SAFE AND SOUND @ HOME
GIRL SCOUTS OF NEW MEXICO TRAILS
PATCH PROGRAM

Increase awareness of home safety & your surroundings and prepare to be safe in your own home.

* Daisies complete 5 of 15 requirements
* Brownies complete 9 of 15 requirements
* Juniors, Cadettes, Seniors, Ambassadors complete all 15 requirements

DISCOVER
- Discuss what is the safest route to walk to/from school
- Discuss fire safety rules including:
  - How to prevent a fire
  - How to react in case of fire
  - Plan & practice at least (2) escape routes in your home
  - Where is the most appropriate place to have a fire extinguisher
- Discuss a “stranger”
  - Be able to explain what a stranger is
  - Discuss that you know what to do in these situations
    - A stranger is following you in a car
    - A stranger asks you for directions
    - A stranger offers you a gift
    - A stranger grabs you
- Discuss how to open the door when you are home alone

CONNECT
- Learn telephone skills that include:
  - What to say if a parent or adult is not present
  - Know your home or parent’s cell phone number
  - Know how to report an emergency
  - What to do with a harassing phone call
  - How to make a long distance call
  - How to take a message
- List (10) activities you can do to keep busy when you are home alone
- Talk about how you feel when you are home alone
- Role play at least 10 emergency situations of what to do in these circumstances such as:
  - A severe injury
  - Power outage
  - Fire
  - Feeling scared

TAKE ACTION
- Make an emergency phone list and place in a convenient place
- Learn basic simple first aid for a minor cut, burn, or scrape
- Create a safety checklist of your home
  - Make sure electrical outlets are covered
  - All chemicals/poisonous materials are in a secure place
  - Medications are in a secure safe place
  - Test batteries for your fire alarm/carbon dioxide alarm
- Prepare a snack that does not require cooking
- Make a home first aid kit
- Traveling
  - Make a “car pack” that includes battery cables, blanket, dry snacks, water, gas can, tire kit
  - Make sure your vehicle has gasoline & oil
  - Practice walking around your vehicle before you leave to insure no flat tires or any obstructions are near