



### Activity 3

## Emergency or Not?

1. Ask the children to describe or define an emergency. Discuss this for a few minutes.
2. Ask the children to sit in a circle.
3. Give each child a balloon. If there are more children than balloons (10), give 1 balloon to every 2–3 children.
4. Tell them to pop their balloons by sitting on them and look for the slip of paper inside.
5. Have the children take turns reading the situations on the slips of paper inside the balloons.
6. As the papers are read let the children discuss whether the situation is a real emergency or not.
7. Allow discussion about what the correct action should be in each case:
  - a. You are putting away the dishes. A glass drops and breaks on the floor. Is this an emergency? (No. Clean up the mess. When your mom gets home tell her you're sorry you broke the glass.)
  - b. You are making a piece of toast. The toast gets stuck in the toaster. The toasts catches on fire. The toaster is near the curtains so they catch on fire too. Is this an emergency? (Yes! Leave the house immediately. Call the fire department from a neighbor's house.)
  - c. A bad storm starts. Suddenly the lights go out. Is this an emergency? (No. Stay calm. The lights will probably come back on in a few minutes. If you are scared go to an approved neighbor's house.)
  - d. Your sister slips and falls down the stairs. She is lying on the floor. She will not answer when you talk to her. Is this an emergency? (Yes! Call 911. Call parent and tell him or her what happened.)
  - e. You go outside to get the newspaper. The wind blows the door shut and your key is inside. Is this an emergency? (No, unless you do not have a key hidden outside or one at your neighbor's house. If not, you may have to be outside for a long time. Go to an approved neighbor's house. Call your parent or guardian and tell him or her that you are locked out, and ask what you should do next. This will keep your parent/guardian from worrying if you do not answer your phone at home!)
  - f. You are watching TV and smell smoke. You look around the room but can not see where the smoke is coming from. Is this an emergency? (Yes! Leave the house immediately. Go to a neighbor's house and call 911 or the fire department)
  - g. You come home after school. The front door to your house is open. Is this an emergency? (Yes! Do **not** enter the house. Go to a neighbor's house and call the police. Call your parent or guardian as well. This will keep him or her from worrying if you do not answer your phone at home!)
  - h. On your way home, a teenager follows you to your house. You don't talk to him or her. The teenager is still watching your house after you get inside. Is this an emergency? (Yes! Do not go outside. Call the police. Call your parent or guardian as well.)
  - i. The phone rings and someone starts to say bad things to you. Is this an emergency? (No. If the calls continue call your parent or guardian.)
  - j. You fall against a sharp object and cut your leg. The cut is really gushing blood, but it does not hurt. Is this an emergency? (Yes! Call your parent or guardian first to discuss the problem. If the bleeding cannot be stopped and/or you cannot reach your parent/guardian, call 911.)

Situation Statements	
h. You are putting away the dishes. A glass drops and breaks on the floor. Is this an emergency?	f. You are watching TV and smell smoke. You look around the room but can not see where the smoke is coming from. Is this an emergency?
i. You are making a piece of toast. The toast gets stuck in the toaster. The toasts catches on fire. The toaster is near the curtains so they catch on fire too. Is this an emergency?	g. You come home after school. The front door to your house is open. Is this an emergency?
c. A bad storm starts. Suddenly the lights go out. Is this an emergency?	h. On your way home, a teenager follows you to your house. You don't talk to him or her. The teenager is still watching your house after you get inside. Is this an emergency?
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e. You go outside to get the newspaper. The wind blows the door shut and your key is inside. Is this an emergency?	j. You fall against a sharp object and cut your leg. The cut is really gushing blood, but it does not hurt. Is this an emergency?

### Activity 4

## How to Call for Help!

6. Explain to the children that they need to know how to report an emergency to 911, the police or fire department, or an ambulance or doctor.
7. Discuss the 911 emergency call system.
  - Ask the children if they are familiar with the 911 system.
  - Explain that this is often the easiest way to get medical help, the police or the fire department.
3. Explain to the children that emergency workers need specific information in order to send help immediately. In case of emergencies, each child should be able to do the following:
  - Clearly describe the emergency
  - Give name
  - Give phone number
  - Give street address
  - Direct emergency workers to house
  - Wait for questions or instructions.
  - Stay on the phone until told to hang up.
4. To reinforce the above procedure, let small groups of children prepare skits from some of the Situation Statements used in "Activity 3" above. Have them discover the situation and then react as quickly as possible. Give them a few minutes to prepare their skits.
5. Present the skits.

## Talking it Over

### Share What You Did:

- What do you do when you are home alone?
- What phone numbers do you need to have handy?

### Process What's Important:

- Why is it important to have a plan for being at home alone?
- Why is it important to know phone numbers of help sources?
- Why is it important to know emergency procedures when you are home alone?
- Why is it important to talk to your parents about being home alone?

