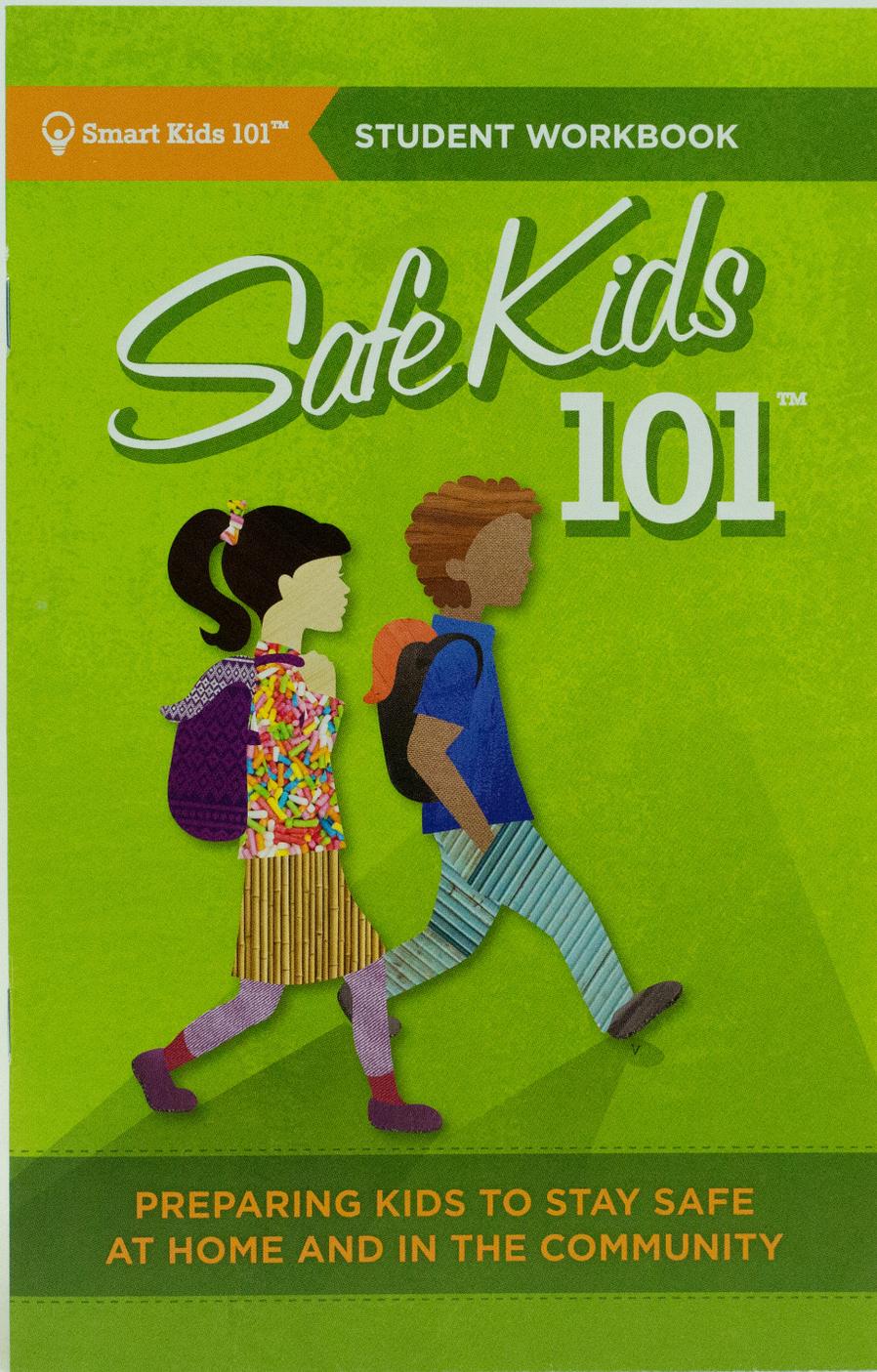




Safe Kids  
101™

Student  
Workbook  
Sample



*Beautiful, full-color cover!*



