

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



**PATCHES CAN BE PURCHASED
IN LA TIENDA**