

Good Going!

Adventures in Safety

Tips
to Help
You Stay
in The
Game

Be A
Danger
Detective

Meet
Champion
Biker Dude



Ride the Which-Way
Water Slides!



Hi!

Being active is fun and good for your health! Playing sports, riding bikes, going for walks, and swimming are great ways to spend time with friends and family.

The important thing to keep in mind when you're enjoying these activities is to do them safely. It's no fun to get hurt and have to stay inside while others play.

By choosing to be active and safe, you can be a good role model for your siblings and friends. Being a good role model means not only playing safely, but also not giving in to peer pressure to do things that are unsafe.

The information in this book will show you how to be safe when playing. We hope you will learn safety and learn that safety can be fun!

Please share what you learn with family and friends so that everyone you care about can be safe, too.

Sincerely,

Your Good Going! Friends



Good Going! Adventures in Safety is a publication of AAA and the Minnesota Safety Council.

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Good Going! was developed to give kids information to keep themselves safe on the road, at home, and at play. For additional copies, contact AAA at TrafficSafety@ACG.AAA.com or the Minnesota Safety Council at msc@minnesotasafetycouncil.org.

What's the Same?

Find what each kid has in common with the others in the same row, across, up and down, and diagonally. (Hint: In the first row across, they all have caps.) Then look to see which kids don't have their seat belts fastened correctly. Answers on page 9.



Are You a Safe Passenger?

By Carly Schuna

Take this quiz and find out.

- Why wear a seat belt?
 - It's a fashion accessory.
 - It hurts to sit on it.
 - It protects you in a crash.
- How should you exit a vehicle?
 - On the curb side.
 - Out the window.
 - Through the sunroof.
- To sit in the front seat, you should be at least
 - 13.
 - 25.
 - 107.
- In someone else's car, should you ask for help if the seat belt doesn't fit right?
 - No. It's rude.
 - No. They'll think you're dumb.
 - Yes. Otherwise you could be seriously injured.
- Which is the best way to pass the time on a car trip?
 - See who can yell the loudest, you or your brother.
 - Play a quiet game, read, talk, or look out the window.
 - Play catch with your sister's shoe.
- Booster seats
 - Are for astronauts.
 - Are for hockey fans.
 - Are for kids until they can pass the Seat-Belt Fit Test on page 6.

Answers on page 9.

I'm Rivera, the speedy cheetah. My buddies and I are here with fun, games, and safety tips. When you see us in this book, tune in for tips you can use *and* part of a secret message. Collect all the parts, then turn to page 19 to solve the code. See you at the finish line!

I'll give you the lowdown on traffic safety. Look on pages 3-9.



Here's Sydney with the latest news on sports safety on pages 10-12.



Elvis has some words about water safety on pages 13-14. He's deep.



Ethel has hot tips on fire safety on page 16.



Maxine is keeping it safe on the home front on pages 15 and 17.



Count on Stretch for weather safety tips, rain or shine, on page 18.



Darwin has tips to help you stay cool in an emergency on page 19.

Laughs in the Fast Lane

Why couldn't the bicycle stand up on its own?
It was too tired (two-tired).

What do you call the life story of a car?
An autobiography.

Why did the traffic light turn red?
You would, too, if you had to change in front of everyone!

Police officer: "Excuse me, but your dog has been chasing a man on his bicycle."

Dog owner: "Are you sure? My dog can't even ride a bicycle."

For more fun, games, and safety tips, check out these web sites:
aaa.com/safeseats4kids safe-a-rooni.org

Riding High

By Marianne Mitchell

Davy thought riding in booster seats was for babies. Until he met his cousin.

Davy stood by the car with his skinny arms folded across his chest. “No booster seat,” he said. “I’m too old for that. Jason is my age and he doesn’t use one anymore.”

Mom sighed. “Jason is bigger than you are. He can sit back and bend his knees without slouching. A boy your size still needs help so the seat belt fits properly.”

Davy ground his shoe in the dirt. He and his mom were supposed to go to the Tucson airport to pick up his uncle and cousin from Sweden. Davy had been looking forward to meeting his cousin face to face. Magnus was nine, a year older than he was. So far they only knew each other from e-mails and playing the online game *Robo Giants*.

Mom wiggled her keys. “You know the deal. Use the booster seat or stay home.”

“I’ll stay,” said Davy, tugging the booster seat out. He wasn’t going to let his cousin think he still needed it.

Two hours later, Mom’s van pulled into the driveway. Davy’s uncle and cousin piled out carrying puffy winter jackets and knit caps. *They won’t need winter clothes here in the desert*, thought Davy as he watched them unload their gear.

“Hey,” said his cousin, holding out his hand. “I’m Magnus.”

“Hey, yourself,” said Davy. Magnus didn’t look at all the way

he had pictured him. He was about Davy’s height, also thin, with a halo of strawberry-blond hair. He’d expected Magnus to be big because his name sounded big. Plus he had beaten Davy nine times in *Robo Giants*.

