

FAMILY SAFETY

Home should always be a safe place to stay in.

You can make your family safe.

1. Tell how your family practices good safety habits at home.

Do you:

(Answer each question with “Yes,” “No,” or “Sometimes”)

a. keep things in their proper places?

1) Are soap and other detergents not left on the floor/ground of the laundry area?

2) Are toys properly kept away after play?

3) Are the garden tools kept properly?

4) Are the following out of reach of small children?

- pots and pans

- sharp objects like knives and scissors

- medicine cabinet

b. use a stool, a chair, or a ladder to reach high places?

What high place was this

What did you get from there?

c. keep closets clean and orderly?

How?

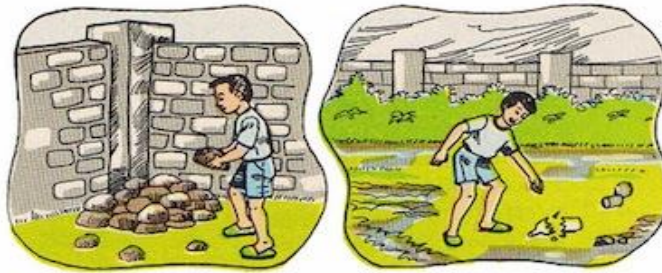
d. keep stairs clear of hazards? *(Answer each question with “Yes,” “No,” or “Not*

Applicable”)

- 1) Are stairways well-lighted?
- 2) Is there a switch for the light both up and down the stairs?
- 3) Is the handrail strong?
- 4) Is the stairway barred to keep young children from falling?

e. keep your yard free of rubbish and other hazards? (*Answer each question with “Yes,” “No,” or “Sometimes”*)

- 1) Are the garden tools kept properly?
- 2) Is trash burned in metal container on windy days?
- 3) Are children kept away when burning trash?
- 4) Are the yards cleared of stones, pointed objects, etc.?



2. With your father, check your home for danger from fire.

Here's an example of a Checklist. (*Answer each question with “Yes,” “No,” or “Sometimes”*)

1. Do you keep gasoline and other flammables away from fire or Strong heat?
2. Do you keep matches out of reach of your small brother and sisters?
3. Do you keep all electrical outlets covered?
4. Do you unplug TV sets, electric fans, etc., when not in use?
5. Do you keep your electric cord in good order?

6. Do you dispose old newspapers and other flammable materials?
7. Is the electric iron kept in a proper place when not in use?
8. Do you keep the gas tanks closed when not in use?
9. Are embers from cigarette butts put out and are ashtrays used?
10. Is trash burned in metal containers on windy days?

3. Plan a way to escape from your bedroom in case of emergency. (e.g. fire, earthquake, etc.)

Draw a plan of your house.

Show the ways your family can take.

4. Practice home fire drill with your family.

As a KAB Scout you can always help the family before a fire strikes.

One way is a regular fire drill.

Have a fire drill at least once a month.

The following steps can help you.

Meet with your family.

Study the plan you made.

Ask for suggestions.

Assign each one his duty.

Choose a place outside where you will meet each other.

Be sure everybody is outside.

Emphasize this rule:

“STAY OUTSIDE UNTIL THE FIRE IS OUT.”

Are you ready?

1. Everyone goes to his bedroom, lies down, doors closed. Have the windows open.



2. Sound the fire alarm, a bell, whistle horn or shout.



3. Jump up and test bedroom doors before opening them.



4. **First drill:** Escape out using usual exists, through hall, stairs.



5. **Second drill:** Imagine doors are hot, hall blocked by fire. Crawl to emergency exit. Can you open window and screens?



