

# **Injury Prevention Center Fact Sheet Booklet**



**Arkansas  
Children's**

HOSPITALS • RESEARCH • FOUNDATION



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It only takes a moment for injuries to happen, but it also only takes a moment to prevent those injuries from occurring, such as putting on a helmet, properly supervising swimming children or ensuring a firearm is locked and properly stored.



# ATV SAFETY

## All-Terrain Vehicle Safety

All-Terrain Vehicles (ATV) are very popular among young people, especially those living in rural areas. As the popularity of ATVs has risen, so too have the number of deaths and injuries to people of all ages. Arkansas Children’s Hospital admits more than one child a week for ATV-related injuries, and many more are treated in emergency departments and clinics statewide.

### Always Plan Your T.R.I.P.S.S.

- T** **Training**  
Take an ATV Safety Institute ATV *RiderCourse*. Contact your local University of Arkansas Cooperative Extension Service 4-H Coordinator at [www.uaex.edu](http://www.uaex.edu).
- R** **Ride Off-Road**  
Always ride on unpaved trails. The tires on ATVs are not made for paved or loose gravel roads. If you drive on these roads, you could lose control of the ATV and flip over or crash.
- I** **Impairment Danger**  
Driving an ATV takes all of your focus. Alcohol and other drugs can lower your judgement, blur your vision, and slow your reaction time.
- P** **Plan Ahead**  
Plan your trip before you ride by looking at the area for wire fencing, tree stumps, and other dangers. Let someone know where you are going and when you’ll be back.
- S** **Single Rider**  
Most ATVs are made for one rider only. Drive without passengers.
- S** **Safety Equipment**  
Ride your ATV only when wearing a helmet, boots, long pants, long sleeve shirt, and gloves.



### What does your doctor say about ATVs?

The American Academy of Pediatrics recommends that children under 16 years of age do not ride ATVs. Whatever your family decides, please consider the following recommendations:

- **ATV Safety Institute ATV *RiderCourse*** – A hands-on class is recommended for ALL family members who ride. Contact your local University of Arkansas Cooperative Extension Service 4-H Coordinator at [www.uaex.edu](http://www.uaex.edu) for classes.
- **Direct Supervision for Young Riders** – Parents or other adults need to supervise children under the age of 16.
- **House Rules** – Parents or other adults should set an example for safe ATV use.
- **Control the Key** – Keep the ATV key under lock until adults can supervise use.
- **Helmets for Every Rider!**



## BICYCLE HELMETS

### Gear Up! All About Helmets

Riding bicycles and tricycles is a healthy and fun activity for children. Take time to talk with your child about safety gear, especially helmets, before they take their first ride.

### Wear it Right ... Every Time!

Follow the **2-4-1** rule to make sure your child's helmet is worn correctly. After fitting it to the rule, have your child shake their head. If the fit is right, the helmet will stay on tight.



**Two fingers above your eyebrow to the bottom of your helmet.**



**Four fingers to make a V-shape around the bottom of your ears.**



**One finger under the strap beneath your chin.\***

### Finding the Helmet That's Right For Your Child

- Choose a helmet that meets or exceeds the safety standards set by the U.S. Consumer Product Safety Commission (CPSC). Look for the CPSC sticker located inside the helmet or on the packaging.
- Always buy a new helmet. You may not know the history of a used helmet. Helmets are designed to work in only one crash, after which they should be replaced.
- Allow your child to help pick out their helmet. They will let you know if it is comfortable. Your child is more likely to wear it if they like the color and style.



**Helmet use can reduce the risk of severe brain injury.**

#### **Start early.**

Make sure your child wears a helmet with their first tricycle.

#### **Be a role model.**

Chances are if you wear a helmet, your kids will too.

#### **Make it a habit.**

When children do something over and over, they will eventually remember to do so without being told.

#### **"No helmet. No ride."**

Make it a rule.



# BICYCLE SAFETY

## Biking for Health and Safety

The bicycle is a source of pride and a symbol of freedom for adults and children. It is also a great resource for exercising. All too often, people are hurt, or even killed, when they fail to follow basic bicycle safety rules. The following information is essential to make every ride safe.

### Choose the Right Bike

- While sitting on the seat with hands on the handlebar, you should be able to place the balls of both feet on the ground.
- While straddling the center bar, you should be able to stand with both feet flat on the ground with about a one-inch clearance between the crotch and the bar.
- When buying a bike with hand brakes, make sure that you or your child can comfortably grasp the brakes and supply enough pressure to stop the bike.
- If shopping for a bike for your child, take them with you. That way you can make sure it's the right fit.

### Follow the Rules of the Road

- Ride with the flow of traffic, not against. Stay as far to the right as possible.
- Respect traffic signals. Stop at all stop signs and stop lights.
- Stop and look left, right, and then left again before entering a street or crossing an intersection. Look back and yield to traffic coming from behind before turning left.
- Always put your bike away when the sun goes down. Never ride at night.
- Know your hand signals!

### What to Wear When Riding

- Wear a helmet that meets safety standards developed by the U.S. Consumer Product Safety Commission. Look for their sticker on the helmet or package.
- Wear bright clothing and reflective materials, especially on cloudy days, to help motorists see you.
- Wear snug fitting clothes. Loose fitting clothes, drawstrings and backpacks with straps can get caught in the bike.
- Make sure you can hear what is going on around you. Wearing headphones can be dangerous.

### Know Your ABCs

Three things to check before every ride:

- A** **Air** – Are the tires properly inflated?      **B** **Brakes and Bars** – Are the brakes working and are the handlebars tightened at the right height?      **C** **Chain** – Is the chain tight and oily looking?

## Know and Use Cycling Hand Signals

Bicyclists are expected to show where they are going by using hand signals. Hand signals are an easy way to keep you safer when riding.





# CONCUSSIONS

## Watching for Concussions

A concussion is a type of traumatic brain injury (TBI) that is caused by a bump or a blow to the head. Even a mild blow or “getting your bell rung,” can be a serious matter. Signs of a concussion may not show up until days or weeks after the injury. Seek medical attention right away if you suspect your child has a concussion.

### Signs of a Concussion

Look for any of these symptoms if your child has experienced a bump or blow to his or her head. Remember that these signs may appear right away or may show up much later.

- Appears dazed or stunned.
- Is easily confused.
- Forgets instructions.
- Moves slowly or clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can't recall events before or after the hit or fall.
- Develops new problems in school, including changes in concentration and behavior.

### If you think your child has a concussion:

- **Seek medical attention right away.** A health care professional will need to take a look at your child to decide how seriously they are injured.
- **Keep your child out of play.** The brain needs time to heal after a concussion. Children who resume activity or begin playing too soon after an injury are at a bigger risk for getting another concussion. Second or multiple concussions can cause permanent brain damage or even death.
- **Tell your child's coach and school nurse about any concussions.** These people should be aware of your child's injury so they can watch him or her at play and in school.
- **Your child needs medical clearance.** After medical clearance, return to play should follow a step-wise protocol with provisions for delayed return to play based upon the return of any signs or symptoms.
- **For more information visit:**  
[www.ahsaa.org/activity/73/sports-medicine](http://www.ahsaa.org/activity/73/sports-medicine)



## Prevent Concussions

Talk with your children to make sure they're taking the right steps to prevent concussions.

