ONE PAGE SUMMARY

Kids Learning › Life Skills › Safety Skills

What is Safety Skills

Mastering Safety Skills for a Secure Life

DEFINITION

> Safety skills are important practices that help keep us safe from harm. They include knowing how to respond to dangerous situations and making safe choices.

KEY CONCEPTS

Personal Safety

Understanding how to protect oneself from potential dangers or threats.

Emergency Response

Knowing what to do in emergencies, like calling for help or evacuating.

Stranger Danger

Recognizing the importance of being cautious around unfamiliar people.

Safe Environment

Identifying safe spaces and situations, and avoiding risky areas.

First Aid Basics

Learning simple first aid techniques to help in minor injuries.

EXAMPLES

→ Always look both ways before crossing the street.

→ If you feel unsafe, find a trusted adult.

→ Practice dialing emergency numbers with a parent.

MEMORY TIPS

★ Use the acronym SAFE: Stay Alert, Follow rules, Ask for help, Evaluate risks.

★ Visualize a stop sign when thinking about stopping unsafe actions.

★ Create a safety song to remember emergency contacts.

COMMON MISTAKES

✗ Ignoring safety rules in familiar places.

✗ Not practicing emergency drills regularly.

✗ Assuming all strangers are safe.

QUICK RECAP

Safety skills are essential for protecting ourselves and responding to emergencies. Remember to stay alert, know your surroundings, and practice safe behaviors regularly.