6. Everybody meets outside for the head count.



7. Pretend to report the fire at the nearest alarm box or telephone. Remember to turn in an alarm only for a real fire.



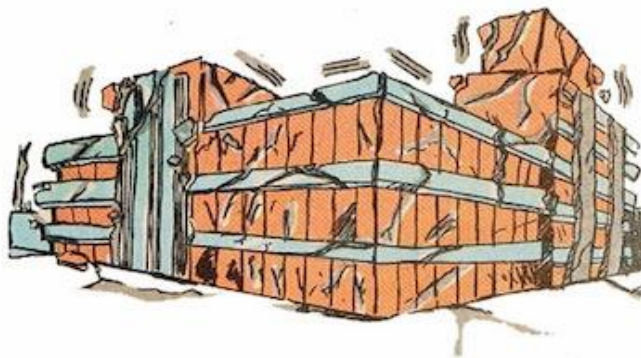
8. Have everyone practice what to say clearly and slowly. You may say something like this:

"Hello, my name is _____. I am reporting a fire at _____ (address). It is near a _____ (prominent landmark; basketball court, church, school, etc.)."

5. What to do in case of Earthquake or Storms/Floods:

a. Earthquake

Remember the July 16, 1990 earthquake? Many people died during that earthquake. As a KAB Scout you should be able to help your family.



What to do during an earthquake

1. Stay calm. Don't panic.
2. Keep away from trees, electric posts, cabinets or any falling objects.
3. If you're in an open field lie flat on the grounds with your hands protecting your nape.
4. Go under tables which has strong supports.
5. If you have to go down a building, never use elevators or escalators.

b. Storms/Floods

Here are ways to be safe during a typhoon. Can you follow them? Maybe you can practice them.

Being Safe During a Storm

1. Keep your radio on and listen to the latest PAGASA bulletins and announcements.



2. Do not listen to rumors.



3. Stay away from beaches or other places which might be swept by high tides or storm waves.



If your only way to higher grounds is over a road that might be under water during a strong storm, then leave early.

4. If your house is out of danger of high tides and is well-built, then maybe it is best place to stay and wait for the storm to pass.

5. Board up windows. Use good lumber tied well.

Weak boarding may do more damage than good. If applicable, anchor house with strong guy wires.



6. Get extra food, especially those which can be eaten without cooking or need, very little preparation. Remember that electric power might be cut off.



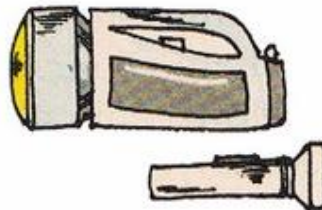
7. If emergency cooking facilities are necessary, be sure they are in working order.



8. Store water, as water services might be cut off.



9. Have a flashlight in working condition and keep it handy.



10. Check everything that may blow away, or turn loose. Flying objects become dangerous during typhoons.

11. If the center of the typhoon passes over your place, the condition may be quiet for a few minutes to half an hour. Stay in a safe place.

Make emergency repairs during this quiet period if necessary, but remember the wind will return suddenly and with even greater force.

WHAT'S COOKING

As a KAB Scout you should learn how to cook.

When you go out camping, you live by yourselves.

Learning to cook simple recipes will surely help during your camping days.

1. Be able to boil rice for a meal at home.

Do this with your parent's help.

Follow these steps:

Before cooking, clean the rice.

Remove small stones, unhusked *palay* and other dirt.



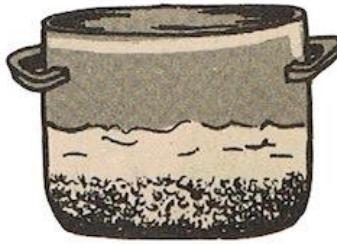
Put the rice in a pot or rice cooker (using a measuring cup/can or whatever is used in the house).

Wash the rice once or twice with clean water.



After the second washing, see to it that water is thoroughly drained from the rice.

Put water enough for it to boil.



Put the pot over a medium fire (gas stove, electric stove or wooden fire).