### Make sure they:

- Follow their coach's rules for safety.
- Practice good sportsmanship.
- Wear protective gear made for their activity (helmets, padding, guards, etc.). This gear should fit right and be well maintained.
- Know the signs and symptoms of a concussion. Kids should tell their coach or you if they feel anything is wrong.



# DOG BITE PREVENTION

Dogs can be great companions but even a gentle one will bite at times. According to the American Veterinary Medical Foundation:

- 4.5 million people are bitten in the United States every year.
- Children are the most common victims of dog bites.
- Most bites come from a dog that the victim knows (or a dog that the victim is familiar with).
- 1 in 5 bites need medical attention

Here are some tips to keep you and your little ones safe around dogs.

## General Public Do's and Don'ts

- **Do** ask for permission before touching someone's dog.
- **Do** allow a dog to smell you before touching and stay still when a dog smells you.
- **Do** teach kids not to pull dog's ears and tail.
- **Do** curl into a ball if you are knocked over by a dog and cover your face and neck with your hands.
- **Don't** bother a dog if it is sleeping, eating or caring for its puppies.
- **Don't** reach through a fence to pet a dog.

## Dog Owner Do's and Don'ts

- **Do** socialize your dog.
- **Do** keep your dog's shots up to date.
- **Do** obey leash laws and train your dog to sit and stay.
- **Don't** leave dogs and child(ren) alone together especially if the child(ren) are under the age of 10.
- **Don't** let children take the dog's toys.
- **Don't** run past a dog.
- **Don't** let dogs near your face.

## What to do in case of a dog bite

- Restrain the dog(s).
- Check on the person bitten. Call 911 if needed.
- Be able to provide current shot record if the dog is yours. If the dog does not belong to you, look for tags or the owner to find shot record.
- Obey local laws regarding dog ownership.
- Call your vet.

## Dog Body Language

Be aware of signals that indicate a dog is ready for human contact.



**Aggressive**



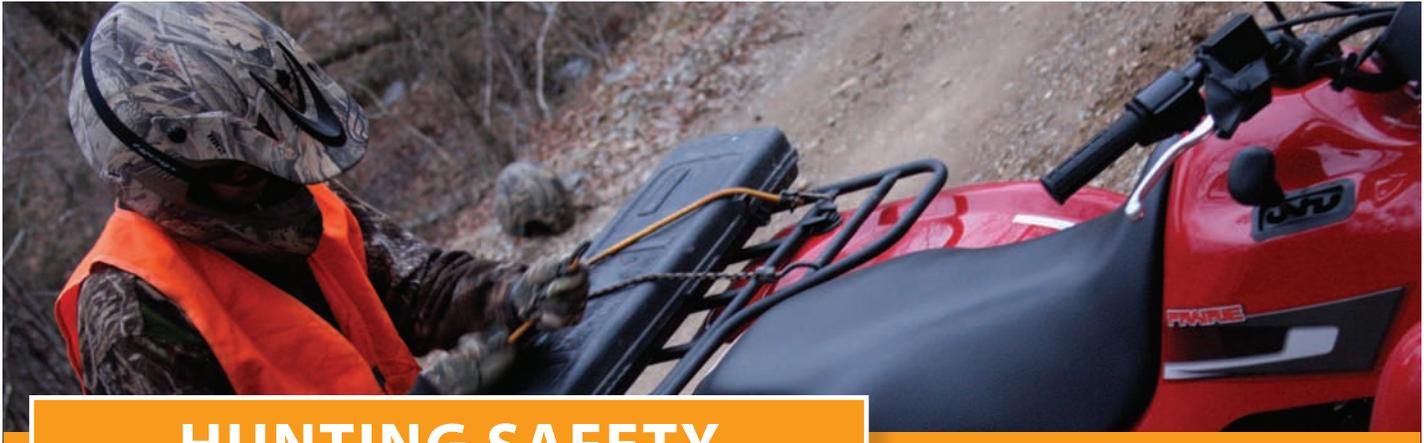
**Anxious**



**Calm**

Source:

1. American Veterinary Medical Foundation



## HUNTING SAFETY

Hunting is an enjoyable pastime for many Arkansans. Yet, each year many people are hurt and even killed while hunting. This can be prevented by following these simple rules.

### 10 Tips for Gun Safety

**Treat each gun as if it is loaded.**

**Always know where the gun is pointed.**

**Unload guns when not in use.**

**Make sure the barrel is free of debris before you load the gun.**

**Be sure of your target before you pull the trigger.**

**Only point a gun at something you plan to shoot.**

**If you climb a stand, tree, fence or cross a ditch make sure all firearms are unloaded.**

**Flat/hard surfaces and water are unsafe to shoot at.**

**Guns and ammunition should be stored in separate places.**

**Hunt and target practice while sober.**

**Store firearms in locked cabinets separate from ammunition.**

### Basic Hunting Safety Tips

Complete a Hunters Safety Education class - IT'S THE LAW. Contact the Arkansas Game and Fish Commission at (800) 364-4263 | (501) 223-6300.  
<http://www.agfc.com/education/pages/educationhunter.aspx>

#### DRESS TO BE SEEN AND STAY WARM

Follow hunter's orange rules - dress to fit the climate and length of time you will be exposed.

#### WHEN USING AN ATV

Always carry your gun unloaded and secured in a suitable gun case.

#### LOAD YOUR GUN AFTER YOU ARE IN PLACE

Keep your firearm unloaded until you are seated and secure in your hunting spot.

#### MAKE A PLAN BEFORE YOU HUNT

Minors should always be with an adult who has passed a hunters education class, and all members of the hunting party should be aware of each other's hunting site.

#### LET SOMEONE KNOW

An adult who is not going on the hunt should always know the place and time you are to return.



## HYDRATION

### Drink Plenty of Water

Dehydration occurs when the amount of fluids that a person is drinking is less than the amount of fluids lost through sweating, urination, diarrhea or vomiting. Dehydration is very common when exercising outside, and it can lead to more serious problems like heat exhaustion and heat stroke. It's important to stay well hydrated by drinking plenty of water.

#### Signs of Dehydration:

- Thirst
- Dry or sticky mouth
- Headache
- Muscle cramping
- Irritability
- Extreme fatigue or weakness
- Dizziness

#### If someone is dehydrated or has heat exhaustion:

- Move them to a cool place and cool the body with water.
- Have them drink cool water or a sports drink. Seek Medical attention right away if they cannot drink.
- Raise their legs up 8 - 12 inches.
- Take off any equipment and excess clothing.
- Get an okay from a health professional for children and teens before re-turning them to play.