While Mom fixed Uncle Max a cup of coffee, the boys disappeared into Davy’s bedroom and logged on to the internet.

“Let’s see who’s playing today,” said Magnus. “I’ve been offline while we were traveling.”

Magnus spoke English well, and soon Davy felt as if he’d known his cousin forever. They both liked computers, soccer, math, and pizza. After dinner, he and Magnus rode bikes until a red-and-orange Arizona sunset streaked the sky.

The next morning Uncle Max and Magnus came out to the kitchen wearing shorts and T-shirts. “Do we look like real tourists?” asked Uncle Max.

“You *are* tourists!” said Mom. “What should we do today?”

“Let’s go for a ride,” suggested Uncle Max. “The desert is so different from our green Swedish forests.”

“We could visit the Desert Museum and stop at Old Tucson,” said Mom. “It’s often used as a western movie set.”

“With cowboys and pretend fights,” said Davy, playfully punching Magnus in the arm.

“Will I see any coyotes?” asked Magnus.

“Maybe, if you keep your eyes open,” said Davy.

“Then let’s go!”

After breakfast they gathered up cameras, hats, and water bottles to take on the ride. Uncle Max opened the van door and Magnus shoved something red and black onto the back seat.

Davy stared, open-mouthed. “A booster seat?”

“Yeah. I brought it with me. Everyone my size uses them in Sweden.” Magnus wriggled into his seat and fastened the buckle. He grasped the seat-belt strap going across his chest. “See? I’m riding high, so the belt doesn’t poke my neck. And I can see out the window better. What’s not to like?”

“Um...”

“Don’t kids here use them?”

Davy hesitated. “Sure. All the time. If they need them.” He turned to his mom. “Have you got my seat, Mom?”

Mom smiled, handing him his seat. “Here you go.”

When Davy was buckled in, he nodded to Magnus. “Riding high is good,” he agreed. “You’ll be able to see our desert giants.”

“Are they like *Robo Giants*?”

“Even better. They’re giant cacti.”

“Cool!”



“A booster seat?”

Do You Need a Booster Seat?



You should use a booster seat until you fit the adult seat belt – until you are about 4 feet 9 inches tall and weigh between 80 and 100 pounds. (Many kids will be between 8 and 12 years of age before they meet these height and weight requirements.)

Wear a seat belt correctly every time you travel in a car. Never place the shoulder belt under your arm or behind your back.

Use a booster seat with the vehicle lap AND shoulder safety belts until you pass the **Seat-Belt Fit Test on page 6**.

P.S. The back is where it’s at! The back seat is the safest place for kids of any age to ride.

Seat-Belt Fit Test

Work with your parents on this. If you can answer "Yes" to the following questions, you might be ready for an adult seat belt:

Do you sit with your back against the vehicle seat back?

Do your knees bend comfortably around the vehicle seat edge?



Does the seat belt rest on your shoulder (not on the face, neck, or upper arm)?

Does the lap portion of the belt stay low on your hips?

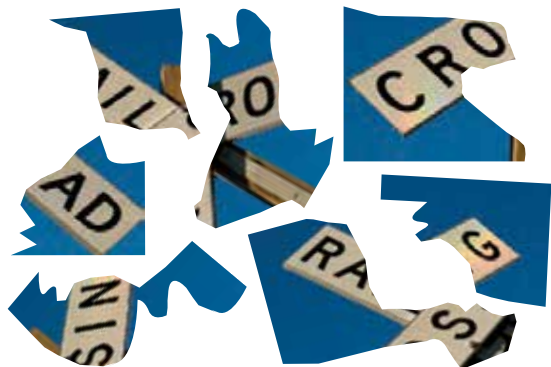
Can you ride comfortably in this position for the whole trip?

If you answered "No" to any of these questions, you still need a booster seat with the lap and shoulder belt.

Scrambled Sign

By Radha HS

Oops, Grandpa found this important sign in pieces. Quickly help him put the pieces together, so no one gets hurt. Can you figure out what the signboard says? Answer on page 9.



SAFETY TIPS FOR RAILROAD CROSSINGS

- Only cross where there is a road or sidewalk that crosses the track.
- If red lights are flashing, don't cross until they stop flashing. If a gate is lowered, wait until it is lifted.
- **Stop, look both ways, and listen** before you cross.
- Take your headphones off when crossing the tracks.
- Always walk your bike across the tracks.
- Train tracks and train trestles (bridges) are private property. Never walk or play on them.



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Not Yet!

By Wendi Silvano

Carmen held her arm out to the side to keep the kids back from the curb. They were especially impatient today.

"Come on Carmen," said Alex. "There are no cars. Let us go."

"Not yet," said Carmen. "You know I always follow my w-w-w plan. And no, it's not an internet address or a wrestling league!"

"Yeah, yeah, we know," said Alex. "Wait for the red light, watch the cars stop, then walk. But it's the last day of school. Summer vacation starts NOW!"