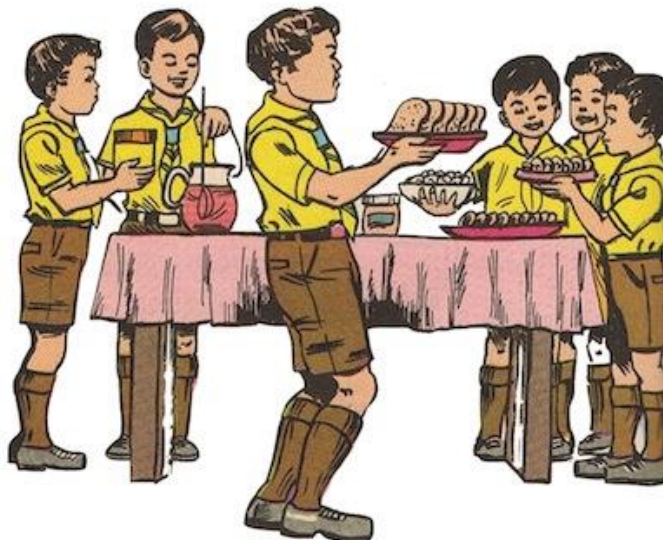


3. With your Color Group, prepare snacks for your Kawan meeting.

Record the following:

Snack prepared

Date of Kawan Meeting



**3. Prepare breakfast for your Color Group.
Do this during an overnight camp.**

Prepare *champurado*, scrambled egg, etc.



4. Show how to prepare your favorite sandwich

Write down the following:

Name of your favorite sandwich

Steps in making your favorite sandwich

5. Write the recipe of your favorite dish.

Write down the following:

Name of recipe

Ingredients

Steps in preparing your favorite dish

GIVE GOODWILL

1. With your Kawan, think of a goodwill project you can do for your institution.



Write down the following:

Name of Project

Aim of Project

Who will join

For how long will the project be

**2. Make your grandparents or any elderly person in the neighborhood happy.
Share what you did to your Color Group.**



Write down the following:

- a. Name of my grandparents
- b. Name of an elderly person in the neighborhood
- c. What I did to make them happy

3. Entertain your younger brother or sister at home.

Write down the following:

Name of younger brother or sister

What you did to entertain him/her

Examples:

Sang a song

Did a rap

Recited a poem

Showed him/her some tricks

Read a story to him/her

Made some drawings and shared with him/her

FIX IT

- 1. Name 5 carpentry tools used at home.
Tell the use of each.**



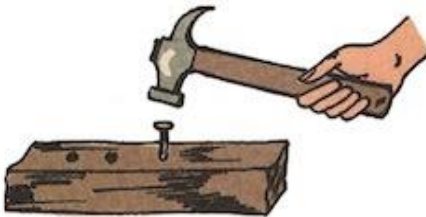
- 2. Learn from four father how to use the hammer.**

Do the following:

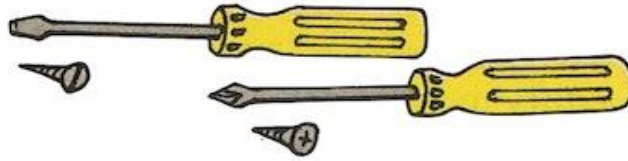
Drive 3 one-inch nails on a board.

Pull the nails out with the use of the claw hammer.

Make a foot scraper out of bottle caps.



3. Learn how to use the screw driver.



4. Help your father repair any of the following:

leaking faucet



broken chair



frayed electric cord



crack on floor



broken table



DUTY TO SELF

As a KAB Scout you also have a duty to yourself.

You must take good care of yourself.

You cannot serve God and your country well if you are in poor health.

Here are some things you can do to be healthy.

Here are also some skills you can have.



BE HEALTHY

A KAB Scout needs to be healthy.

Then he can do many things.

He will not easily get sick.

A healthy KAB Scout is neat and clean.

He has good health habits. He eats well.

You, too, can be a healthy KAB Scout.



1. Be neat and clean.

Explain why you should do each.

Keep a record for at least one month.