#### If someone is having a heat stroke:

- Call 911 right away.
- Put them in cold water. Add lots of ice to the water and keep stirring.
- Keep children and teens from returning to play until a health professional says it is okay for them to do so.



### Dehydration and Kids

Talk with your children to make sure they're taking the right steps to prevent dehydration while playing.

Preventing dehydration will keep your child safe from more serious problems like heat exhaustion or a heat stroke.

#### Make sure they:

- Drink water 30 minutes before play begins.
- Take a break every 15-20 minutes to drink more. Don't wait for a child to tell you they are thirsty.
- Drink plenty of water after the play ends.



## PEDESTRIAN SAFETY

### Walk This Way!

Walking is a healthy activity and a great way for the whole family to enjoy the outdoors. However, it's important to be aware of the risks when out walking, especially around traffic. The following safety tips will help make every walk a fun and safe activity for all.

#### Four Major Risks

1. **Intersections** - When out walking, cross the street at marked intersections. But ALWAYS check for cars before crossing. Intersections are usually heavy with traffic.
2. **Vehicles Backing Up** - Never assume that a driver can see you, especially if you're walking behind their car. Watch for parked cars at every driveway and intersection that may be about to turn, pull out or back up.
3. **Drivers Not Seeing Pedestrians** - Just because you can see a driver, that does not mean that they can see you. Wear bright or reflective clothing, and carry a flashlight if walking at dawn or dusk.
4. **Trust** - Safety measures such as crosswalks and traffic lights are meant to keep us safe. But they don't always prevent injuries from happening. Always be aware what is going on around you.

#### Cross the Street the Right Way

- Stop at the curb or edge of the street.
- Look left, right, left, then behind and in front for traffic.
- Wait until no traffic is coming to begin crossing.
- Keep looking for traffic until finished crossing.
- Walk, don't run across the street.
- Obey all traffic signs and signals.
- Make yourself visible before walking in front of a car at a crosswalk by waving to the driver and waiting for them to wave back or by making eye contact with the driver.
- Wear bright clothes.
- Pick routes that have sidewalks. If there isn't a sidewalk, walk facing traffic and stay as far to the left as possible.
- Limit the number of street crossings.
- Avoid crossing busy or high-speed streets.
- Walk with a friend when possible.
- Don't text while walking.

### Walking with Children

Children should understand the rules of safe walking. Stick to the route picked with your parents. Don't take shortcuts that may be dangerous.

It takes time and practice for a child to develop the ability to deal with lots of traffic. When older, they will be able to correctly judge the speed and distance of oncoming traffic.

There is no magic age when children are old enough to walk without an adult. As a parent, you should decide when your child has the skills and know-how to deal with traffic safely.

Always take your child's hand when crossing busy streets and in parking lots.

### Test Your Child's Skills While Walking

- Can your child hear a car or truck coming? What may be interfering with their hearing?
- Can they feel the ground shake?
- Can they see oncoming traffic?
- Can oncoming traffic see them?



# PLAYGROUND SAFETY

## Play it Safe

Playgrounds are great places for children to test and grow their physical abilities. But whether they're playing on a backyard swing set or at a public park, there are some dangers on every playground. To keep your kids safe while they play, follow this **S.A.F.E.** checklist:

### S.A.F.E. Checklist

#### Supervision is important.

Adults should watch kids at playgrounds at all times. They should be on the look out for any dangers and be ready to step in if a child needs help.

#### Play on Age-appropriate equipment.

Children under the age of 5 should play in a separate area from older children to keep play fun and safe for everyone. Smaller children also need to play on equipment that is right for their size. Playing on equipment made for larger children may result in injuries.

#### Falls to the ground are cushioned.

A fall to concrete, asphalt or even dirt and grass could result in a serious injury. Look for playgrounds that have sand, wood chips or rubber matting under swings, seesaws and jungle gyms. All of these surfaces will cushion your child if he or she falls.

#### Equipment is safe.

Check out the equipment before every play session. Make sure everything is anchored safely to the ground and that all the equipment is in good working order. Look for open S hooks or other pieces that could catch on a child's clothing. Also check for rusted or exposed bolts and sharp edges or points. If at home, cover these areas with protective rubber. If at a public playground, report the problem to the appropriate authorities.



## Safety Rules

Teach children never to walk in front or behind the swings while others are swinging.

Always use the ladder to climb up a slide. Never climb up the sliding surface.

Tell children not to push or shove on the slide ladder. Make sure children go down one at a time.

Children under the age of 4 should not use jungle gyms or any other climbing equipment that is taller than they are.



## TOY SAFETY

Children receive gifts for holidays, birthdays and sometimes just because. Each year an estimated 3 billion toys and games are sold in the US, and every three minutes, a child younger than 18 years of age is treated in an emergency department for a toy-related injury.<sup>1</sup> An average of 265,000 children ages 14 and younger are treated at hospital emergency departments every year.<sup>1</sup> To best protect your children, read and follow the toy maker's instructions for assembly and make sure the toy is safe for your child's age. To check if any toys you already own have been recalled, visit [Recalls.gov](https://www.recalls.gov).<sup>2</sup>

### Young Children – Avoid small toys with small parts

- **Use a small parts test device.** If a toy can fit through the opening of a gallon of milk it should be considered a choking hazard for young children.
- **Avoid magnets.** Magnetic building sets, magnetic jewelry, and other magnetic toys can be easily swallowed and may cause serious internal injuries.
- **Separate toys.** If there are children of different ages in the home, keep toys for older children apart from toys for younger ones.<sup>2</sup>

### Older Children – As children get older, injuries are more likely to come from riding toys

- **Make wearing a helmet a rule.** Make sure you have a helmet that is the appropriate size for your child and is properly fitted to their head. Tell your children that they must wear helmets on bicycles, scooters, skateboards and other wheeled objects that require balance. Elbow pads and knee pads are also recommended.
- **Avoid riding near a street.** Only let children ride in open, flat areas away from traffic.
- **Supervise.** Closely supervise any child younger than 8 years of age on a riding toy.
- **ATVs.** All-terrain vehicles (ATVs) are not toys. They are powerful machines that can cause serious injury and even death. The American Academy of Pediatrics recommends no one under the age of 16 operate an ATV.



### Think about the batteries.

Choose electronic toys that have battery slots that need a screwdriver to open or that have a child-proof locking system. Batteries can be toxic if swallowed.

Lithium batteries, also known as button batteries, can be especially dangerous. If swallowed, these small batteries get stuck in the throat and the saliva triggers an electric current that causes chemical burns in as little as two hours.<sup>1</sup>

If you suspect your child has swallowed a battery, take them to the emergency room immediately.



## WATER SAFETY

### Safety on and around the water

Arkansas has many lakes, rivers and streams perfect for swimming and boating. Whether at a pool, beach or lake, in a fishing boat, powerboat, sailboat or a personal watercraft (like a jet ski), water recreation can be dangerous.