Smart Kids 101

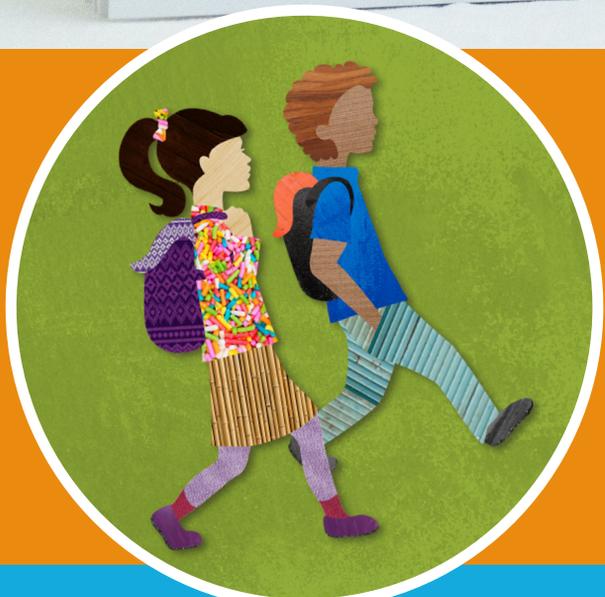
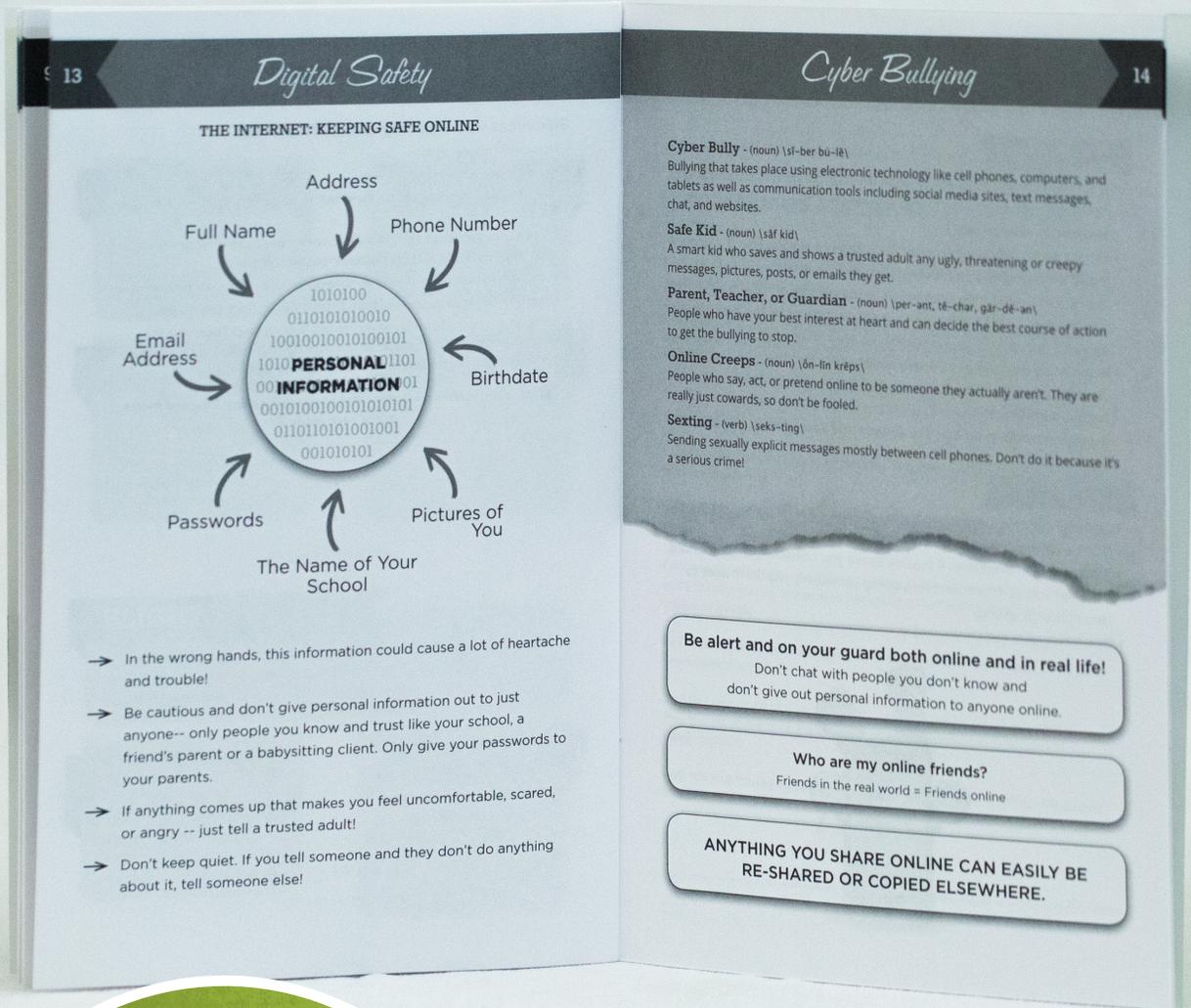