In a clean sheet of paper make a calendar for one month like the one shown below.

Fill in the dates.

Have your parents look at you every day.

Have them see if you are neat and clean.

Follow all the rules for being neat and clean.

Color the date:

YELLOW if you followed ALL the rules.

GREEN if you followed MOST of the rules.

RED if you are not clean and neat for the day.

SUN	MON	TUE	WED	THU	FRI	SAT

Tell your leader which rules are easy to follow.

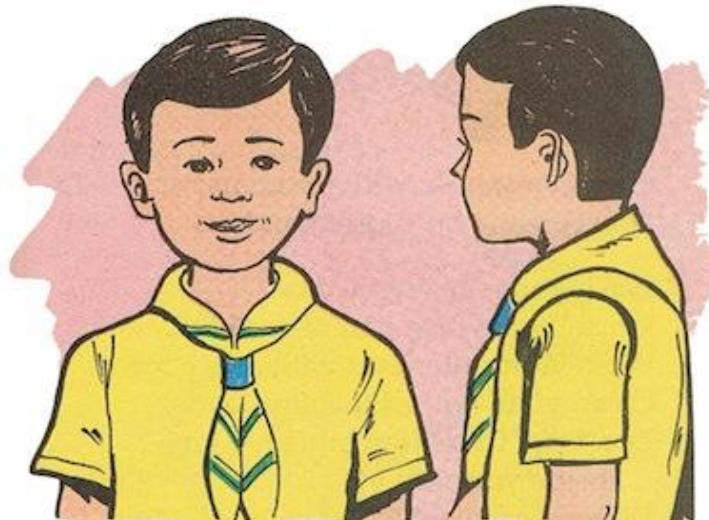
Tell your leader which rules are hard to follow. Why?

Rules for being Neat and Clean

a. Keep your hair short, neat and clean.

Short hair does not touch the neckline of your uniform at the back.

It does not cover your eyebrows.



Neat hair is well-combed.

Clean hair looks and smells clean.

It has no lice.

It has no dandruff.

Why should you keep your hair short, neat and clean?

How often do you have a haircut?

b. Keep your face, ears, and neck clean.

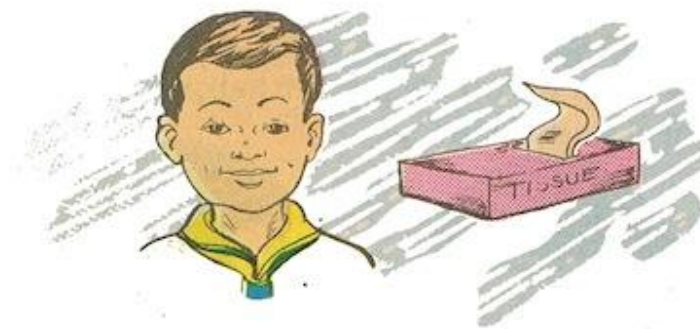
Keep your face and neck clean.

Wash them when you wake up.

Wash them with soap and water.

Wash them with a face towel.

Wash them when they are dirty.



Clean your nose with tissue paper.

Don't clean your nose in public.

Wash your ears every day.

Wash them when you take a bath.

Wash your outer ears with a face towel.

Clean your ears with cotton buds.

Don't put the cotton buds too far inside your ear.

Do you know why you should clean your face, ears, and neck?

c. Brush your teeth after every meal. Brush your teeth this way.

Floss your teeth after brushing.

Use dental floss or a clean thread.

Dental floss removes food between your teeth.

It makes your teeth cleaner.



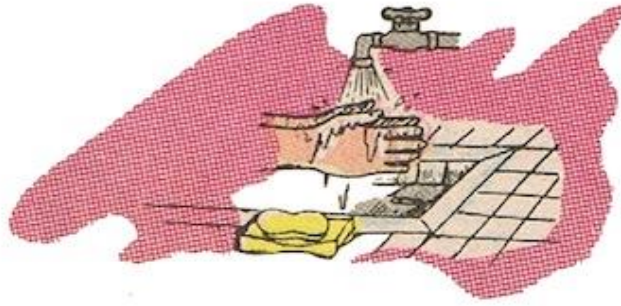
Gargle if you cannot brush your teeth.