#### Drowning precautions

- Don't leave your child alone near water, even for a second.
- Stay within arm's reach of your child when he is in the water. With children under age 5, you should be able to touch them at all times.
- Children and adults should wear life jackets at all times in or around rivers, lakes, streams, and other bodies of water.
- Swimming lessons do not make you "drown-proof."
- Never swim alone. Never mix swimming and drugs or alcohol.
- Never dive into water that is less than nine feet deep or of unknown depth.
- Adults should learn CPR.
- Remove all toys from the water after use so children are not tempted by them.
- Use four-sided fencing at least four feet high to enclose your pool or spa, with gates that close and latch themselves. Gates should open away from the pool, and the fence should be climb-resistant.

#### Know and understand Arkansas' personal watercraft and boating laws

- Any person born in or after 1986 must pass a boater education course run by the Arkansas Game and Fish Commission (AGFC) to operate a powerboat, sailboat or jet ski.
- The boater education card must be carried at all times on the water.
- Visit the AGFC at [www.agfc.com/education/Pages/EducationBoating.aspx](http://www.agfc.com/education/Pages/EducationBoating.aspx) to learn more about Arkansas boating laws.
- In Arkansas, children 12 and under must wear a USCG life jacket in boats on the water.

#### Life Jacket Tips

- All children and adults should wear a lifejacket when engaged in boating activities.
- Jackets with flotation collars are a good idea for small children to keep their faces out of the water.
- To make sure a life jacket fits correctly, fasten all straps or zip the jacket. Pull up on the Jacket from the shoulders. If the jacket can be lifted above the chin, it's too big.
- Parents should consistently model life jacket use.



#### Personal watercraft safety

- You must be at least 16 years old to drive a PWC.
- Everyone on a PWC must wear a U.S. Coast Guard approved personal flotation device.
- Don't use alcohol or drugs before or while driving or riding a PWC.
- Follow speed limits.
- Don't operate PWCs at night.
- Avoid wake jumping.
- PWCs should not be driven where people are swimming.
- Have someone at least 12 years of age keep an eye on anyone you're towing behind the PWC.
- Consider wearing safety gear such as helmets, wet suits, gloves, footwear, and eye wear (recommended by the Personal Watercraft Industry Association).



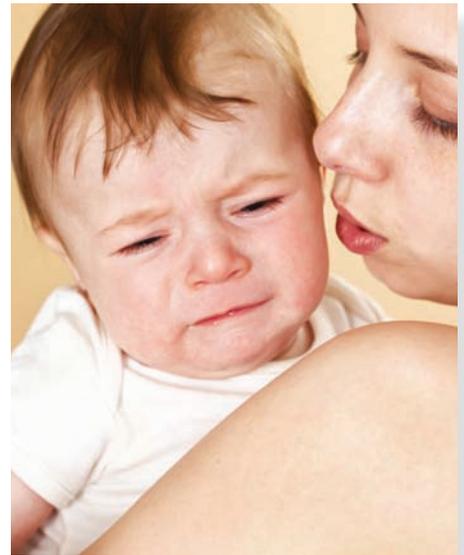
## BATHING SAFETY

### Keeping Safe in the Bath

Soap bubbles, splashes, and bath toys all make bath time fun for babies and kids, but bathing can also be dangerous. Keep in mind these safety tips to keep baths a fun and safe activity for your children.

#### Bathing Safety Tips

- **Stay with your child at all times.** Never leave a child alone in the bath. Children can drown in only a few inches of water.
- **Keep a hand on infants at all times when they're in the bath.**
- **Fill the bath with just enough water to bathe your child.**
- **Bring your phone into the bathroom with you.** If your phone is in another room, let it ring. Don't leave your child to answer the phone or door.
- **Put all sharp objects such as razors out of reach.** Check the bathtub for mouth-size objects before you put your child in.
- **Place safety knobs on bathroom doors and safety locks on toilet seats.**
- **Put a non-slip rubber mat or self-stick strip on the floor of the shower and tub to prevent falls.**
- **To prevent scalds, set the temperature of your water heater at 120 degrees Fahrenheit.** Test the bath water with a thermometer before bathing your baby.
- **Check often on children old enough to give themselves baths.** Don't assume your child will call out for help or that you will hear them.





## BURN PREVENTION

### Keep Your Child Safe

Small children are curious and don't always know danger when they see it. About 30 percent of all burns happen to children younger than 5 years of age. It's our job as adults to protect them!

#### Fire Safety

- **Keep working smoke detectors near all sleeping areas.** Teach children how these smoke detectors work. Smoke is even deadlier than fire in a house fire. Arkansas has one of the highest rates of fire-related deaths in the country, and most of these deaths are due to smoke inhalation.
- **Practice fire escape plans with your family.** Everyone in the family should know how to exit your home safely in case of fire. Be sure to share this plan with grandparents, babysitters, and anyone else who is staying at your home.
- **Practice safety with your heating sources.** Have your furnace and fireplace checked for safety each year. If you rent, check with the landlord and ask him to provide this service. If you use a space heater, do not put anything on it or within three feet of it. Do not leave a baby or child alone with a space heater, and always turn it off before you go to bed.
- **Never use gasoline, diesel or other flammable liquids to burn leaves, brush, or trash.** Gasoline burns are all too common. The fumes alone can ignite with just a tiny spark, flame, or even a cigarette. Always use gas carefully.
- **Be careful with lighters and smoking materials.** Careless smoking is the most common cause of deadly home fires. Use care when smoking. Don't smoke in bed or when you're sleepy. Keep lighters and smoking materials locked up and out of sight of children, or **better yet – don't smoke.** Call 1-800-QUIT-NOW for help.
- **Never leave a candle burning.** Blow it out when you leave the room.



#### Scald Prevention

A scald is a burn caused by hot liquid or steam. Sixty percent of all scald injuries happen to children age 4 and younger.

##### **Keep kids out of the kitchen.**

Kids get burned in kitchens more than any other room of the house.

**Hot foods and liquids** burn more small children than house fires, firecrackers, matches, lighters, and candles combined.

##### **Set your hot water heater temperature to 120 degrees Fahrenheit or below.**

If you rent, ask the property owner to do this for you. Call a plumber or electrician if you need help.



# CRYING BABY

## Babies Cry for a Number of Reasons

Babies cry the most from ages 6 to 10 weeks. They may be tired, hungry, hot or cold, or in need of a diaper change. Don't take your baby's crying to heart. Babies love the people who care for them.

### To help soothe your baby, try to create a warm and cozy environment.

- Calmly hold your baby close to your shoulder or chest.
- Swaddle your baby in a blanket.
- Quietly sing, talk, or play soft music.
- Gently rock your baby or go for a quiet walk.

It's impossible to spoil a crying baby by comforting them. Many babies are able to quiet themselves just by knowing that someone will calm them.

### Crying babies upset parents.

It's normal to get upset when your baby cries, but try to stay calm. Your baby can tell when you are upset or tense.

