAFETY AND THE TELEPHONE	7
Show your ability to sue the telephone for help in different situations	
ACTIVITY #9 – COMMUNITY SAFETY HELPERS	8
Learn about people who are responsible for safety in the community	
ACTIVITY #10- SAFETY CHECK LIST	8
Show your ability to leave the house safe when you are alone	

ACTIVITY #11 – JOBS OF SOLITUDE 8
Show your ability to learn about people who have jobs that require them to be alone

ACTIVITY #12 – PROTECT YOURSELF 8
Show your ability to protect yourself by demonstrating or explaining how to do the following:

ACTIVITY #13 – DIFFERENT TYPES OF CHILD ABUSE 8
Learn about different types of child abuse and their effects and signs

ACTIVITY #14 – HANDLING CHILD ABUSE SITUATIONS..... 9
Show your ability to handle a child abuse situation

ACTIVITY #15 – PREVENTING CHILD ABUSE 9
Discuss ways to prevent child abuse.

ACTIVITY #16 – PREVENTING CHILD ABUSE 9
Demonstrate ways to prevent child abuse.

ACTIVITY #17 – DEALING WITH FEELINGS 10
Show that you know the difference between good, bad and confusing feelings

ACTIVITY #18 – LAWS AND PENALTIES..... 10
Discover the child abuse laws and penalties

ACTIVITY #19 – COMMUNITY SERVICE 10
Do community service to help with preventing child abuse

ACTIVITY #20 – DESTINATIONS 10
Discover who deals with child abuse.

Pre-Test 11

Post-Test 12

Evaluation and Patch Request Form 13

Safety-Sense Patch Program
For
Daisy, Brownie, Junior, Cadette, Senior and Ambassador Girl Scouts

INTRODUCTION

SAFETY-SENSE is a patch program designed to help Girl Scouts acquire knowledge and skills needed to protect themselves against child abuse and to foster self-reliance about personal safety in their everyday surroundings. By participating in this program, girls will have an opportunity to learn how to cope with real life situations that may pose a threat to their safety.

CHILD ABUSE

Each year more than one million children are victims of serious neglect and abuse, and between 2,000 and 5,000 of these children die. Preventing child abuse is important to safeguarding the health and well being of girls and to help them grow into mature, responsible women. We want girls to learn how to protect themselves from abuse.

Child abuse is committed to children under the age of 18. It can include emotional maltreatment, sexual abuse, physical neglect and physical abuse. As many as one in four girls and one in ten boys have a sexually abusive experience before the age of 18.

If you do not have a copy of the Maryland Child Abuse Laws, please call the Volunteer Resource Center at the Council Office to obtain a copy. It is important that you are aware of what the law is.

PATCH PROGRAM REQUIREMENTS:

- Daisy Girl Scouts are to complete two activities
- Brownie Girl Scouts are to complete four activities
- Junior Girl Scouts are to complete six activities
- Girl Scouts 11-17 are to complete 8 activities

ALLSTATE FOUNDATION

We would like to thank the Allstate Foundation for providing an opportunity for Girl Scouts to participate in the Safety-Sense program. The foundation provides a complimentary patch to each girl participant who completes the requirements after the leader has returned the completed pre/post test for each girl and the troop/group evaluation.

ACTIVITY #1 - MY EMERGENCY PHONE LIST

Show your ability to prepare for an emergency

List emergency numbers near the phone at home. Include work phone numbers for parents or adults living in the home, close, neighbors, and the emergency line 9-1-1. (Do girls know where the water, gas/electric controls are located in their homes? Encourage them to ask parents/guardians to teach them how to shut them off, so they will know in case of an emergency.)

MY EMERGENCY PHONE LIST

EMERGENCY -911

OPERATOR – 0

My phone number () _____

My address: _____

Mom's work phone # _____

Dad's work phone # _____

Guardian's work phone # _____

Relative's phone # _____

Neighbor's phone # _____

Ambulance phone # _____

Doctor's phone # _____

Fire Department's phone # _____

Poison Control Center phone # _____

Keep this list in a safe place at home. Practice seeing how many of these numbers you can remember.

Who do you get when you call 911?

ACTIVITY #2 – EMERGENCY RELAY

Play the Emergency Relay Game and practice making phone calls

Equipment: Two toy telephones (or facsimiles) for each relay team.

Procedure: Divide the troop into teams of 8 to 10. Have the teams seated on the floor in parallel lines. Give the first and second girl in each team a telephone. The first girl is the caller. The second girl is the operator. The first girl dials “0” and says, “This is an emergency.” The second girl answers and asks for her name, address, and telephone number. The first girl gives her phone to the second who becomes the caller. The second girl passes her phone to the third who becomes the operator. Continue to the end of the line. When the last girl is ready to be the caller, she moves to the head of the line and calls the first girl.