"Sorry," said Carmen. "W-w-w."

"I think w-w-w is 'We want to walk'!" cried Mia.

"Either way," said Carmen. "I'm waiting for the light."

Carmen waited. The kids waited. Finally the light turned red.

"Okay, the light's red," said Mia. "Let's get moving!"

"Not yet," said Carmen. "We're waiting until we are sure the cars are stopping. W-w-w!"

"I think w-w-w is 'We're wild for wonderful summer fun'!" declared Alex.

"You are wild," said Carmen. "But we are waiting."

Carmen watched one car stop. Then another.

"Let's go!" cried Alex. "They've stopped."

Carmen looked. One last car coming the other direction was almost to the light. The group pressed against her arm.

"I'm going," said Mia, and she started to step off the curb.

"Not yet!" said Carmen. She held her arm tight and sternly looked Mia in the eyes.



"I'm going," said Mia.

The car zoomed straight through the red light without even slowing down. Everyone froze.

Carmen took a deep breath. She checked carefully to see there were no more cars. Then she stepped aside to let the startled group cross the street.

Mia paused before crossing. "Thank you Carmen," she said. "You saved my life. I think maybe w-w-w means 'We won't walk until you do.'"

School Safety Patrol members are kids just like you who help their friends and classmates stay safe while crossing the streets around their schools. Since the first school safety patrol was formed – almost 100 years ago! – AAA clubs have been organizing and supporting school safety patrols all around the country.

Make a car trip more fun with this take-along puzzle box

By Jean Kuhn



Photos by Hank Schneider

1. Use self-adhesive labels to cover the outside of a clean, empty candy tin. Decorate it with markers.
2. Cut out a 2-inch-by-3-inch piece of heavy paper, and draw a picture on it.
3. Cut the picture into half-inch strips. Stick a self-adhesive magnetic strip to the back of each picture strip. Cut the strips into equal squares.
4. Mix up the pieces to do the puzzle, using the tin as the board. Store the pieces in the tin.
5. If desired, write letters of the alphabet on blank puzzle pieces so that you can form words.

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10 Tips for Riding the School Bus Safely



1. Leave home early enough to arrive at your bus stop on time.
2. Wait for your bus in a safe place, well off the roadway.
3. Enter your bus in an orderly manner and take your seat as quickly as possible.
4. Follow instructions from your bus driver and AAA School Safety Patrol™ member.
5. Remain in your seat while the bus is in motion.
6. Keep your head and arms inside the bus at all times.
7. Keep aisles clear, and know where the emergency exits are.
8. Remain quiet, so the driver can concentrate.
9. Be courteous to your bus driver and other students.
10. Be alert to traffic when leaving the bus.



There are some silly things going on here. How many can you find?

Champion Biker Dude

by Gayle C. Krause



My brother, Brad, is super cool. Kids love his attitude. Since biking safe is his first rule, they call him “Biker Dude.”

He always rides with traffic on the right side of the street. He keeps his helmet buckled and wears sneakers on his feet.

He wears bright-colored shirts and pants so that he can be seen. And he carries bottled water as part of his routine.

Most everyday he wins a race. His goal’s the Tour de France. He wants to be a champion, just like his hero, Lance.

I’ll ride with him, someday, so I can see how racing feels. But first, I need to balance and lose my training wheels.

Bike Safety Nips—er, Tips

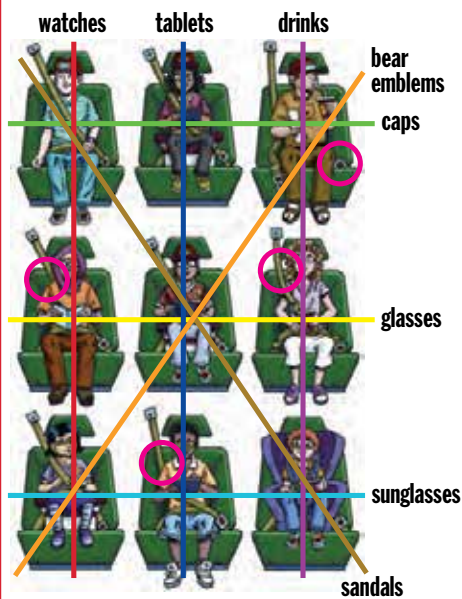
Someone changed important words in the bike safety tips below and now they don’t make any sense. Please replace each capitalized word with the correct word that rhymes. When you have finished, check the answers at left.

1. Check your **SNAKES** before riding.
2. Obey the same traffic **POOLS** as all motorists and obey all traffic signs and signals.
3. Before entering a public road, **HOP!** Scan for traffic (look left-right-left) and signal before getting onto the roadway.
4. Ride on the right side of the road, close to the curb. Be prepared for **CLOCKS**, sand, trash, and other obstacles.
5. You’re at greater risk riding on narrow **TOADS** and where roadway speeds are more than 35 mph. Make sure you have your parents’ permission to ride in these conditions.
6. Never ride at night, even with **KITES** and reflectors.