After trying all the things that usually calm your baby, it's okay to put your baby down and let him cry.

- Place your baby on his back in a crib or bassinet and give yourself time to calm down.
- Do something that you find soothing, like having a cup of tea, listening to music, or calling a friend or family member.
- Know that these feelings of stress are natural and will pass.

Reach out for help if your baby's crying is getting to be too much. Talk with a friend or relative, or call your pediatrician.

### Never yell at, hit, or shake your baby.

## Have a Crying Plan.

### It is never okay to shake a baby.

Shaking a baby can cause serious, lasting injuries and death. If you are upset, put your baby in a safe place like a crib or a bassinet and let him cry. It's okay to call someone for help.

Keep a list of trusted people you can call if you need help. Talk to anyone who is going to watch your baby about your crying plan. Make sure they know never to shake the baby. Tell them to call others on your list if they need help.

### People to call for help when my baby cries:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_



## FALL SAFETY

### Keep Kids Safe at Every Age

Falls are the leading cause of unintentional injury for children. Falls happen in many different settings and to all age groups. Use the following safety tips to keep kids safe at every age.

#### Infants

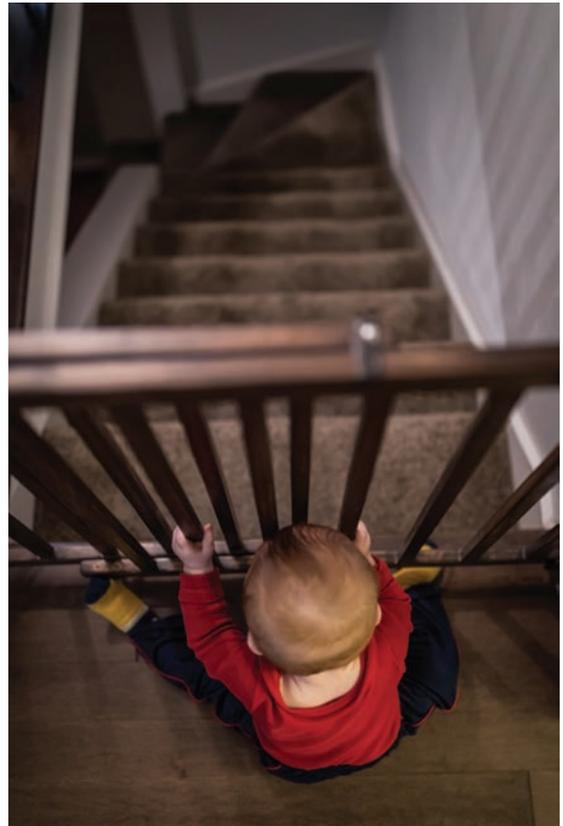
- Infants begin to roll over at about 3 months of age, but every baby develops differently. Your baby could roll over earlier.
- Practice safety when changing diapers. Gather everything you need before you start. Use the safety strap on the changing table. Keep your hands on your baby at all times.
- Put your baby in a safe place, like a crib, when you are not holding him or her. Do not leave your baby on a couch, chair, or bed – the baby could roll off.
- Do not put infant seats or carriers on high surfaces. These include shopping carts, chairs, and tables.
- Do not use rolling walkers. Your baby may tip the walker over, fall out of it, or fall down stairs and seriously injure his or her head.
- Your baby may crawl as early as 6 months old. Use gates at staircases and close doors to keep your baby out of rooms where he or she might get hurt.

#### Toddlers

- Children have a hard time on stairs until about 3 years of age. Use gates at staircases to prevent falls.
- Secure top-heavy furniture to the wall using brackets or wall straps. Large items, including TVs, can fall off furniture onto children.
- Using window guards can keep children from falling out of windows. Close and lock windows whenever possible.

#### Older Children

- Many children are not that coordinated until they're 9 years old.
- Supervise children's activities.
- Make sure safety gear is worn for all activities and sports.





# HOME SAFETY CHECKLIST

## Childproof Your Home!

Take a “baby’s eye view” by crawling from room to room. See if you can spot the hazards:

- Sharp corners
- Uncovered electrical wall outlets
- Hanging lamp cords
- Loose objects that might easily fall



## Home Safety Checklist

### CHOKING OR SUFFOCATION

- Remove hanging crib toys once your child can pull his or her body up to stand
- Make sure crib bars are no more than 2 3/8 inches apart (width of a soda can)
- Make sure crib mattress is firm and snug-fitting
- Keep crib free of pillows, bumper pads, wedges, toys, and stuffed animals
- Keep small items like refrigerator magnets and small toys out of babies’ and toddlers’ reach
- Know first aid, CPR, and emergency treatment for choking

### DROWNING

- Have lid-locks on toilet seats and/or keep the bathroom door closed at all times
- Have a four-sided fence with self-locking gate to separate your house from swimming pools

- Always stay with kids when they are in the bath, pool, and other bodies of water

### FALLS, CUTS, AND WOUNDS

- Secure large appliances and furniture to the wall
- Keep sharp objects out of children’s reach
- Have slip-proof mats beneath rugs
- Have slip-proof mats or stickers in bathtubs
- Have gates at the top and bottom of stairs

### FIRES AND BURNS

- Have a working smoke detector on each floor of your home (including the basement)
- Have a smoke detector in or around each bedroom
- Test smoke detectors once a month
- Have furnace and fireplace flues checked once a year for proper airflow

- Have a fire escape plan in case of fire
- Practice the fire escape plan with the whole family
- Have a fire extinguisher and know how to use it
- Keep space heaters three feet away from other objects in the room and never use in bedrooms or a nursery
- Cover electrical outlets that are less than three feet from the floor
- Set the hot water heater temperature to 120 degrees or lower
- Turn pot handles inward and out of children’s reach when cooking
- Keep hot foods and liquids out of children’s reach

### POISON

- Store household cleaners in original containers in a locked cabinet or out of children’s reach
- Store all medications, beauty supplies, and hand sanitizers in a locked cabinet or out of children’s reach
- Install a carbon monoxide detector
- Be sure you understand how to take or give medicines correctly – ask a doctor or a pharmacist for help
- Post the poison control phone number near all phones: 1-800-222-1222



## SAFE SLEEP FOR INFANTS

### Create a Safe Environment for Your Baby

As a parent or caregiver, you have an important job in choosing where and how your baby will sleep at night and naptime. There are steps you can take to prevent Sudden Infant Death Syndrome (SIDS) and other causes of injuries and deaths related to sleeping, including suffocation and falls.

#### Do not sleep with your baby.

- The safest place for your baby to sleep is in a room with you, but in his own safety-approved crib or bassinette.
- Do not allow adults or other children to share a bed with a baby.

