

## Childhood Injury Prevention

**Keeping YorKids Safe - Home, Road and Recreational Injuries.** Did you know that unintentional injuries are the leading cause of death in children between the ages of 1-14? Did you also know that the vast majority of these injuries are both predictable and preventable?

These resources are available from York Region Community and Health Services Department or directly from the source listed.

### Curriculum Resources

#### Grades JK-8

- **Risk Watch.** A comprehensive injury prevention curriculum that covers eight major risks that cause unintentional injuries to children which include: motor vehicles, fire and burns, choking, suffocation and strangulation, poisoning, falls and playgrounds, firearms, bike and pedestrian and water and ice. Risk Watch modules are grade-specific to make teaching easy. Black line master is also available. Assists teachers to meet the Health and Physical Education Curriculum, Healthy Living Strand, Personal Safety and Injury Prevention Requirements. Available in French. Website: [www.ofm.gov.on.ca](http://www.ofm.gov.on.ca) Link to Fire Safety and Public Education, Risk Watch. For more information please contact: your local Fire Department, Fire Prevention Officer.

#### Grades JK-8

- **Think First.** A comprehensive brain and spinal cord injury prevention curriculum. These are available in English and French and are free of charge. To order call 1-800-335-6076 or visit [www.thinkfirst.ca](http://www.thinkfirst.ca).

**Grades K-6** uses the same 6 units of study:

1. Understanding my brain and spinal cord
2. Pedestrian and vehicular safety
3. Cycling safety (bikes, scooters, roller blades, skateboards)
4. Recreational and organized sports safety (all seasons, all activities)
5. Creative problem solving and safety around weapons
6. Avoiding the hazards of suffocation, choking and strangulation

As these lessons spiral through the grades, they 'pick-up' more information and link to connected discussion points... for example... the 6th lesson moves along a continuum of early years hazards of choking, suffocation, strangulation - to - anaphylaxis awareness - to - consumer products warning icons - to - finally, introduction to selected WHIMIS icons in intermediate grades.

**Grades 7-8 Navigators'** curriculum expands to address adolescent safety issues as well:

1. Introducing The Connections (with the Dangerous Games video)
2. Understanding the Connections (brain and spinal cord information)
3. Making The Connections (class games demonstrating reflexes & synapses)
4. Breaking The Connections (hazardous substances, venues and actions)
5. Keeping The Connections (learning a decision-making model)
6. Navigating Through Risks ("Celebrating The Connections" safety forum)

**Grades JK – 8**

**Road Safety Resource.** Created by the Ministry of Transportation and the Ontario Physical and Health Education Association. Includes grade/age relevant information on road safety, creative and practical lesson plans for teachers, cross-curricular activity ideas and toolkits for school road safety events and campaigns.

**All elementary schools to receive a copy in September 2009.**

**Grade 1-3**

- **Stay Safe.** An education guide (CD ROM or Book) to household chemical products for children 5-9 years of age. Activities are grouped by a corresponding age range and grade level. To order visit [www.healthcanada.gc.ca/staysafe](http://www.healthcanada.gc.ca/staysafe)

**Grades 2-3**

- **Safety around Snowplows.** Lesson plan and 8 minute long DVD provides students with an understanding of the dangers of building snow forts and hills next to the street. For more information please contact Cindy O’Keefe, Public Health Nurse (905) 762-1282 ext. 4647.

**Audiovisual Resources**

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|---|--------------------|----------|
| • Professor Helmut on Helmets (JK – Grade 2)          | Running Time 6:03  | VHS Only |
| • Ride Smart: It’s Time to Start (Grade 3-5)          | Running Time 8:55  | VHS Only |
| • A Little Respect: Safe skiing and boarding (Gr.3-8) | Running Time 18:00 | DVD      |
| • Smart Hockey (Grades 3–8)                           | Running Time 52.42 | VHS Only |
| • Ride Safe: York Regional Police (Grade 4-8)         | Running Time 15:00 | DVD      |
| • Don’t Use Your Brain for Brakes! (Grade 6-8)        | Running Time 7:00  | DVD/VHS  |

Please contact Cindy O’Keefe, Public Health Nurse (905) 762-1282 ext. 4647 to borrow resources.

**Print Resources****For teachers**

- Helmet Fit Brochure
- In-Line Skating
- Keeping Kids Safe on Scooters
- Safe Winter Fun
- Safe Summer Fun
- Who’s Wearing Their Helmet Correctly? Activity Sheet
- Elmer’s Bike Safety Fun Book
- Elmer’s Tracks are for Trains
- Young Cyclist Guide (Grade 4 and up)
- KYS the Cat Safety and Colouring Book ( Bike, home, playground, road and water safety)
- Have a Safe Trip KYS! Colouring Book ( Winter safety, dental, nutrition, energy conservation, sun and beach safety)
- Safety with Radar Activity Book
- School Bus Safety Rules

**For parents**

- Tips to Keep Your 5-9 Year Old Safe: At the Playground; From Traffic Injuries; From Childhood Falls
- Bike Safety Information for Parents
- Helmet Fit Brochure
- School Bus Safety Rules
- Booster Seat Safety
- Helmets Save Lives! ( Winter safety)

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**Websites**

York Region Community and Health Services  
Think First for Kids  
RISK WATCH  
Canada Safety Council  
Safe Kids Canada  
Smart Risk  
Helmets Save Lives

[www.york.ca/injuryprevention](http://www.york.ca/injuryprevention)  
[www.thinkfirst.ca](http://www.thinkfirst.ca)  
[www.ofm.gov.on.ca](http://www.ofm.gov.on.ca)  
[www.safety-council.org](http://www.safety-council.org)  
[www.safekids.ca](http://www.safekids.ca)  
[www.smartrisk.ca](http://www.smartrisk.ca)  
[www.helmetssavelives.org](http://www.helmetssavelives.org)

For more information, call York Region *Health Connection*  
at 1-800-361-5653 or visit [www.york.ca](http://www.york.ca).