Answers

Page 3

What’s the Same?



Page 3

Are You a Safe Passenger?

1. c; 2. a; 3. a; 4. c; 5. b; 6. c

Page 6

Scrambled Sign



Page 9

Bike Safety Nips—er, Tips

1. brakes, 2. rules, 3. stop, 4. rocks, 5. roads, 6. lights

Page 13

Which-Way Water Slides

Elephant: B. Bear: A. Lion: C. Giraffe: D. The elephant has the highest score: 21

Page 17

Help Hannah Finish Her Poster
SMOKE DETECTORS SAVE LIVES

Page 18

These Pictures Are Lost

Across: 10, 9, 11, 6, 7, 2, 8

Down: 1, 5, 7, 4, 3

Page 19

Mystery Message

Be smart, stay safe!

Back Cover





Headfirst Safety

By Cheryl Reifsnyder

However, your head isn't as strong as you might think. A fall of only two or three feet onto concrete is enough to crack your skull. Even smaller falls can make your brain bump around inside your head. This can cause bruising or bleeding in your brain. It can also cause swelling, which makes it harder for blood to flow through the brain. Without a steady supply of blood, brain cells can only survive four to five minutes.

One small fall, and your body's mission control could be out of commission.

Mission-Critical Equipment

When you wear a helmet, you give your brain another piece of protection—but only if you pick the right helmet for the job. Different helmets guard your brain against different kinds of injury.

Single-hit helmets protect against—you guessed it!—one hard hit to the head. They're designed to guard against sharp blows, like a fall onto concrete from a skateboard or bicycle. These helmets are made from a special type of lightweight foam that crushes when hit, absorbing the force of the impact and defending your brain.

Bike, skateboard, and equestrian (horseback-riding) helmets are

single-hit helmets. A bike helmet can be used when riding on roller skates or inline skates as well as while bike riding. A skateboard helmet should be used for riding skateboards and RipStiks. Equestrian helmets are similar, but shaped to guard against riding-related injuries. They also have a hard outer layer to protect against an accidental hoof to the head.

Single-hit helmets offer more protection than other helmet types, but they only work once. Even a minor fall can damage these helmets' protective foam layer. The damage may not be visible, but it reduces the protection the helmet provides. Avoid using a second-hand helmet, which might have undetectable damage, and replace your helmet after a crash.

Multi-hit helmets are used in sports like hockey and football, where players need protection against multiple smaller hits. The dense, squishy foam in multi-hit helmets recovers after a blow, so you don't need a new helmet every time it's hit. Of course, any helmet with obvious damage should be replaced.

As the name suggests, a multi-hit helmet can protect your head over and over again; however, the trade-off is that it can't provide

protection for a big impact the way a single-hit helmet can. If you wear a football helmet while bike riding, it won't provide enough protection if you crash. If you wear a bike helmet to play football, it will protect your head from the first bump and then stop working.

Picking the right equipment that fits you well is mission-critical!

Your Mission

Some people think they only need to wear a helmet when bike riding on a road or trying new tricks at the skate park, but a crash can

happen anywhere and anytime. Your brain is one of the most important parts of your body. Without a helmet, it only takes one small fall to cause serious damage. Protect your brain: make it your mission to always wear the right kind of helmet for every activity.

Which of these are good reasons not to wear a helmet?

- I don't like the way I look in a helmet.
- Sometimes I pinch myself with the buckle.
- A helmet makes me sweat.
- My ponytail doesn't fit under a helmet.
- I don't like "helmet hair."

Answer: None of them! Always keep yourself safe by wearing your helmet.



1.



2.



3.

Get a good fit!

- Your helmet should sit level, and should not rock forward, backward, or side to side. The rim should be no more than two finger widths above the eyebrows.
- The helmet and chin strap should be snug—not too loose, and not too tight. When you open your mouth wide, you should feel the helmet hug your head. The buckle should be flat against your skin.
- The "V" of the side strap should be just below your ears.



Stay in the Game!

Sports are a great way for you to exercise and learn about teamwork and discipline, all while having fun! Playing while injured does no one any good—not your team and especially not you. It’s important to rest and to take care of your injuries. Here are a few steps you can take to protect yourself:

- Take time to warm up and cool down properly before and after playing hard. (Your coach can help with this.)
- Wear the right protective equipment for the activity, such as helmets, pads, shoes, and mouth guards. The equipment should fit you well and be worn the right way to protect you.
- Practice good sportsmanship and follow the rules of the sport.
- When playing outside, wear sunscreen to protect your skin.
- Drink plenty of water.
- If you are injured, **tell an adult**. If you are in pain, stop playing.

Follow these tips and keep yourself in the game!

Time Out for Laughs

“Do you sell football shoes?”
 “Sure, what size does your football wear?”

Why does it get so hot after a hockey game?
All the fans leave.

Why did the football coach go to the bank?
To get his quarterback.

