A. Safety and Emergency Preparedness

SOL 7.1n Identify potential personal safety issues related to being home alone, caring for others, being in the neighborhood and community, and being online.

Potential safety issues related to:

- **Being home alone**: cut yourself on kitchen knife, fire, falling down steps; go unconscious; not opening the door to strangers; don’t go to a neighbor’s home?
- **Caring for others**: not having someone else if an emergency happens to person being cared for; accidental poisoning or drug overdose
- **Being in the neighborhood and community**: going off by yourself and getting hit by a car or falling off your bike/skateboard; avoid potential trouble; be aware; keep volume on head phones low enough to be able to hear your fingers snap; don’t walk alone, alone in the dark
- **Being online**: being bullied; chatting with a stranger who acts like a peer

SOL 7.3t Identify ways to maintain a safe and healthy environment at school and at home.

Explain 2 ways to maintain a safe and healthy environment at school:

- Follow school rules; report hazards, spills, graffiti to a staff member; sit in your chair properly;

Explain 2 ways to maintain a safe and healthy environment at home:

- Clean any clutter around stairs; clean up spills once they’re cooled or when they happen; don’t leave candles unattended; turn the pot handles facing in; all poisonous materials out of the reach of children

B. Environmental Health

SOL 7.1f Describe ways to prevent weather- or climate-related physical conditions such as allergies, asthma, sunburn, dehydration, heatstroke, heat exhaustion, and hypothermia.

Describe ways to prevent:

- **Allergies**: avoid the allergens; take medication; get injections
- **Asthma**: monitor the condition; manage the environment; manage stress; take medication
- **Sunburn**: stay out of the sun during peak hours; use sunscreen whenever you’re in the sun—reapply regularly (every 2 hours, especially after coming out of the water); wear appropriate protective clothing (hat, visor, clothing);
- **Dehydration**: drink the recommended amount of water daily; avoid caffeinated beverages and those with a lot of sugar;
- **Heatstroke** (body has stopped sweating; the most serious form of heat illness): take frequent drinks of water before, during, and after exercise or vigorous play; wear breathable clothing; self-monitor and take breaks when necessary
- **Heat exhaustion** (characterized by faintness, nausea, rapid heartbeat and hot, red, dry or sweaty skin): SEE PREVENTION for HEAT STROKE above
- **Hypothermia** (sudden and dangerous drop in body temp): keep your head, face, and body covered and warm; if in a car, pull over to the side of the road, stay in the car and turn on flashers.
SOL 7.1w Describe human activities that contribute to air, water, soil, and noise pollution.

**Explain activities in which humans contribute to:**

- **Air pollution:** smoking, car exhaust, lawn mowers, factory smoke/waste/discharge
- **Water pollution:** boating, throwing waste in any body of water, runoff into sewers from fertilizer, washing car
- **Soil pollution:** dog waste, fertilizer, littering, oil leaks from vehicles
- **Noise pollution:** students in cafeteria, construction equipment, lawn mowers, loud music

SOL 7.3u Demonstrate ways to conserve and promote the conservation of natural resources.

*Definition: natural resource: anything that a person can use that comes from nature or from the earth; not anything humans make

**Explain 2 ways to conserve and promote conservation (saving and protection of)**

- **Water:** wash clothes in cold water, turn off water between washing and rinsing dishes; start dishwasher on the shorter cycle; shower for shorter periods of time
- **Wood:** for every tree taken down, plant a tree; prune a tree rather than cutting it down; artificial Xmas trees
- **Air:** carpool, ride a bike, walk, take mass transit (school bus, Metro rail or bus)