Tell why you should keep your teeth clean.



d. Wash your hands before and after eating. Also wash your hands before and after using the toilet.

Can you tell why?



Learn this song from your leader.

Raise your hands if they clean

By the Leader to be seen;

Raise them higher, higher so

Lower, lower down they go.



e. Always carry a clean handkerchief or tissue paper.



Fold your handkerchief after using it.

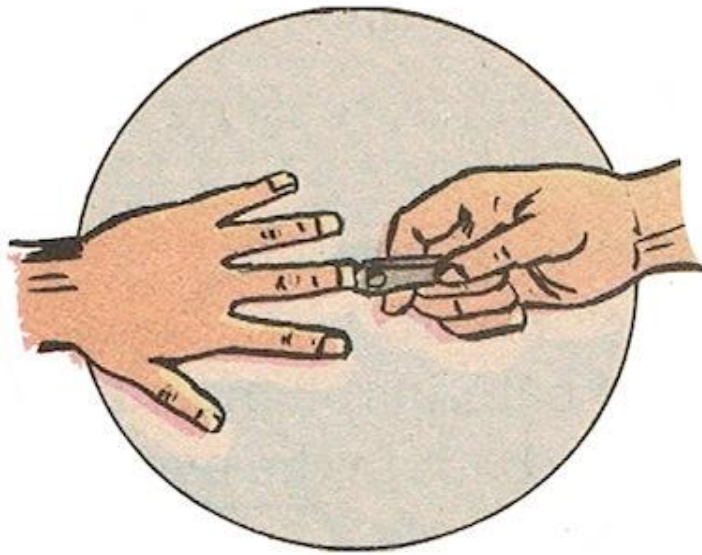
Use tissue paper when you have colds.

When do you use your handkerchief?

f. Keep your fingernails short and clean.

Cut your finger nails at least once a week.

Follow the shape of your finger nails in cutting them.



Cut your toenails at least once a week.

Cut your toenails straight.



Why should you keep your nails short and clean?

g. Take a bath every day.

Use a face towel in soaping yourself.

Use a clean bath towel in drying yourself.



Take a cold bath in the morning.

Take a warm bath in the evening.

Tell why you should take a bath every day.

h. Always wear a clean uniform.

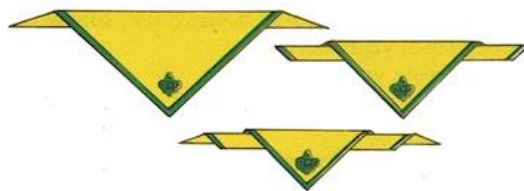
Check if your uniform has the correct patches.

Check if the patches are in the proper places.



Is your neckerchief neatly folded?

Learn how to fold your neckerchief properly.



Keep your buckle clean and shiny.



Wear clean shoes and socks.

Change your socks after every use.



Tell why you should wear a clean uniform.

2. Practice good personal health.

Keep a record of your activities.

KAB Scouts need 10-12 hours a day of sleep.

Sleep rests your body.

It also rests your mind.

It gets you ready for work and play.

a. Keep a sleep record for one week.

Write down the time you go to sleep.

Then write down the time you wake up.

Get the average number of hours you sleep in one week.

Add the number of hours you slept.

Divide it by the number of days.

Are you getting enough sleep?