#### Use a safety-approved crib or bassinette.

- Cribs should be approved by the Juvenile Products Manufacturers Association.
- The space between bars should be less than 2 3/8 inches (about the width of a soda can).
- Cribs should have a firm mattress and a snug-fitting sheet.
- Do not place stuffed animals, soft bedding, pillows, bumper pads, or wedges in the crib.
- Place the crib in an area that is always smoke-free.
- Be sure that any second-hand crib has not been recalled. Visit [www.recalls.gov](http://www.recalls.gov) to find out. Also, make sure any crib has all of its parts and meets the safety standards listed above.

#### Put your baby on his back to sleep, at night and for naps.

- Side sleeping is not safe and is not advised.
- Babies sleep comfortably on their backs.
- Babies are **less** likely to choke when they sleep on their backs.
- Babies need adult-supervised “tummy time” when they are awake. This helps them to develop normally and helps prevent flat spots on their heads.

#### Keep your baby at a comfortable temperature.

- Overheating is a risk factor for SIDS.
- Dress the baby in clothes that you would be comfortable wearing.
- Blankets can become loose bedding and end up on the infant’s face. Instead, dress your baby in a wearable “sleep sack.”



### Get the Facts

About 2,200 U.S. babies die each year from SIDS (this is an average of six babies each and every day of the year).

SIDS is the leading cause of infant death between 1 and 12 months of age.

Many of these deaths are preventable. See the tips to the left to learn more.

Talk to those who care for your baby, including child care providers, babysitters, family, and friends, about placing your baby to sleep on his back at night and during naps.



## BOOSTER SEATS

### Keep Your Child Safe With a Booster Seat

Once children outgrow their child safety seat, the next step is putting them in a booster seat. A booster seat raises a child up so that the seat belt will fit the child and provide a safe ride. Children should sit in a booster seat until the adult seat belt fits correctly.

### Does Your Child Need a Booster Seat? Take the 5-Step Test.

Have your child sit in the back seat of the car with their bottom and back against the seat's back and with the seat belt buckled.

- 1** Is your child able to sit with a straight back against the seat back?
- 2** Do your child's knees bend comfortably at the edge of the seat?
- 3** Does the belt on the shoulder cross between the neck and arm?
- 4** Is the lap belt as low as possible, touching the thighs or low on the hips?
- 5** Can the child stay seated like this for the whole trip?

If you answered **NO** to any of these questions, your child needs a booster seat to make both the shoulder and lap belt fit right. Most Children under 9 years of age and 4'9" need a booster seat.



### Booster Seat Tips

Booster seats should be used with a lap and shoulder belt, not just a lap belt.

Never put the shoulder belt behind the child's arm or back. Doing so fails to protect the upper part of the body and increases the risk of severe injury in a crash.

Children under the age of 13 should ride in the back seat of the car. Riding in the back is twice as safe as riding in the front seat.



# CHILD PASSENGER SAFETY

## Keep Your Child Safe in the Car

Motor vehicle crashes are the number one cause of death for children in Arkansas. It's important to choose and properly install the correct car seat. You never know when or if a crash may occur. It only takes a moment to protect your child from being hurt or killed.

## Four Steps to Child Passenger Safety

**1 Rear-Facing**  
Children should ride rear-facing until they are 2 years of age or until they reach the upper weight and height limit of their car seat. The American Academy of Pediatrics says to keep your child rear-facing as long as possible to keep them safer. Check your car seat. Some seats can stay rear-facing up to 35 pounds.

**2 Forward-Facing with Harness**  
Children should ride in a forward-facing seat with a harness until they outgrow it (usually at around 4 years of age and about 40 pounds).

**3 Booster Seat**  
Children should sit in a booster seat until the adult seat belt fits correctly. The seat belt fits correctly if it lies across the upper thighs (not the stomach) and the shoulder belt lies across the shoulder and chest (not the neck).

**4 Seat Belt for LIFE!**  
Children should ride in the back seat until they are 13 years old. If adults buckle up, they are much more likely to buckle up their child. **Set an example of safe driving and riding by buckling up on every trip!**



## Child Passenger Safety Checklist

### Rear-Facing

- Harness straps in slots at or below baby's shoulders to hold child down in seat
- Harness straps snug
- Harness clip at armpit level

### Forward-Facing

- Harness straps in slots at or above child's shoulders to hold child back in the seat
- Harness straps snug
- Harness clip at armpit level

### Booster Seat

- Use lap and shoulder belt
- Lap and shoulder belt fit correctly across the child's upper thighs and across the child's collarbone (not across the neck or face)

### Seat Belt for LIFE!

- Child in back seat until 13 years old
- Driver and all passengers buckled up



# DISTRACTED DRIVING

## Stay Focused on the Road

Distracted driving is a factor in 80% of all motor vehicle crashes in the United States, of which 18% resulted in injury. Drivers may become distracted by many things when on the road, but cell phones are the biggest problem. Drivers talking or texting on their phones contribute to thousands of motor vehicle crash deaths each year.

### Types of Distractions

Distractions may cause drivers to take their eyes off the road, take their hands off the wheel or take their mind off what they are doing. Each is dangerous. Examples of driving distractions include:

- Talking on a cell phone
- Texting
- Eating and drinking
- Talking to passengers
- Grooming (putting on makeup or brushing hair)
- Reading, including maps
- Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD or Mp3 player

### Distracted Driving = Less Safe

- One third of all drivers feel less safe on the road today than they did five years ago. Many of those drivers said distracted driving was a main reason for that feeling.
- In 2010, 3,092 people in the United States died in crashes involving a distracted driver. That same year, more than 416,000 people were injured.

### Prevent Crashes

- Turn off cell phones or wait to check your messages until you are parked.
- Adjust the air conditioning or heat and radio while parked.
- Don't let your passengers distract you.



### Know the Law!

#### It is illegal for:

- Any driver to text while driving,
- Any driver to use a cell phone in a school zone or construction zone,
- Teen drivers ages 14 - 17 to use a cell phone for any purpose other than an emergency,
- Bus drivers to use a cell phone for any purpose other than an emergency, and
- Young adult drivers ages 18 - 20 to talk on a cell phone unless they are using a hands-free device.



## KIDS IN HOT CARS

Babies and young children can sometimes be so quiet in the vehicle that we forget that they are in there with us. It may even be tempting to leave a child alone in a car while we quickly run an errand. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Heatstroke, also known as hyperthermia, is the leading cause of non-crash, vehicle-related deaths for children. Young children are especially at risk as their body heats up three to five times faster than an adult's.<sup>1</sup>

### The Facts

- Since 1998, over 662 children have died from heatstroke when unattended in a vehicle in the US.<sup>2</sup>
  - 54% of children forgotten by caregiver
  - 29% child playing in unattended vehicle
  - 17% child intentionally left in vehicle by adult
  - 1% unknown
- When a child's internal temperature gets to 104 degrees, major organs begin to shut down. Once the child's temperature reaches 107 degrees, the child can die.
- Cars heat up quickly – 19 degrees in 10 minutes.
- Even moderate weather can be dangerous. If the outside temperature is 60 degrees, the temperature inside the car can reach 110 degrees.<sup>1</sup>

### Tips

- Create reminders so children are not forgotten in the vehicle
  - Place your purse, bag, or phone in the back seat
  - Place a doll or teddy bear in the car seat when the child isn't in the vehicle and move it to the front passenger seat when the child is in the vehicle
  - Use window clings or stickers on the driver's side window
- Develop a plan with your daycare so they know to call you if baby doesn't show up or they don't hear from you
- Teach kids not to play in cars and always keep your vehicles locked to prevent them from doing so.<sup>1</sup>



### ACT

**A:** AVOID heatstroke-related injury and death by never leaving your child alone in a car and make sure your vehicle is always locked.