“Did you know that my sister has been swimming for five years?”
 “She must be pretty tired.”

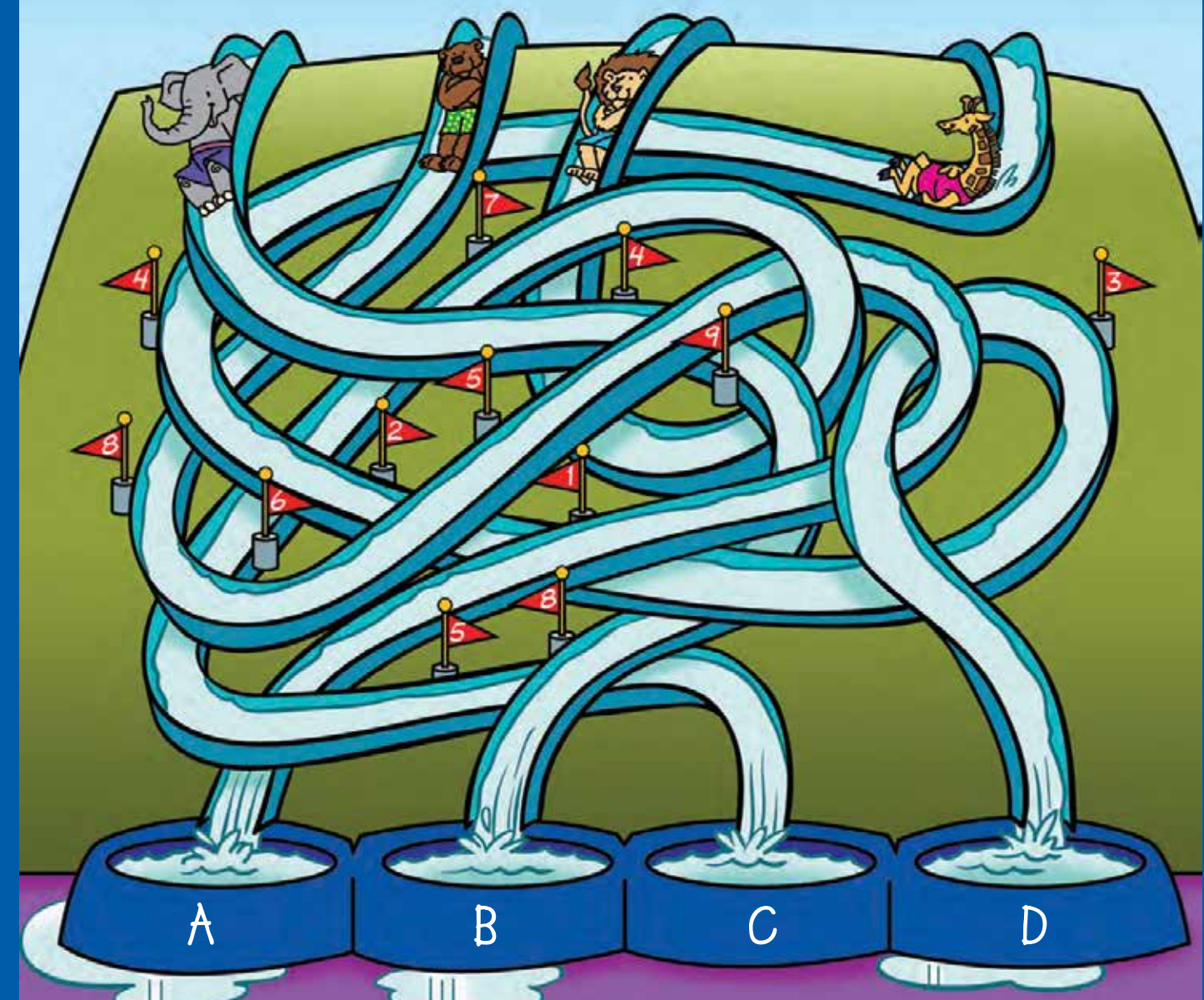


How many of these items have you used? What’s the purpose of each? Talk it over with an adult if you’re not sure.



