



We are all involved in community health and safety. We want protection and good health for ourselves, our family, our friends, and our neighbors. This activity will help you to: learn how to stay healthy and safe; see community health and safety organizations in action; and learn how to use the health and safety resources in your community.

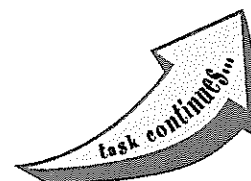
THINGS TO KNOW AND DO

To complete this activity, do the starred (*) tasks in each section plus TWO other tasks of your choice.

- * 1** a. Memorize the emergency help telephone numbers for your community. In some (but not all) areas it is 911 and may be dialed free of charge from pay telephones. If you have learned these numbers for the SAFETY FIRST—FIRST AID activity—great! Refresh your memory if you need to.

Make a card like the one below to keep by your telephone.

Emergency telephone numbers:	Give this information:
Fire	Your name
Police	What the emergency is
Ambulance	
Rescue Squad	The location of the emergency
Doctor	
Poison Control Center	



- b. Know the siren, storm, and attack-warning signals in your community and what to do when you hear them.

Have your leader sign below when you have memorized the information in this task and made the emergency telephone numbers card.

Leader's signature

Date

- *2** Attend a lecture on home safety given by a fire department or home insurance representative. Request a home safety checklist or the name of a place from which one may be obtained. Talk about the things that can make a home unsafe and how to correct them.

Do a safety check in your home using the home safety checklist. If you find safety hazards, encourage your parents to have them corrected. **EXTRA MILE SERVICE:** With the permission of your corps officer or pastor, do a safety check at your corps or church.

- *3** Know what to do to be prepared if a fire starts in your home.

- a. Plan two exit routes from each room in your home. Arrange a meeting place outside so you will know when everyone is safe. If possible, conduct a fire drill with your family.
- b. Demonstrate what to do if a person's clothing is on fire.
- c. Know how to report a fire.

- *4** Our world is not perfect. There are some people in the world who harm other people. We need to know how to avoid dangerous situations.

Attend a lecture by a law-enforcement officer about how to keep yourself safe from crimes of opportunity.

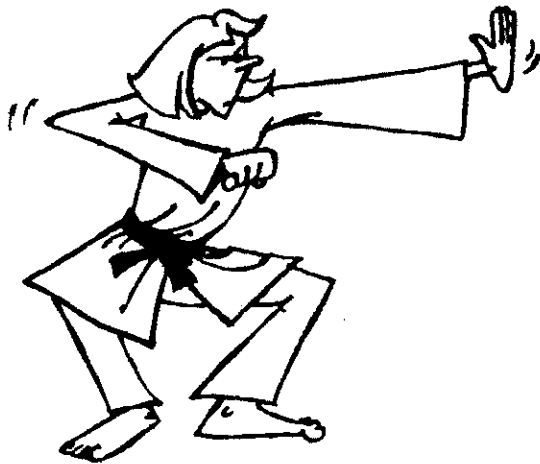
In addition, learn a few simple self-defense maneuvers. See your leader for information and instruction about practicing self-defense maneuvers or invite an instructor to come to a troop meeting to demonstrate.



5 Visit one of the following safety organizations and learn how they help maintain the general safety of the community. Find out how they use science and technology to help them in their work.

- a. Police Department
- b. Sheriff's Department
- c. Fire Department
- d. Federal Bureau of Investigation (FBI)
- e. Rescue Unit or Ambulance Company
- f. A community safety organization not on this list

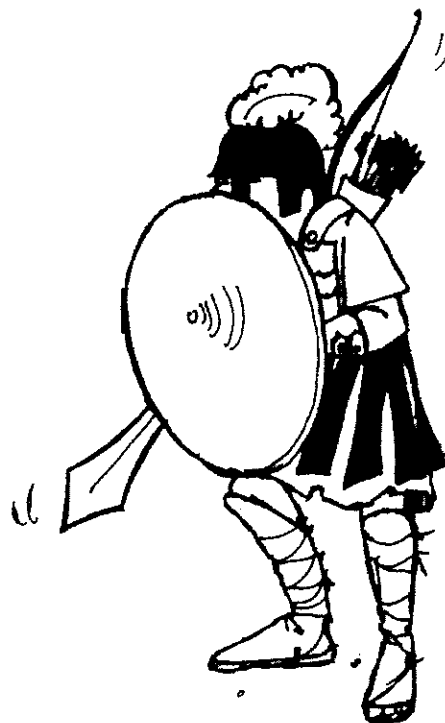
After your visit, list some of the new things you learned.