**C:** CREATE reminders by putting something in the back of your car next to your child such as a briefcase, purse or cell phone.

**T:** TAKE action. If you see a child alone in a car, call 911 immediately. One call could save a life.<sup>1</sup>



# MOTORCYCLES

## Staying Safe on the Road

Motorcycle rider death rates in the United States increased by over 50% from 2001 to 2008. In Arkansas, an average of 52 people died each year in motorcycle crashes from 2000-2007. Stay safe on your motorcycle by following the tips below.

### Wear a Helmet

Wearing a helmet gives you the best protection in a crash.

- Riders wearing helmets are 37% less likely to die in a crash.
- Wearing a helmet will reduce the risk of head injury by 69%.
- Helmets do not make it harder to see or hear.
- Make sure the helmet is approved by the Department of Transportation (DOT). Helmets will have sticker on the back with the letters "DOT."

### Other Safety Tips

- Never ride your motorcycle after drinking alcohol or using drugs.
- Wear protective shoes, gloves and clothing. Protective gear may be the only thing between you and the pavement in a crash.
- Wear bright colors or reflective materials.
- Avoid tailgating and riding between lanes.
- Be aware of the traffic around you. Don't assume other drivers see you.
- Maintain a safe speed.
- Be careful when riding over slippery surfaces or gravel.



## Know the Law!

### Arkansas Laws:

- Drivers or riders under the age of 21 must wear a helmet.
- Passengers must be 8 years or older.

### Laws about cell phone use and driving also apply to motorcycles.

- No texting for all drivers.
- No cell phone use in school and construction zones.



## TEEN DRIVING

### Stay Safe Behind the Wheel

To a teenager, driving means more freedom. Learning to drive is a big step toward becoming an adult, but teens are not adults. Teens need extra driving rules and supervised practice to protect themselves and others on the road with them.

### Know the Risks and Laws for Being on the Road

**Age – Fact:** Arkansas teens have rates of motor vehicle death that are nearly twice as high as the US overall. **Risk:** Teens are involved in three times as many fatal crashes as all other drivers. **Arkansas Law:** A teen may obtain a learner's license at ages 14-15, an intermediate license at ages 16-17, and a full license at age 18.

**Seat Belt Use – Fact:** States with primary safety belt laws have higher belt use rates and lower fatality rates. **Risk:** In 2008, more than half of the teens killed in motor vehicle crashes were not wearing their seat belt. **Arkansas Law:** The primary seat belt law states that **any** driver and front seat passenger can be ticketed for not wearing a seat belt. All passengers must wear a seat belt when riding with a teen driver with a learner's or intermediate license.

**Cell Phone Use – Fact:** The risk of having a crash is four times higher when cell phones are in use. **Risk:** Using a phone while driving is a serious risk for teen drivers, forcing them to take their eyes off the road and at least one hand off the steering wheel. **Arkansas Law:** Teen drivers ages 14-17 are restricted from using cell phones except for emergency purposes. **Texting and driving is illegal for all drivers.**

**Nighttime Driving – Fact:** 64% of Arkansas fatal motor vehicle crashes in 2009 occurred between the hours of 3 p.m. and 6 a.m. **Risk:** Four out of every ten crash deaths occur at night. **Arkansas Law:** Teen drivers with an intermediate license are prohibited from driving between the hours of 11 p.m. and 4 a.m. unless accompanied by a licensed adult age 21 or older, or if driving to or from a school activity, church-related activity, or job.

**Passengers – Fact:** Just one passenger increases the risk of a crash by 40%. **Risk:** Teen drivers with two or more teen passengers increase the chance of a fatal crash by five times. **Arkansas Law:** Teen drivers with an intermediate license are prohibited from having more than one unrelated minor passenger unless accompanied by a licensed adult age 21 or older.

**Underage Drinking – Fact:** Nearly 25% of car crashes resulting in teen deaths also involved alcohol. **Risk:** Each year thousands of teens are killed or injured in crashes as a result of underage drinking. **Arkansas Law:** Teens driving with a Blood Alcohol Concentration (BAC) between .02 and .07 can be ticketed for Driving Under the Influence (DUI). Teens driving with a BAC of .08 or greater can be ticketed for Driving While Intoxicated (DWI). It is also illegal for adults to provide alcohol to minors or allow minors to drink alcohol on their property.

# CREATE A TEEN DRIVING CONTRACT

**Teens need adults to set an example and help lay down some rules.** Rules work better when both sides agree on what they are and what happens if the rules get broken. Sit down with your teen and talk about the dangers listed in the first column. In the second column, write down the agreement you make. In the third column, write down what will happen if the rule gets broken.

Condition	Agreement	Consequence for Violation
<b>Seat Belts:</b> Using lap/shoulder belts cuts the risk of dying in a crash nearly in half.		
<b>Cell Phones:</b> The risk of having a crash is four times higher when the driver is on a cell phone.		
<b>Speeding:</b> Speeding makes it harder to steer or stop your car. It also gives you less time to react to danger.		
<b>Impaired Driving:</b> Drunk driving is the cause in one of every four fatal teen crashes.		
<b>Distractions:</b> Eating and drinking, adjusting the radio, or texting while driving can cause anyone to crash. For teens, the risk is even higher.		
<b>Teen Passengers:</b> Just one passenger increases the risk of crash by 40 percent; two passengers double that risk and three passengers quadruple the risk.		
<b>Nighttime:</b> Four out of every ten crash deaths occur at night.		

Teen's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_



# CHILD MALTREATMENT

## The Problem

Child maltreatment is the abuse and neglect of a child under the age of 18 by a parent, caregiver or another person in a custodial role. It can be physical, sexual or emotional. Abused children suffer physical and mental injuries that can cause lifelong health and mental issues. They may be depressed, abuse drugs and act out sexually.

## The Numbers

- In the United States, more than 1,740 children died from abuse and neglect in 2008 alone.
- In Arkansas, 32 children died in 2009-2010 from abuse or neglect.
- 6,886 Arkansas families were involved in some kind of child maltreatment from July 2008 to June 2009.

## Risk Factors

- **Age:** Children under the age of 4 are at the greatest risk for injury and death from abuse.
- **Family Environment:** Lack of support, drug or alcohol abuse, poverty and history of violence can all contribute to abuse and neglect.
- **Community:** Environments that have on-going violence may encourage abuse.