Have the teams go through the entire process in a practice session. Then do it as a race.

Note to Leader: Point out to the girls the differences between the way they felt during the practice session and during the race when they were under pressure to win. Tell them that when they make a real emergency call they will be under pressure and will feel the same way. For that reason, remembering three simple rules is important – because they may forget everything else:

- 1) Dial “0.” If you can’t find or can’t remember any other emergency number, you can always dial “0,” even on a pay phone when you don’t have any money.
- 2) Answer all questions the operator asked you. The operator isn’t under pressure, she or he won’t forget to ask your address.
- 3) Don’t hang up until they have told you to. If you hang up before you give all the necessary information, they can’t help you.

ACTIVITY #3 – Hazard Hunt

Increase your awareness of danger in home, school, etc.

Equipment: Self-adhering stickers, two per girl.

Procedure: Give each girl one sticker. Have them choose partners. In pairs, the girls search the meeting room for things that could be dangerous for two-year-olds. When they find something, they put a sticker on it. If there is already a sticker there, they must look for something else. After five minutes, or when all the girls have placed their stickers, bring the troop back together and each tell where she placed her sticker and why.

Leave the first tickers in place and repeat.

Note to leader: If you are meeting at a public place (school, church, etc.) you will probably have to limit your search to one room. If you are meeting in a home, set boundaries, but do allow them in the kitchen and bathroom.

Don't forget to remove all the stickers

With your group, review and discuss or role play household safety rules for:

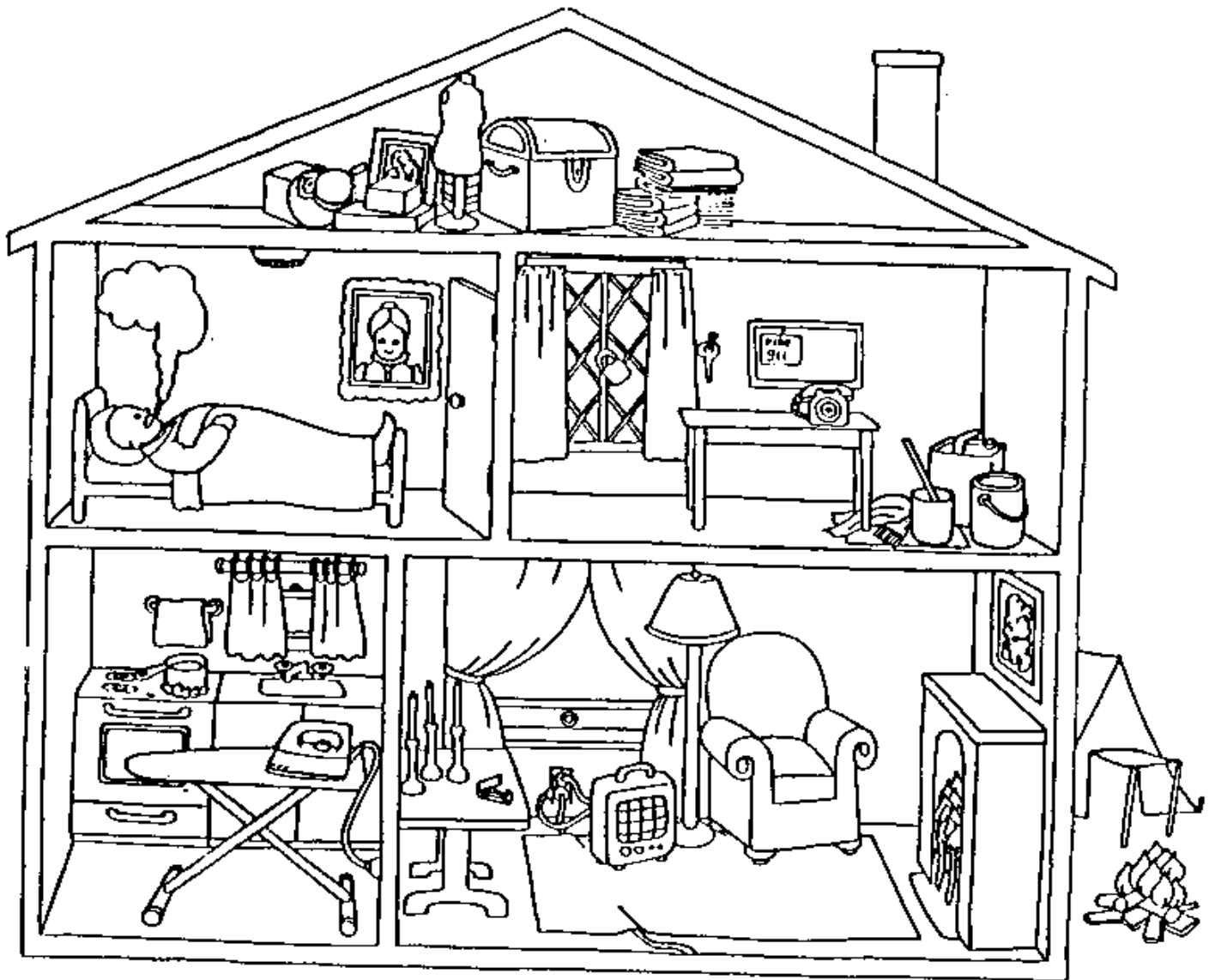
- 1) Kitchen Safety – including knives, stoves (gas and electric), matches, scissors, microwave ovens, electrical appliances, cleaners, and chemicals.
- 2) Living areas: (including respect for others) use of TV and radio and care of furniture, contents of medicine cabinet, use of heaters, and use of fireplace.