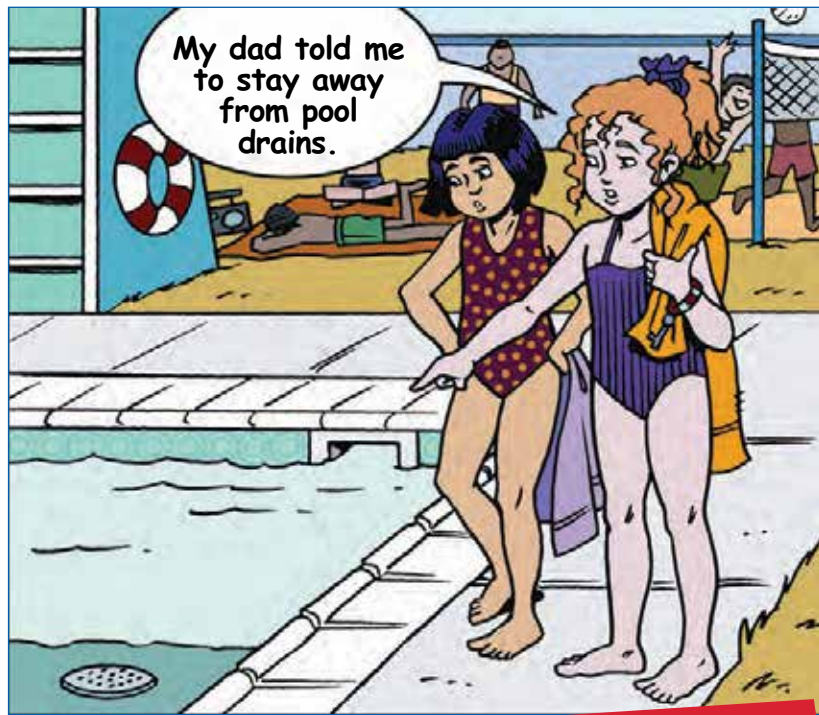
WHICH-WAY WATER SLIDES

Can you figure out where each animal will end up? Along the way, add up the numbers on the flags along each slide to find out which animal will have the highest score at the end. Answers on page 9.



WATER PARKS CAN BE A BLAST! REMEMBER THESE TIPS TO HAVE A SAFE, FUN DAY.

- Wear a life jacket if you aren’t a strong swimmer. Some parks provide life jackets at no charge.
- Read the sign on each ride and make sure the ride is safe for you.
- Always listen to the lifeguard and follow the rules.
- Wait your turn. Let the rider in front get a safe distance ahead before you go down the slide.
- Be safe. Go down water slides face up and feet first.
- Walk, don’t run, from ride to ride. Slippery paths can lead to painful spills.



Pool and hot tub drains can trap you. Never swim near them. Tie up long hair to keep it from getting caught in a drain.

Do's and Don'ts for Water Safety



Do's

- Do** learn to swim, including how to tread water.
- Do** swim or wade where you can be seen.
- Do** swim with a buddy, never alone.
- Do** shout for help if you or someone else gets into trouble in the water.
- Do** wear a life vest when you are out in a boat.

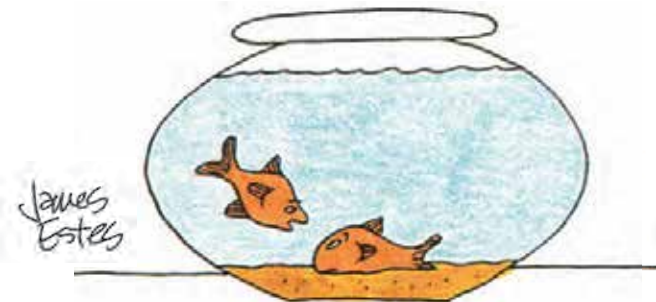
Don'ts

- Don't** go into the water without an adult's OK.
- Don't** dive if you don't know how deep the water is. Go in feet first until you're sure it's safe.
- Don't** push or jump on others in the water.



Books Never Written

- *Look Before You Leap*, by M.T. Pool
- *Don't Splash*, by Al Wet
- *Wear Your Life Jacket*, by Deepa Waters
- *Marine Life*, by Clem Shell
- *My Boat Won't Move*, by Ann Kerr
- *How to Win Canoe Races*, by Rose Fast
- *A Day at the Beach*, by Sandy Feet
- *The Leaky Boat*, by Kip Bailing
- *Jumping off the High Dive*, by Hugo First
- *Who Forgot the Oars?* by Sue Prize



"I really think you'd enjoy life more if you learned to swim."

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Answers on page 17.

Danger Detective



Danger Detective has just inspected this kitchen and found thirteen unsafe things. See if you can find all of them.



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These Kids Used Their Heads!

During Fire Prevention Week, kids often meet firefighters, see the insides of fire trucks, and talk about fire safety. At a school in northeastern Pennsylvania, Megan Carroll, age 9, learned about making an escape plan in case of fire.

“When I got home, I told my family that we should make an escape plan for our house,” Megan says. She and her brother, Shamus, 12, and her sister, Molly, 8, worked together to create one.

Then they tested the plan. With their parents, they practiced exiting through first-floor windows, making sure they could get out without a ladder.



Molly, Shamus, and Megan (left) received certificates for making and using a fire plan (above).

Fire!

One day about six months later, Shamus was sitting in the living room. “I noticed that the chimney pipe started turning red and making *whoosh* sounds,” he says. A small chimney fire was starting. Remembering the plan he and his sisters had created, Shamus grabbed their dog, Comet, and yelled to his family.

Everyone quickly evacuated the house. The kids went to their meeting place under a pear tree at the edge of their property. Their mother made emergency calls from her cell phone.