### Generalize to Your Life:

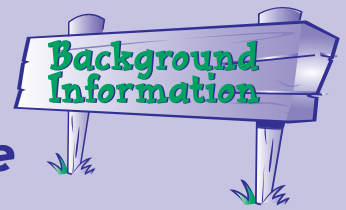
- Explain an emergency you had when you were home alone. Who was available to help you?
- What are some things that you and your parents need to discuss before you stay at home alone?

### Apply What You Learned:

- How can you use your Home Alone Plan?
- Where will you keep your Important Telephone Numbers? Why is this a good place?
- How can you help your friends to be safe when they are home alone?

## Activity Summary

Explain that many children spend time at home alone. Having a Home Alone Plan and a list of Important Phone Numbers handy will help you feel prepared. Remember that some situations may be real emergencies that require immediate action, while others are less serious and may require caution. When you get home, share your plan and your phone number list with your parent or guardian. Your parent or guardian will feel good knowing you are prepared to be Home Alone!



## Home Alone

More and more young children are required to stay home alone. It is important that every child understands what his or her parent or guardian wants the child to do while home alone. Fortunately, most children are fairly safe in their home environments. Care must be taken, however, to equip children with the self-care tools needed to deal with situations that might put them in danger. It is important for children to know how to keep themselves safe when they are home alone. Children should know what to do during the following situations.

### Arriving Home

- When a child comes home to an empty house, he or she should check the doors and windows for signs of forced entry.
- If everything appears normal, the child should go inside and immediately lock the door. If the door uses a key, he/she should remove the key from the lock after opening the door.
- If something seems odd, or if there are signs that someone may be in the house, the child should go immediately to a neighbor's and call the police. It is a good idea to leave an extra key with a neighbor or in a safe place outside, in case the child is locked out for some reason.

### Answering the Door

- If someone comes to the door, the child should identify the visitor before he or she opens the door.
- This can be done by saying, "Yes, who is it?" through the closed door. If the door has a viewer, the child should look through the peep-hole to see if he or she knows the visitor.
- Unless the person is well-known to the child, the conversation should continue through the closed door.
- Every child should be warned not to admit strangers to the house or give out information about his or her family. The child should be encouraged to be polite and helpful, but remain behind the closed door.
- If the visitor wants to speak to the parent, the child should say that the parent cannot come to the door at this time and offer to take a message.

## More Challenges



Invite someone from law enforcement, the fire department or the medical community to discuss emergency preparedness with your group.

# Tips for Answering the Phone

- Answer the phone simply with “Hello.”
- Do not give out your name.
- Never tell the caller that you are alone.
- Never give out information about your family.
- Offer to take a message and write it down to give to your parents.

## My Home Alone Plan

I will be home by myself on \_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_ o'clock.  
(day or date) (begin) (end)

Activities I Can Do While I Am Home		
Activity	How long it will take	Complete by
(example) Homework	<u>35</u> minutes	<u>4</u> o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock
_____	_____ minutes	_____ o'clock

Notes About My Day
Things to tell Mom and Dad _____ _____
Things I need to know _____ _____
Fun things I enjoyed _____ _____
Problems I had today _____ _____
How I felt today <input type="checkbox"/> Happy <input type="checkbox"/> Lonely <input type="checkbox"/> Sad <input type="checkbox"/> Scared <input type="checkbox"/> Excited <input type="checkbox"/> Bored <input type="checkbox"/> Proud <input type="checkbox"/> Upset <input type="checkbox"/> Other
Why I think I felt this way _____ _____

# Important Phone Numbers

Mom	Dad
Full Name	Full Name
Where Mom Works	Where Dad Works
Phone at Work	Phone at Work
Cell Phone	Cell Phone
Neighbor	Neighbor
Name	Name
Phone Number	Phone Number
Relative	Relative
Name	Name
Phone Number	Phone Number
Doctor	Emergency
Name	In any emergency dial <b>911</b>
Phone Number	
Ambulance	Police
<b>911</b> Local Phone Number	<b>911</b> Local Phone Number
Fire Department	Poison Control
<b>911</b> Local Phone Number	<b>911</b> Local Phone Number
Other	Other
Local Phone Number	Local Phone Number
Other	Other
Local Phone Number	Local Phone Number

## Situation Statements

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b. You are making a piece of toast. The toast gets stuck in the toaster. The toast catches on fire. The toaster is near the curtains so they catch on fire too. Is this an emergency?

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c. A bad storm starts. Suddenly the lights go out. Is this an emergency?

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d. Your sister slips and falls down the stairs. She is lying on the floor. She will not answer when you talk to her. Is this an emergency?

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e. You go outside to get the newspaper. The wind blows the door shut and your key is inside. Is this an emergency?

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f. You are watching TV and smell smoke. You look around the room but can not see where the smoke is coming from. Is this an emergency?

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g. You come home after school. The front door to your house is open. Is this an emergency?

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h. On your way home, a teenager follows you to your house. You don't talk to him or her. The teenager is still watching your house after you get inside. Is this an emergency?

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