## Report Abuse

To report suspected child abuse or neglect, call the **Arkansas Child Abuse Hotline at (800) 482-5964**.

## For More Information

- [www.childwelfare.gov](http://www.childwelfare.gov)
- [www.preventchildabuse.org](http://www.preventchildabuse.org)



## FIREARMS

Firearm injuries and deaths have become a public health crisis. These tragedies are preventable.

### Facts

- Firearm-related deaths are among the leading three causes of death in American children and youth.<sup>3</sup>
- 1 in 3 homes with children have guns, many unlocked and loaded. Three of every four children ages 5-14 know where these guns are located.<sup>4</sup>
- 80% of unintentional firearm deaths of children under 15 years occur in a home.<sup>4</sup>
- Adolescent suicide risk is strongly associated with firearm availability.<sup>1</sup> 82% of youth who died by firearm suicide used a gun owned by a family member.<sup>2</sup>

### Tips for Prevention

The best preventive measure against firearm injuries and deaths among children is not to have a gun in the home. If you do choose to have firearms in your home, the American Academy of Pediatrics recommends these safety rules:<sup>1</sup>

- Never allow your child access to your gun(s). No matter how much instruction you may give him or her, children are not mature and responsible enough to handle a potentially lethal weapon.
- Never keep a loaded gun in the house or the car.
- Guns and ammunition should be locked away safely in separate locations in the house; make sure children don't have access to the keys.
- Guns should be equipped with trigger locks or cable locks.
- When using a gun for hunting or target practice, learn how to operate it before ever loading it.
- Never point the gun at another person, and keep the safety catch in place until you are ready to fire it.
- Before setting the gun down, always unload it.
- Never handle or use a firearm while consuming alcohol or taking drugs.



Even if you don't have guns in your own home, that won't eliminate your child's risks of being exposed to injury from a gun. Half of the homes in the United States contain firearms, and more than a third of all accidental shootings of children take place in the homes of their friends, neighbors, or relatives.<sup>1</sup> To prevent these injuries:

- Parents should ask about the presence of a loaded firearm in the homes where their children visit or play. Remember: Asking Saves Kids.
- For more information about how to start a conversation about firearm safety, see <http://askingsaveskids.org/>



# INTERPERSONAL VIOLENCE

## The Problem

Interpersonal violence is violence inflicted by an individual or a group upon a person. It can include intimate partner violence, elder maltreatment, violence against persons with disabilities and child abuse. Physical problems like scratches and bruises are the most apparent injuries, but interpersonal violence can lead to disabilities, suicide or death at the hands of the perpetrator. Victims may abuse drugs, alcohol, smoke or engage in other risky behaviors in an effort to cope with the abuse.



## Four Types of Behavior

- **Physical Violence** – Hurting or trying to hurt another person by hitting, kicking or other physical force.
- **Sexual Violence** – Forcing a person to engage in a sexual act when there is no consent.
- **Emotional Abuse** – Threatening to harm possessions, loved ones, or mental harm such as stalking, name calling, intimidation or isolation.
- **Threats of Violence** – Physical or sexual violence used to communicate the intent to cause harm.

## The Numbers

- Nationally, women experience almost 5 million physical assaults and rapes a year. Men are the victims of almost 3 million partner-related physical assaults each year.
- In 2007, Arkansas ranked fourth in the nation for violence against women and girls.
- Approximately 700,000 to 3.5 million older Americans are abused, neglected or exploited each year. This abuse may occur in a person's own home, in nursing homes and assisted living facilities and in hospitals.
- Abuse can also occur in individuals with disabilities that count on others for their care. People with disabilities are four to 10 times more likely to be victims of crime. Children with disabilities are more than three times more likely to be abused or victimized than children without disabilities.

## Risk Factors

- Trauma symptoms.
- Alcohol and/or drug abuse.
- Violent or aggressive behavior.
- Seeing or being a victim of violence as a child.
- Unemployment or other life events that may cause stress.

## For More Information

- [www.cdc.gov/ViolencePrevention](http://www.cdc.gov/ViolencePrevention)



# SUICIDE

## The Problem

Nationally, suicide is the 10th leading cause of death among Americans. Arkansas is ranked 17th in the country for suicide – an average of 368 Arkansans take their own life each year.

## The Numbers

- Men make up the majority of suicides at 81 percent. Men commit suicide at a rate almost five times higher than women.
- White, non-hispanics account for 92 percent of suicide deaths.
- From 2003-2007, suicide by firearm was the second leading cause of death for all ages.
- Although only 12 percent of the national population, people 65 and older accounted for 16 percent of suicide deaths in 2004.
- In Arkansas, suicide is the third leading cause of death for 15-24 year olds, the fourth leading cause for 35-44 year olds and the fifth leading cause for 10-14 year olds.
- From 1999-2005, 30-49 year olds in Arkansas had the highest suicide rates at 40 percent.
- In Arkansas, firearms are the most commonly used method for attempting suicide.

## Risk Factors

- Previous suicide attempts.
- History of depression or other mental illness.
- Alcohol or drug abuse.
- Family history of suicide or violence.
- Physical illness.
- Feeling alone.
- Go to [www.cdc.gov/ViolencePrevention/](http://www.cdc.gov/ViolencePrevention/) to find more risk factors.

## Getting Help

Please find help if you or someone you know is depressed or having suicidal thoughts.

- Arkansas Crisis Center: (888) 274-7472
- National Suicide Prevention Lifeline: (800) 273-TALK (8255)





## YOUTH VIOLENCE

### The Problem

Youth violence is harmful behaviors that can start early and continue into young adulthood. These behaviors include a range of violent acts such as bullying, hitting or slapping that can cause emotional and physical harm. Other behaviors such as robbery and assault can lead to serious injury or even death.

### The Numbers

- Nationally, 20 percent of high school students reported being bullied on school property in 2009.
- Almost six percent of high school students reported carrying a gun, knife or club to school in 2009.
- In 2004, over 750,000 youth were seen in emergency rooms for violence-related injuries.
- Nationally, homicide was the second leading cause of death for youth ages 10-24 in 2010.
- In Arkansas, homicide was the second leading cause of death for 15-24 year olds in 2007.
- Arkansas has one of the highest rates of teen dating violence. Over 14 percent of Arkansas teens report that they have been hit, slapped or physically hurt on purpose by their boyfriend or girlfriend.



### What You Can Do

It is important to realize that youth violence is not an issue that will be solved by one group. Collectively working together with schools, families, community and government resources these injuries can be reduced by:

- Giving children consistent love and attention
- Modeling appropriate behaviors
- Making sure children do not have access to firearms
- Teaching children ways to avoid being victims of violent acts - stress personal safety

### For More Information

- [www.safeyouth.gov](http://www.safeyouth.gov)
- [www.stopbullyingnow.gov](http://www.stopbullyingnow.gov)







**For more information about the Injury  
Prevention Center visit [archildrens.org/ipc](https://www.archildrens.org/ipc)  
or call 1-866-611-3445**