#4 PLAY SAFELY AT HOME

Show your ability to play safely at home.

Color good fire safety habits in green.

Color fire safety hazards in red.



Reprinted with permission by Burger King Corp.

ACTIVITY #5 – THE DIFFERENCE BETWEEN A HELPER AND HAZARD

Show that you know the difference between being helpful and being a hazard.

Many helpful things can be harmful if they aren't used correctly. Complete this sheet with the fire safety facts you know.

When would.....	Be Helpful?	Be a Hazard?
Matches		
Trash Fire		
Security Gate on a Window		
Fire Escape		
Birthday Candles		
Space Heater		
Electrical Cord		
Handle on a Pot		
Old Newspapers		
Gasoline		
A Kitchen Store		
An Electric Plug		

ACTIVITY #6 – PROBLEM SOLVING

Show your ability to deal with safety issues.

Purpose: To provide practice in problem solving. Role play situations to help girls deal with problems that might arise while they are alone.

Equipment: Prepared assignment slips. Each slip states one of the following situations:

- You are home alone and the doorbell rings.
- You are walking down the street alone. It is raining. A woman in a big car Offers you a ride.
- You are playing alone on the school grounds and a man comes up, holds out a book, and says, "Give this to your teacher."
- You are shopping with your mother and get lost in a store.
- You are home alone and you see something moving in the backyard.

- You are home alone and you hear a strange noise.
- You are home alone and a stranger wants to come in to do repair work.
- You are home alone and there is a sudden blackout (loss of power) in the neighborhood after dark.
- You are home alone and there is a sudden big leak in the pipes under the kitchen sink.
- You are home alone and there is a sudden smell of gas in the house.
- You are delivering cookies. It is very cold and snowy. The man at the first house says, “Come inside while I write a check.”

Procedure: Divide the troop into groups of 2-4. Let each group draw a folded slip. Their task is to decide what to do about the situation described and to make up a skit to present to the troop showing how they would solve the problem.

Set a time limit on preparation – 15 to 20 minutes, and on the presentations – 3 to 5 minutes. Repeat until all the slips have been drawn.

Note to Leader: As each skit is presented, ask the rest of the troop if they would have done something different. Offer only constructive criticism. Praise their resourcefulness. Correct any misinformation. Emphasize keeping cool, doing only what you know you can do, and calling for help.

ACTIVITY #7 – FIRE SAFETY SKILLS

Show your ability to use fire safety skills.

Find out about and practice using fire escape routes in your troop meeting place, home, and school. Practice using alternate escape routes, in case of fire blocks the exit.

ACTIVITY #8 – SAFETY AND THE TELEPHONE

Show your ability to use the telephone for help in different situations.

Find out whom to telephone in case of an emergency and be able to give your full name and address. Practice making calls (on a toy phone) to report the following emergencies:

- You are home alone when a fire breaks out
- Your mother has an accident and needs medical help
- You see someone trying to break into a neighbor’s home.
- Someone tried to force you to get into a car.

ACTIVITY #9 – COMMUNITY SAFETY HELPERS

Learn about people who are responsible for safety in the community.

Get to know the people protecting you in your community. Talk with a firefighter and police officer about ways that girls can protect themselves in emergency situations.

ACTIVITY #10 – SAFETY CHECK LIST

Show your ability to leave the house safe when you are alone.

- a) Make a checklist of things to remember to do before leaving the house and post it where you will see it.
- b) Make an emergency plan in case you cannot return to your home for some reason.

ACTIVITY #11 – JOBS OF SOLITUDE

Show your ability to learn to learn about people who have jobs that require them to be alone.

Interview a person whose job requires being alone a great part of the time. Find out the answers to these questions and ask any other questions you may have:

- 1) How do you spend the day?
- 2) Do you feel lonely?
- 3) How do you pass the time?
- 4) What do you think about?

ACTIVITY #12 – PROTECT YOURSELF

Show your ability to protect yourself by demonstrating or explaining how to do the following:

- 1) Handle a date that tries to force you to have sex.
- 2) A friend who drives you to a party and decides to have alcoholic drinks.
- 3) Stop someone you know who is trying to get you to smoke cigarettes.