6 Read a book or magazine article about self-defense or how to avoid becoming the victim of a crime of opportunity. Share what you learn with your troop.

7 We all like to feel physically secure and protected. As Christians we need to be protective of our spiritual life, just as we are of our physical bodies. Ephesians 6:13-17 names the armor a soldier of Jesus Christ may use for protection from the attacks of Satan. Using this Scripture, write questions for a news interview with the soldier, asking about the armor. Present the interview for your troop or some other group.

Make up the dialogue, design costumes and equipment, and create the proper atmosphere for the interview. You may leave the story in the time period in which it was written or change it to the present day. The main point to convey is that, just as we learn to protect our physical body, we can learn from God and His Word how to protect our spiritual self.



COMMUNITY HEALTH SECTION

***1** Visit one of the following health organizations to learn how they help maintain the general good health of the community. Find out how science and technology help them with their work.

- a. Health Clinic
- b. Hospital
- c. Sanitation Plant
- d. Water Purification Plant
- e. Disease Control Center
- f. Health Department
- g. Social Services office or program
- h. Pollution Control Agency
- i. A community health organization not on this list:

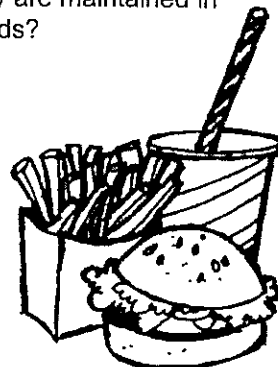
After your visit, list some of the new things you learned.

2 Visit a public business facility such as a camp, restaurant, child care center, hospital, etc. Find out what regulations are enforced by the state and local boards of health. Find out how the proper levels of sanitation demanded by the community are maintained in the facility. What happens if the facility fails to meet the standards?

We visited:

Something I did not know before is:

After your visit, discuss as a group: Are the regulations too demanding, about right, or not demanding enough? What would happen if the regulations did not exist?



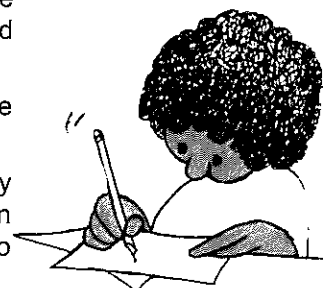
3 Visit a substance-abuse facility. Find out what services are provided and how someone can receive help. If you cannot visit a facility, ask your leader to invite a substance abuse expert to come and speak with your group. This could be a counselor, physician, minister, social worker, member of a narcotic or alcohol recovery group, or law enforcement representative. It would be good if two people could come at the same time. This would give the group a chance to see how the subject is seen from two points of view.



Brainstorm* with your group about things that cannot be cured with drugs, such as a bad report card, a flat tire and a rainy weekend.

After you have listed about 20 things, discuss what can be done to help with each difficult situation.

(*Brainstorm means to make a long list of ideas very quickly. Everyone talks at the same time while one person writes down each idea on a chalkboard. No one stops to criticize or question another person's idea.)





4 The World Health Organization and UNICEF are interested in the health of people around the world. Find out what these groups do. Perhaps you could collect money for UNICEF on Halloween night or do another community health service project.

This is what we did:

5 Explore community health in biblical times. Use a Bible concordance to look up these topics (you may be able to think of others):

- demons
- mental health
- communicable diseases
- leprosy

Then look up the Scripture references in your Bible. What did you find?



I have satisfactorily completed all of the requirements for the COMMUNITY HEALTH AND SAFETY activity.	
My signature _____	Date _____
Leader's signature _____	Date _____
Resource Person's signature (if there was one) _____	Date _____