# Safe Kids 101™

# Student Workbook Sample



## Smart Kids 101



Workbook contents integrate perfectly with the video program!



# Safe Kids 101™

# Student Workbook Sample



## Smart Kids 101

**7** *Emergency Situations*

When every second counts...

### CHOKING AND HOME ALONE?

**YES**

Keep coughing to get the object out.

If at anytime you can't cough, speak, or breathe...

Can You Cough, Speak, or Breathe?

**NO**

Stand behind a chair, thrusting your midsection over the back of it. Try several times, adjusting your position if you're unsuccessful. After several tries if the object isn't coming out, **CALL 911.**

### SOMEONE ELSE CHOKING?

**YES**

Encourage him to keep coughing to get the object out. Offer water if he wants a drink.

If the person ever can't cough, speak, or breathe...

Ask Yourself, "Can He Cough, Speak, or Breathe?"

**NO**

Stand behind the person telling them you are going to help them get the object out. With one hand, tuck your thumb inside your fist, curling your fingers around it. Follow up the rib cage to the top and place the flat side of your fist up in the "notch" below the breast bone. Thrust the area, in and up several times until the object comes out. After several tries if the object isn't coming up, reposition and try again. If you're still unsuccessful, **CALL 911.**

*How to Get Help in an Emergency* **8**

### How do you recognize an emergency?

It's not easy; it can even be difficult for an adult. Call your back-up friend to help you decide. Anything out of the ordinary can be a clue:

- A strange smell could be a gas leak or a fire smoldering.
- A strange noise could be an intruder.
- Uncontrolled bleeding, intense pain, difficulty breathing.
- An emergency is when every second counts.

1. Call 911 for a life-threatening emergency or if it's another number write it here: \_\_\_\_\_
2. Non-Emergency number like the police department, sheriff, or fire department numbers: \_\_\_\_\_
3. Your Parent's Number or Your Back-Up Friend's number: \_\_\_\_\_

### Is someone breaking into your home?

Try to get out of the house. Grab your cell phone, run to a trusted neighbor, and **Call 911.**

### Is someone breaking into your home and you can't get out?

Grab your cell phone, and hide behind a locked bedroom, bathroom, or closet door.

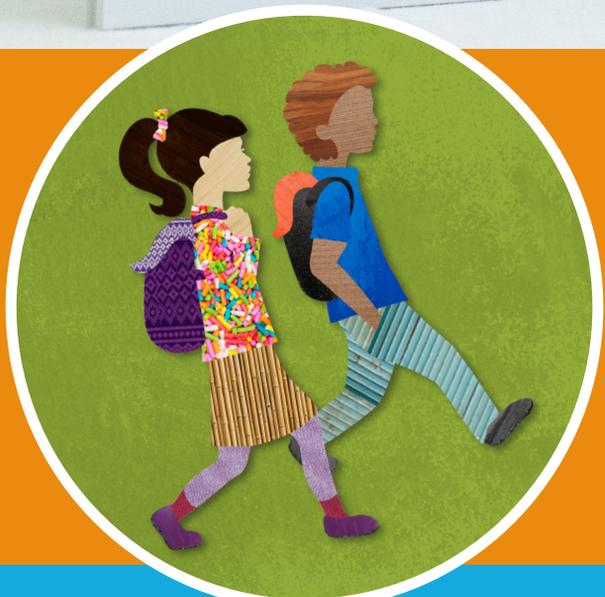
**Call 911** and tell them what's going on. They'll send someone to help you.

Does your family have a landline phone in your home or do you rely on cell phone service only?

Which is better to use (a landline or a cell phone) when calling 911?

Do you have your own cell phone?  
**YES    NO**

Do you have your home address memorized? Write it again here:  
\_\_\_\_\_



Useful information to keep them prepared while they're home alone.