Safety First!
The kitchen, the car, playing outside, near water – there are so many places you need to be safe. And safe practices help you have more fun!

You’ll learn to:
- Prevent accidents and injuries
- Recognize and remove safety hazards
- Keep your family, friends, and yourself safe
- Practice safety in all areas of your life

Learning experiences focus on:
- Healthy eating
- Physical activity
- Social and emotional well-being
- Vehicle and driving safety
- Internet safety
- Home safety
- Sports Safety
- Farm safety

Skills Learned:
- Responsibility
- Healthy Eating & Physical Activity
- Decision Making
- Public Speaking
- Leadership
- Community Service
- Communication
- Teamwork
- Safety & Injury Prevention

Project Learning Opportunities:
- Workshops
- Project Meetings
- Industry Professionals
- Tours
- Contests
- Virtual Experiences

Exploration Opportunities:
- Attend project meetings
- Plan and prepare meals for your family
- Do online research related to health and personal safety
- Organize a service learning event such as a blood drive
- Give a presentation to a group about a health & personal safety topic
- Experiment with altering recipes for better health
- Assemble a portfolio of healthy recipes
- Volunteer to help with local health & personal safety events
- Share health & personal safety tips via social media

Want to learn more?
Visit | texas4-h.tamu.edu/projects/safety/
Contact | your County Extension Agent
CONTESTS

Healthy Lifestyles Invitational
Test your health and safety knowledge with this contest! Teams of 3 to 4 are provided eight classes to “judge” based on a scenario and four options provided. Teams must determine what the best options or course of action is related to health and safety and rank those accordingly. In the presentation portion, teams must work together to analyze a problem, develop a solution and make a presentation to the judges.

Educational Presentations
An Educational Presentation is a fun way to share health & personal safety related knowledge through public speaking/presentation experience. 4-H members may do an Educational Presentation by themselves or with a friend.

Opportunities for all skill levels
Here are some ideas for all skill levels. These are only suggestions, learning should occur based on your interest, experience, and ambition!!

<table>
<thead>
<tr>
<th>Basic</th>
<th>Intermediate</th>
<th>Advanced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Know when and how to call 911</td>
<td>Understand the benefits of healthy eating and physical activity</td>
<td>Communicate knowledge of safety with others</td>
</tr>
<tr>
<td>Identify warning labels on a product</td>
<td>Identify safety equipment for sports and recreation</td>
<td>Understand the science behind accidents/injuries</td>
</tr>
<tr>
<td>Learn about MyPlate and ways to be physically active.</td>
<td>Promote safe use of the internet and technology.</td>
<td>Become First Aid/CPR certified.</td>
</tr>
<tr>
<td>Demonstrate correct hand washing.</td>
<td>Explain ways to prevent fires and other accidents.</td>
<td>Understand safe driving and passenger safety.</td>
</tr>
<tr>
<td>Become familiar with kitchen safety, fire safety, and home alone safety.</td>
<td>Understand safety on a farm and in a rural area.</td>
<td>Identify and address safety hazards in your community</td>
</tr>
</tbody>
</table>

EXPLORE GUIDES

Each guide has been developed to support volunteers, County Extension Agents, and even 4-H members, in leading project experiences for youth. There are six lessons in each book that follow the “do, reflect, apply” model of learning, providing guidance for hands-on exploration and learning about a specific topic.

Health & Personal Safety specific guides are:
• Leadership - Within a Group
• Public Speaking
• Food & Nutrition - Cooking in the Kitchen
• Food & Nutrition - Dollars & Sense
• Food & Nutrition - Food Challenge
• Food & Nutrition Keeping Food Safe

For more information on Healthy & Personal Safety projects visit: https://texas4-h.tamu.edu/projects/safety/