Stay away from matches, lighters, and fires. And never try to put out a fire yourself.

e f

It wasn't long before the fire trucks arrived. Shamus, Megan, and Molly remained in their spot until it was safe to return to the house.

Awareness Helps

Stan Pratt, fire chief for their town, said, “Home fire planning and drills save lives. I was very impressed with these children, who drew up an evacuation plan, practiced it, then used it successfully during a fire.”

The fire department awarded the Carroll kids achievement certificates, and the local newspaper featured them in a story.

Erin Carroll, the kids' mother, said, “After reading the article, several people in the community said that they were going to make escape plans for their own homes.”

Shamus, Megan, and Molly believe that it's important to talk about fire safety. “That way, you already know what to do if a fire starts,” says Shamus. “It helps you remain calm.”

FIRE SAFETY TIPS

1. Have at least one smoke detector on every level of your house.
2. Map out rooms and all the escape routes. Include first-floor windows.
3. Choose a meeting spot away from the house. No one should leave the spot.
4. Decide who will make the phone calls. Have phone numbers handy. Don't make calls from inside the burning building.

Answers for Danger Detective on page 15.

We found 13 unsafe things. You might have found more.

- Pot handle turned toward front of stove could be bumped and spill hot liquid on someone, causing a burn.
- Cloth and paper near stove burners could catch fire.
- Overloaded electrical outlet is a fire hazard.
- Frayed cord is a fire hazard.
- Fire extinguisher is buried at back of cupboard, hard to reach in an emergency.
- Open container of mayonnaise can spoil, should be stored in fridge.
- Cleaners and poisons should not be kept in low, unlocked cupboards within reach of small children and pets.
- Cracked drinking glass could cut someone. It should be thrown away.
- Knife is lying out where it could hurt someone.
- Extension cord is plugged into outlet but not into appliance. It could cause a shock.
- Someone could trip and fall on the loose cord, folded rug, open drawer, toy, or puddle.
- Open upper cupboard door could hit someone on the head. Ouch!
- Electrical appliances too near sink. They could fall into water and cause a shock.

Hot mitts are one way to prevent burns. Be very careful around the stove and hot foods and hot liquids.

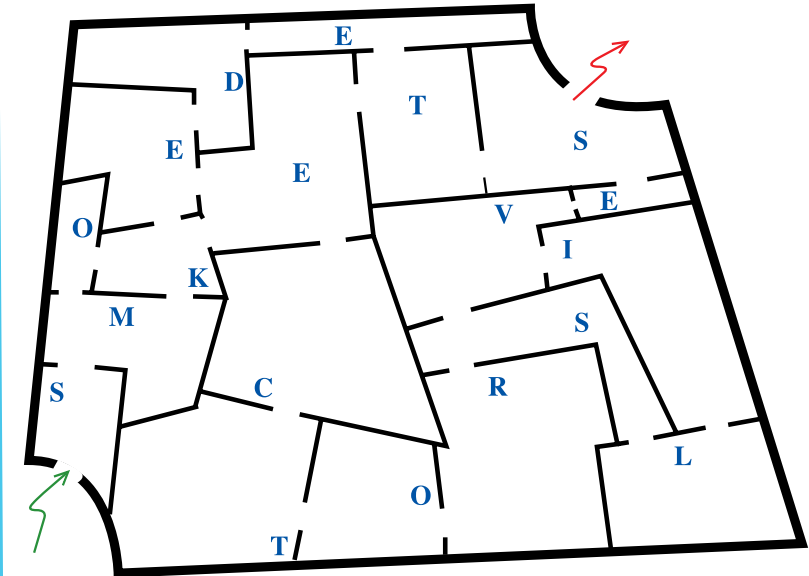
e s



Help Hannah Finish Her Poster

By Radha HS

Hannah is making a poster for Fire Prevention Week. She can't remember what it's supposed to say. Try and help. Trace your path through this house starting at the green arrow. Make sure you go through every room just once, and write down the letters as you find them to complete the phrase. Exit at the red arrow.



SAVE _____!

Answer on page 9.

6 STEPS TO TAKE IN CASE OF FIRE

- ✓ Crawl low under smoke and cover your mouth and nose with a piece of cloth. Most fire victims die from smoke inhalation and lack of oxygen.
- ✓ Don't open a closed door. Touch it with the back of your hand. If it's hot, find another way out.
- ✓ Get out as quickly as possible. Don't stop to take anything with you.
- ✓ Never return to a burning building.
- ✓ Call 911 after you've left a burning building, not from inside.
- ✓ If your clothes catch fire, **stop, drop, cover your face, and roll** to put out the flames.



Wear the right clothes for the weather, and know where to take shelter in a storm.

† a

A THUNDERSTORM IS NO TIME TO BE OUTSIDE! FOLLOW THESE TIPS TO STAY SAFE.

If you can hear thunder, the storm is close enough that you could be struck by lightning. Get to a safe shelter right away.