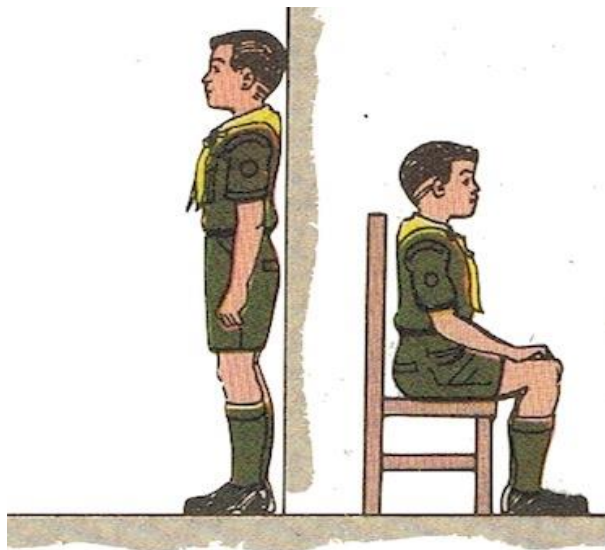
Draw the hands of the clock.

Show the time you go sleep; you wake up

b. Stand properly.

Keep your shoulders level.

Keep your hips level.



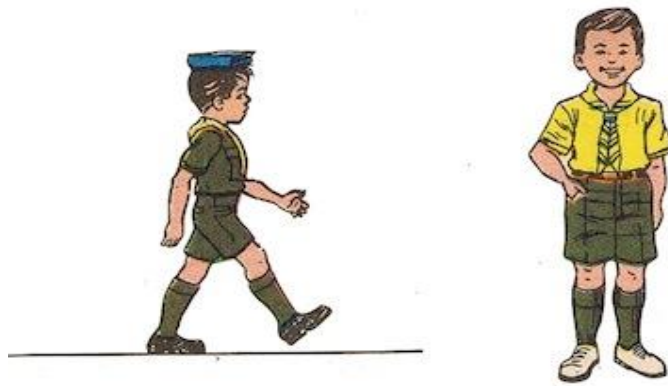
Sit properly.

Walk properly.

Practice by carrying a book on your head.

Draw a chalkline on the floor.

Walk on the chalkline with the book on your head.



c. Play outdoors early in the morning or late in the afternoon everyday.

Morning sunshine is good for you.

It makes your bones hard and strong.

Playing exercises your muscles.

It makes your muscles strong.

Learn a new game once a month.



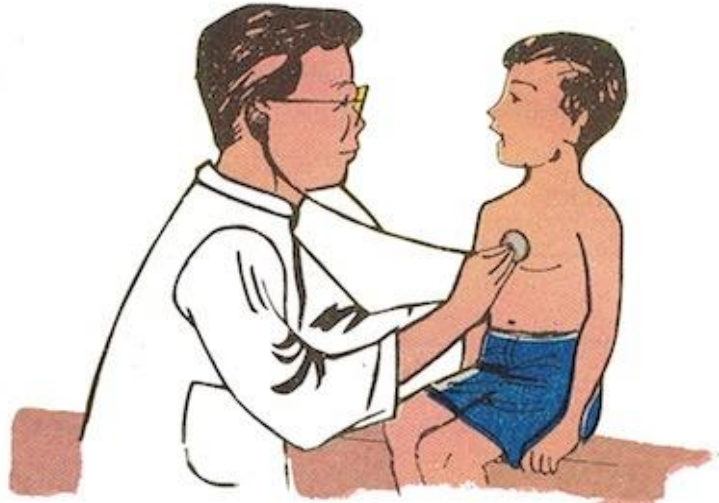
Write here the games you have learned.

Check the games you like very much.

**3. Have a physical check-up at least once a year.
See your family doctor even if you are not sick.**

See a doctor at least once a year for check-up.

Then you could be sure that you are healthy.



The doctor may check your eyes, nose, throat, chest, heart or pulse beat, body.

The doctor will also take your height and weight.

Write down the date of your check-up, your height, and your weight.

Your doctor will also ask you questions about your health. Answer your doctor truthfully. Tell your doctor that you are a KAB Scout.

4. Have a dental check-up at least two times a year.

Go to your dentist even if you don't have a toothache.

