



# FAMILY & COMMUNITY HEALTH

## Health & Personal Safety

### 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

**TEXAS 4-H IS FOR KIDS OF ALMOST ANY AGE – GRADES K-2 CAN BE IN CLOVER KIDS IF OFFERED IN YOUR AREA. FROM 3RD-12TH GRADES, YOU CAN BE A REGULAR 4-H MEMBER. ALL 4-H MEMBERS MUST BE ENROLLED IN AT LEAST ONE PROJECT. WHEN YOU CHOOSE A PROJECT, YOU WILL PARTICIPATE IN VARIOUS HANDS-ON ACTIVITIES, LEARN NEW SKILLS, DO COMMUNITY SERVICE, OR EVEN MAKE SPEECHES ABOUT YOUR PROJECT.**

#### 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/](https://texas4-h.tamu.edu/projects/safety/)  
Contact | your County Extension Agent



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## 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!!

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

## 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/>