ACTIVITY #13 – DIFFERENT TYPES OF CHILD ABUSE

Learn about the different types of child abuse, including their effects and signs.

Use a creative way to demonstrate your understanding of at least one form of abuse.

ACTIVITY #14 – HANDLING CHILD ABUSE SITUATIONS

Show your ability to handle child abuse situations.

Adapt role play situations to fit the needs of girls in your troop. For example, have girls role play the following situations: a family friend makes a sexual advance at you, a stranger tries to touch you, and a group of friends want you to take a ride in a car with someone you don't know. How would you avoid or handle these situations?

ACTIVITY #15 – PREVENTING CHILD ABUSE

Discuss ways to prevent child abuse.

Brainstorm at a troop/group meeting ways to handle the following situations:

- 1) Someone asks you to keep a “secret” that makes you feel uncomfortable.
- 2) Someone touches you in a way that makes you feel uncomfortable.
- 3) Someone offers you a special present if you let them touch you.

ACTIVITY #16 – PREVENTING CHILD ABUSE

Demonstrate ways to prevent child abuse.

Have girls to act out different personal safety skills (One or two girls act, while all girls talk about safe things they can do when faced with these situations.)

- Yelling and running if grabbed by a stranger.
- Saying no when you don't want to be touched.
- Telling an adult if someone asks them to keep a “secret” that makes them feel bad.
- Finding help when they get lost.

ACTIVITY #17 – DEALING WITH FEELINGS

Show that they know the difference between the following feelings:

In a circle have each girl use a puppet to tell about the following:

- When she had a “good” feeling about something that happened to her.
- Discuss what it feels like to have a “good” feeling.
- Share a time when she had a “bad” feeling.
- Discuss what it feels like to have a “bad” feeling.
- Describe a “confusing” touch.

ACTIVITY #18 – LAWS AND PENALTIES

Discover the child abuse laws and penalties.

Find out about the laws and penalties in Maryland for child abuse. Compile a booklet of the resources available in your community to help with child abuse.

ACTIVITY #19 – COMMUNITY SERVICE

Do community service to help with preventing child abuse.

Volunteer to work with a community agency that is trying to prevent child abuse or is helping victims who have been abused.

ACTIVITY #20 – DESTINATIONS

Discover who deals with child abuse.

Visit a local agency that deals with child abuse: the juvenile court, a mental health center, a children’s protective service agency. Find out how they handle the cases and what the people at the agency do.

PRE-TEST

SAFETY-SENSE

1. 911 IS A TELEPHONE NUMBER TO CALL IN CASE OF AN EMERGENCY True/False
2. You can dial “0” on a pay phone when you don’t have money. True/False
3. You should not have a fire escape route at your troop/group meeting place. True/False
4. Physical neglect is a type of child abuse. True/False
5. You should not yell and run if grabbed by a stranger. True/False
6. You should always keep a secret even if it makes you feel uncomfortable. True/False
7. It is good to have a list of things to remember before leaving home. True/False
8. “Be Prepared” is the Girl Scout motto. True/False
9. Safety-Sense is only for Junior Girl Scouts. True/False

POST-TEST

SAFETY-SENSE

1. 911 IS A TELEPHONE NUMBER TO CALL IN CASE OF AN EMERGENCY True/False
2. You can dial “0” on a pay phone when you don’t have money. True/False
3. You should not have a fire escape route at your troop/group meeting place. True/False
4. Physical neglect is a type of child abuse. True/False
5. You should not yell and run if grabbed by a stranger. True/False
6. You should always keep a secret even if it makes you feel uncomfortable. True/False
7. It is good to have a list of things to remember before leaving home. True/False
8. “Be Prepared” is the Girl Scout motto. True/False
9. Safety-Sense is only for Junior Girl Scouts. True/False

Request for Safety-Sense patches and Evaluation Form

To receive your troop/group's patches, please complete and return the pre/post test for each girl and this evaluation. Mail them to: PROGRAM REGISTRAR, Girl Scouts of Central Maryland, 4806 Seton Drive, Baltimore, Maryland 21215.

Check age level of your troop:

Daisy Brownie Junior Cadette Senior Ambassador

1. What would you say to others about Safety-Sense

- Girls became more aware of situations that might arise while they are alone.
- The activities were okay.
- No fun.
- A waste of time.

2. Which activities were most helpful? Please list by number: _____

3. What topics would you add in the future? _____

Comments:

ORDER FORM – SAFETY SENSE PATCHES

DATE: _____ TROOP/GROUP NO. _____ S.U. NO. _____

Leader's Name _____

Address _____ City _____ Zip _____

Telephone No.: (day) _____ (evening) _____ (cell) _____

I need _____ complimentary patches.

