

## Childhood Injury Prevention

### ***Keeping YorkKids Safe: Home, Road and Recreational Injuries***

Did you know unintentional injuries are the leading cause of death in children between the ages of 1-14? Did you also know the 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.** Comprehensive injury prevention curriculum available in English or French, covering 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). Risk Watch modules assist teachers to meet the *Health and Physical Education Curriculum, Healthy Living Strand, Personal Safety and Injury Prevention Requirements*. For more information please contact your local Fire Departments Fire Prevention Officer. Website: [www.ofm.gov.on.ca](http://www.ofm.gov.on.ca)

#### **Grades JK-8**

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

#### Grades K-6

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

#### Grades 7-8

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. This resource (available in English and French) includes grade/age relevant information, road safety creative and practical lesson plans for teachers, cross-curricular activity ideas and toolkits for school road safety events and campaigns. Visit the Ontario Road Safety website: [www.ontarioroadsafety.ca](http://www.ontarioroadsafety.ca)

**Grades K – 6**

**Staying Safe Around Trains.** Lesson plans for teaching railway safety to children from The Canadian National Railway Company and Safe Kids Canada. Visit [www.safekidscanada.ca](http://www.safekidscanada.ca)

**Grade 1-3**

**Stay Safe.** This is an educational guide to household chemical products for children 5-9 years of age. Activities are grouped by a corresponding age range and grade level and the guide is available on CD or in book format. 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.

**Grades 3-8**

**A Little Respect.** Injury prevention program designed for teachers, students, coaches and parents. Created to enhance knowledge about the importance of injury prevention in skiing and snowboarding. To order visit: [www.thinkfirst.ca](http://www.thinkfirst.ca)

**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.

**Student Learning and Take Home Resources****Activity Books****Grades JK-2**

- *KYS The Cat* (bike, home, playground, road and water safety topics)
- *Have a Safe Trip KYS!* (winter safety, dental, nutrition, energy conservation, sun and beach safety)
- *KYS The Cat* Booster Seat Colouring Sheet
- *Elmer's Bike Safety Fun*
- *Elmer's Tracks are for Trains*



**Grades 2-4**

- Playground Safety Catcher

**Pamphlets and Print Resources**

- Booster Seat Safety Pamphlet
- Cycle Smart Bookmarks
- Proper Helmet Fit Brochure
- Helmets Save Lives! ( Winter safety)
- In-Line Skating Safety
- Keeping Kids Safe on Scooters
- Safe Summer Fun
- Safe Winter Fun
- Swimming and Water Safety (also available in Chinese, Punjabi and Russian)
- School Bus Safety Rules
- Tips to Keep Your 5-9 Year Old Safe: At the Playground; From Traffic Injuries; From Childhood Falls (also available in Tamil, Punjabi, Urdu and Chinese)
- Young Cyclist Guide (Grade 4 and up)
- Skateboard Safety

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

**Websites**

York Region Community and Health Services

Think First for Kids

RISK WATCH

Canada Safety Council

Safe Kids Canada

Smart Risk

Canadian Red Cross

Lifesaving Society

[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.redcross.ca](http://www.redcross.ca)

[www.lifesavingsociety.com](http://www.lifesavingsociety.com)

For more information, call York Region *Health Connection*  
at 1-800-361-5653 TTY # 1-866-252-9933 or visit [www.york.ca/injuryprevention](http://www.york.ca/injuryprevention)