Go to your dentist for check-up at least two times a year.



Your dentist might clean your teeth.

Your dentist might see cavities that you don't see.

Then you can be sure you have good dental health.

5. Eat properly.

Keep a record of this. Here is an example of a nutrition calendar.

NUTRITION CALENDAR			
Day	Breakfast	Lunch	Supper
Monday	Egg (Sunny Side Up/Scrambled/Boiled) Rice Chocolate drink with milk	<i>Sinigang na Hipon</i> Beef Stroganoff Rice Banana	Beef Noodle Soup Chicken Adobo Rice Sweet Kaong
Tuesday	<i>Pandesal</i> with Peanut Butter Pineapple Juice	Chicken Nilaga Fried Fish (<i>Bisugo</i>) Rice Pomelo	Crema of Chicken Soup Beef Caldereta Sauteed String Beans and Squash Rice Sweet <i>Nata de Coco</i>
Wednesday	Beef Burger	<i>Sinigang na Bangus</i>	Fresh Corn Soup with <i>Sili</i>

	Egg (Sunny Side Up/Scrambled/Boiled) Rice Chocolate drink with milk	Beef Omelette Rice Orange	Leaves Beef Steak Sauteed Cauliflower with Shrimps Rice <i>Meringue</i>
Thursday	Bread with Liver Spread Orange Juice	Vegetables with Beef Stock Fried Chicken Coleslaw Salad Rice Melon	<i>Mami</i> Soup Beef Teriyaki Tomato-Radish Salad Rice <i>Polvoron</i>
Friday	Spanish Sardines Egg (Sunny Side Up/Scrambled/Boiled) Rice Mango Juice	Chicken <i>Pochero</i> Fried Grouper (<i>Lapu-lapu</i>) Eggplant Sauce Rice Apples	Beef Clear Soup Pot Roast (Beef) <i>Pancit Canton</i> Rice Jelly Ace
Saturday	Beef and Beans Rice Peaches Chocolate Drink	Beef Noodle Soup Chicken Barbeque Fish Fillet with Tartar Sauce Rice Orange (Ponkan)	Chicken Noodle Soup <i>Lumpiang Shanghai</i> with Sweet & Sour sauce Rice Sweet <i>Macapuno</i> Balls
Sunday	Cheese Bread with Marmalade Pineapple Juice	<i>Tinolang Manok</i> <i>Halabos sa Hipon</i> Rice Banana	Beef Soup with vegetables Beef <i>Apritada</i> Fish Tempura Rice <i>Pastillas</i>

On each day check if you drank milk, water, fruit juice.

Check the days when you ate some green vegetables and fruits.

Check the days when you ate a new dish.

Milk builds strong bones and teeth.

You need milk to grow.

You need to drink lots of water each day.

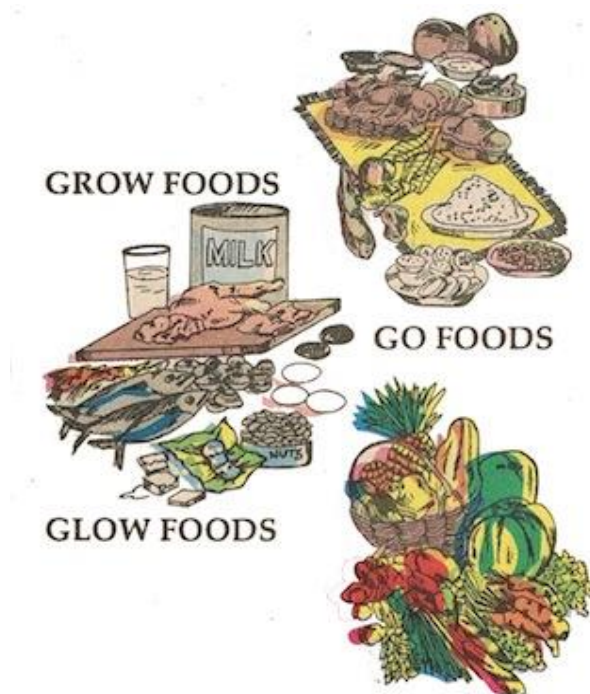
Water cools your body.

