In this project, youth learn about prevention and treatment of injury. Youth can participate in a variety of 4-H first aid and safety projects including emergency preparedness, first aid, CPR, cyber safety, risk management and more.

- Identify safety hazards, including those related to fire, water, dangerous objects, being home alone, and using the Internet.
- Create strategies and learn skills to appropriately respond to emergency situations.
- Use safety knowledge and skills to make your community a safer place.

### Starting Out
**Beginner**
- Identify labels of products that give information about potential danger.
- Describe how to report dangerous situations.
- Develop a family safety plan.
- Identify safe places to play in your community.
- Learn how to be safe around pets.
- Learn about fire safety.
- Learn how to properly wash your hands and cover your coughs and sneezes.
- Explain when and demonstrate how to call 9-1-1.

### Learning More
**Intermediate**
- Examine the effects of bullying and harassment on others.
- Learn about germs and how they affect health.
- Identify community environmental health issues.
- Learn what to do if you encounter wild animals.
- Identify protection equipment needed for sports.
- Discover careers in emergency medicine.
- Explain personal identification safety, such as never giving out your address in a chat room.

### Exploring Depth
**Advanced**
- Explore how hydration affects the body and relates to heat illness.
- Learn how to avoid sports injuries.
- Demonstrate what to say and do when witnessing bullying.
- Learn how to do CPR (from a certified CPR instructor).
- Explain ways to prevent fires and reduce the risk of fire-related injuries.
- Learn about emergency wilderness first aid.
- Become a certified babysitter.

The activities above are ideas to inspire further project development. This is not a complete list.

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**4-H THRIVE**

**Light Their Spark**

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

**Flex Their Brain**

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

**Reach Their Goals**

Help youth use the GPS system to achieve their goals.

- **Goal Selection**: Choose one meaningful, realistic and demanding goal.
- **Pursue Strategies**: Create a step-by-step plan to make daily choices that support your goal.
- **Shift Gears**: Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

**Reflect**

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.
# Expand Your Experiences!

## Healthy Living
- Coordinate a countywide bike ride. Invite a local agency to discuss bicycle laws and safety.
- Partner with local police to stage a realistic car accident to increase awareness of distracted driving. Distribute discussion and activity ideas to local school and youth groups.
- Create a skit that illustrates how to resolve conflicts nonviolently. Perform at a local school.

## Science, Technology, Engineering, and Mathematics
- Increase awareness of online safety and set policies in your club to protect members against cyber bullying.
- Conduct a fire extinguisher training, including how the chemicals inside work.
- Research the physiological response to spider bites, tetanus, poisonous plants and more.

## Citizenship
- Create a video that identifies places in the community that make youth feel unsafe. Share your video along with recommendations for change at a County Board of Supervisors meeting.
- Partner with the Red Cross to offer a first aid or CPR class for your 4-H club, unit or group.
- Work with your local fire department to educate others about planning for emergencies.

## Leadership
- Lead a park clean-up day, so that other youth have a safe outdoor space to play.
- Conduct a community safety day. Invite local health professionals to demonstrate first aid procedures, check bike helmets for proper fit and teach proper hand washing techniques.
- Design a campaign for preventing violence, aggression, bullying and harassment.

## Resources
- Fight BAC  
  [www.fightbac.org](http://www.fightbac.org)
- The Scrub Club  
  [www.scrubclub.org](http://www.scrubclub.org)
- National 4-H Council  
- UC Safety Notes  
  [safety.ucanr.edu/4-H_Resources/](http://safety.ucanr.edu/4-H_Resources/)
- National Bicycle Safety Network  
- KidsHealth  
- Spark the Fire Dog  
  [www.sparky.org](http://www.sparky.org)
- NetSmartz  
  [www.netsmartz.org](http://www.netsmartz.org)
- American Red Cross  
  [www.redcross.org](http://www.redcross.org)
- Ready.gov  
  [www.ready.gov](http://www.ready.gov)

## Connections & Events

### Presentation Days
- Share what you’ve learned with others through a presentation.

### Field Days
- At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.

### Health & Wellness
- 4-H ATV Safety Guide [www.atv-youth.org](http://www.atv-youth.org)

### 4-H Record Book
- 4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

- 4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit [http://ucanr.edu/orb/](http://ucanr.edu/orb/)

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**University of California** Agriculture and Natural Resources

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