

SAFE Programming Syllabus Outline

Year 1 (Years run from September to August)

Instructor & Course Information

Office Location & Hours

Eastman Safety Training Centre

Instructor

Yvonne Harder

Email

info@eastmansafety.ca

After School Program:

Thursdays 5:00-6:00pm

Assistants

TBD

Day Camp:

Monday-Thursday March 30 to April 2, 2015

Monday to Friday July ___ to July ___, 2015

Monday to Friday August ___ to August ___,
2015

General Information

Safe And Fun Education combines a variety of lessons to make for an exciting, engaging and useful learning experience.

Students will learn about the following topics geared towards their age and ability:

- First Aid
- Babysitting
- Safety Awareness
- Conflict Resolution
- Fire Safety Education
- Bullying Prevention
- Cyber Safety Education
- Traffic Safety
- Being Home Alone
- Personal Protection
- Staying Healthy

Our courses include material from a variety of reputable sources such as the Canadian Red Cross, the National Fire Prevention Agency, Scholastic, WITS, PREVNet, the RCMP and more!

Lesson Outline:

1. First Aid

- Cuts, Scrapes, And Bleeding
- Unconsciousness
- Comfort
- Poisoning
- Burns
- Rescue Breathing
- Choking
- Broken Bones

2. Caring for younger children/Babysitting (dependant on age)

- Rights and Responsibilities
- Child Development and Behavioral Problems
- Caring for the Child
- Nutrition
- Safety and Basic First Aid
- Handling Emergencies
- The Sick Child
- Games and Play Activities
- Children with Special Needs

3. Cyber Safety

- Further education on online safety.
- Discuss situations that may make youth vulnerable online.
- Identify ways youth can protect themselves online.
- Identify strategies and supports that are available to assist youth with issues they encounter online.

4. Bullying

- WITS (Walk Away, Ignore, Talk It Out and Seek Help) Program (LEADS)

5. Fire Safety

- Cooking Fires
- Carbon Monoxide Alarms
- Smoke Alarms
- Preventing Carbon Monoxide Poisoning
- Scholastic & NFPA fire safety lessons 1-5

6. Personal Health & Safety

- Kidshealth.org
- Several topics ranging from conflict resolution to staying healthy!

7. Traffic Safety

- Bikes & Wheel Sport Safety
- Car Seats & Seat Belts
- Public Transportation Safety
- Railroad Crossings
- Safe Walking
- School Bus & School Zone Safety
- Activities

8. Home Alone

- Home Safety Rules
- Emergency 911
- Basic First Aid
- Fire Safety
- What To Do If You Are Choking
- Street Proofing And Safety With Regards To Risks And Benefits
- Safety To And From School
- Your Responsibilities And Rights