It helps make your body work well.

Fruit juice contains Vitamin C.

Vitamin C protects you from many illnesses.

You also need to eat foods from the three food groups everyday: GROW FOODS, GO FOODS, and GLOW FOODS



Then you are eating a balanced diet.

Write here the new foods you have tried and liked.

6. Tell three ways to stop the spread of colds.

Colds are caused by germs.

Germs are tiny things that cause diseases.

Germs can go from one person or thing to another.



These KAB Scouts are preventing the spread of colds. What are they doing?

When people have colds...

...stay away from crowded places.

...stay away from other people.

...drink plenty of fruit juices.

You have learned how to be healthy.



These are the things you learned:

Being neat and clean

Personal health

Physical check-up

Dental check-up

Nutrition

Colds

BE SAFE

Earn the BE SAFE Achievement Badge.

You can be careful and still have fun.

You can have more fun if you are safe.

You can have more fun if others are safe.

You can do many things with care.

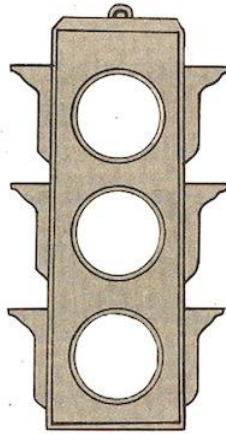


1. Practice road safety.

Copy this drawing of a traffic sign on a clean sheet of paper.

Color it.

What do the colors mean? Write them down.



Have you seen any of these traffic signs?



Copy them on a clean sheet of paper. Write under each what the traffic sign means.

Draw other traffic signs you see along your way. Tell what each means.

Check if you do the following:

Obey traffic signs and signals.

Cross on the pedestrian lane.

Look both ways before crossing the street.

Walk, don't run.

Show your parent or leader that you can cross the street safely.

Walk on the left side of the road where you can see oncoming vehicles.

Never play on the street.

Play in a clean vacant lot or in a yard or playground.

Never steal a ride from a motor vehicle.

2. Practice bicycle safety (if you ride a bicycle).

If you have to bike in the road, keep to the right.



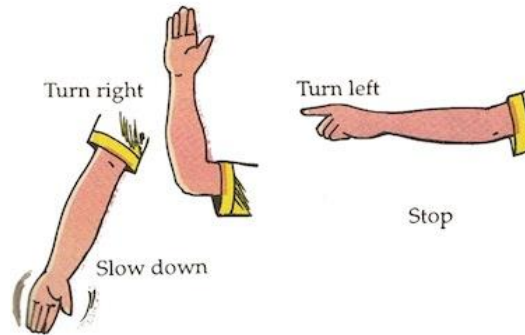
Use hand signals:

Turn right

Turn left

Slow down

Stop



Don't be a show off.

Keep your bicycle in good order.



3. Practice home safety.

Keep your room clean:

Sweep the floor

Dust the furniture

Keep your things in order

Keep your toys after playing



Draw your room. Is it clean and neat?

Help keep your house safe from accidents.

Go around your house.

Look for hazards.

Hazards are things that may cause accidents.

List down the hazards that you saw.



Report the hazards to your parents.

Clean your yard with an adult.

Remove the hazards in your yard: broken glasses or bottles, nails, tin cans and others.

4. Practice safety with strangers.

Some strangers are good.

But some strangers may want to harm you.

Don't accept anything from strangers.

Don't go with strangers EVEN IF They:

- Promise to give you something you like.

- Say they will take you to your parents.

- Say they are your relatives.

- Offer you something you like.

If anyone tries to hurt you, to scare you, or to trick you, you can:

- Get away

- Say NO

- Yell "HELP!"

- Tell someone