If you are caught outdoors:

- Get to the safest spot possible, away from poles, metal objects, and trees.
- If you are on the water, get to land and find shelter.
- Be a small target. Squat low to the ground.



After a storm passes:

- Stay away from storm-damaged areas. Especially avoid downed power lines.
- If someone is struck by lightning, call 911.

A Chance of Giggles

What do you call a snowman in June?
A puddle.

What do you get when you cross a bear with a rain cloud?
A drizzly bear.

What do monsters put on when it's sunny out?
Sunscream.

Why did the teacher wear sunglasses to school?
Because her students were so bright.

These Pictures Are Lost

By Radha HS

Here's a mixed-up picture crossword puzzle. The solution and the picture clues are given, but the clue numbers are missing. Can you number the clues by matching the word to the picture? One clue has been numbered for you.

How does each item pictured protect you from the weather?

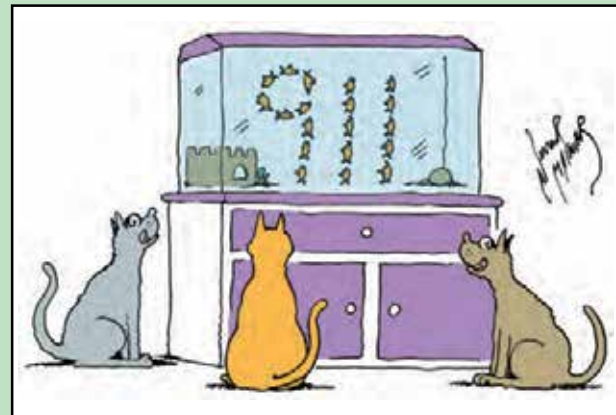
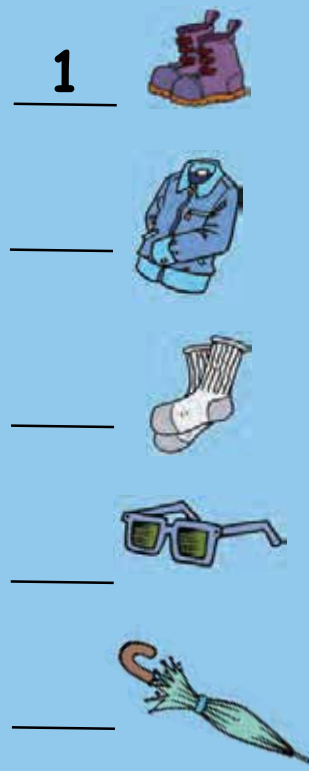
1	B					2	E	A	R	M	3	U	F	F	4	S
	O											M				U
	O					5	J					B				N
	T						A					R				G
6	S	U	N	S	C	R	E	E	N							L
							K					L				A
7	S	W	E	A	T	E	R					L				S
	O					T				8	H	A	T			S
9	C	A	P													E
	K									10	M	I	T	T	E	N
11	S	C	A	R	F											

Answers on page 9.

Across



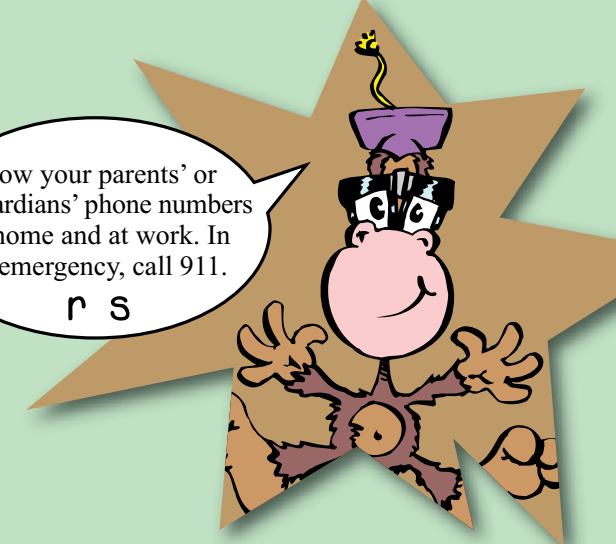
Down



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Know your parents' or guardians' phone numbers at home and at work. In an emergency, call 911.

r s



What to Do Until Help Arrives

You can take actions to prevent injuries, but injuries still happen. It's good to know what to do if someone is hurt. An emergency is a situation where you need to act quickly. If the emergency is that someone is badly injured, you can help.

- Shout out for help. If no one comes, go find an adult close by.
- Call 911. Stay on the line when you hear someone answer, and give the information you are asked for. The operator may tell you what to do for the injured person until help arrives.
- Don't get hurt helping someone else. Check the area to see if it's safe. If the injured person is in a dangerous area, don't get close.
- Stay with the injured person unless you have to leave to get help.
- Don't move the person. This could make the injury worse.
- Cover the injured person with your jacket, a blanket, or something else warm if he or she is cold.
- When adult help arrives, follow their instructions.
- Stay calm and don't panic. A cool head makes safer choices.
- Know where the first-aid kit is in your home.



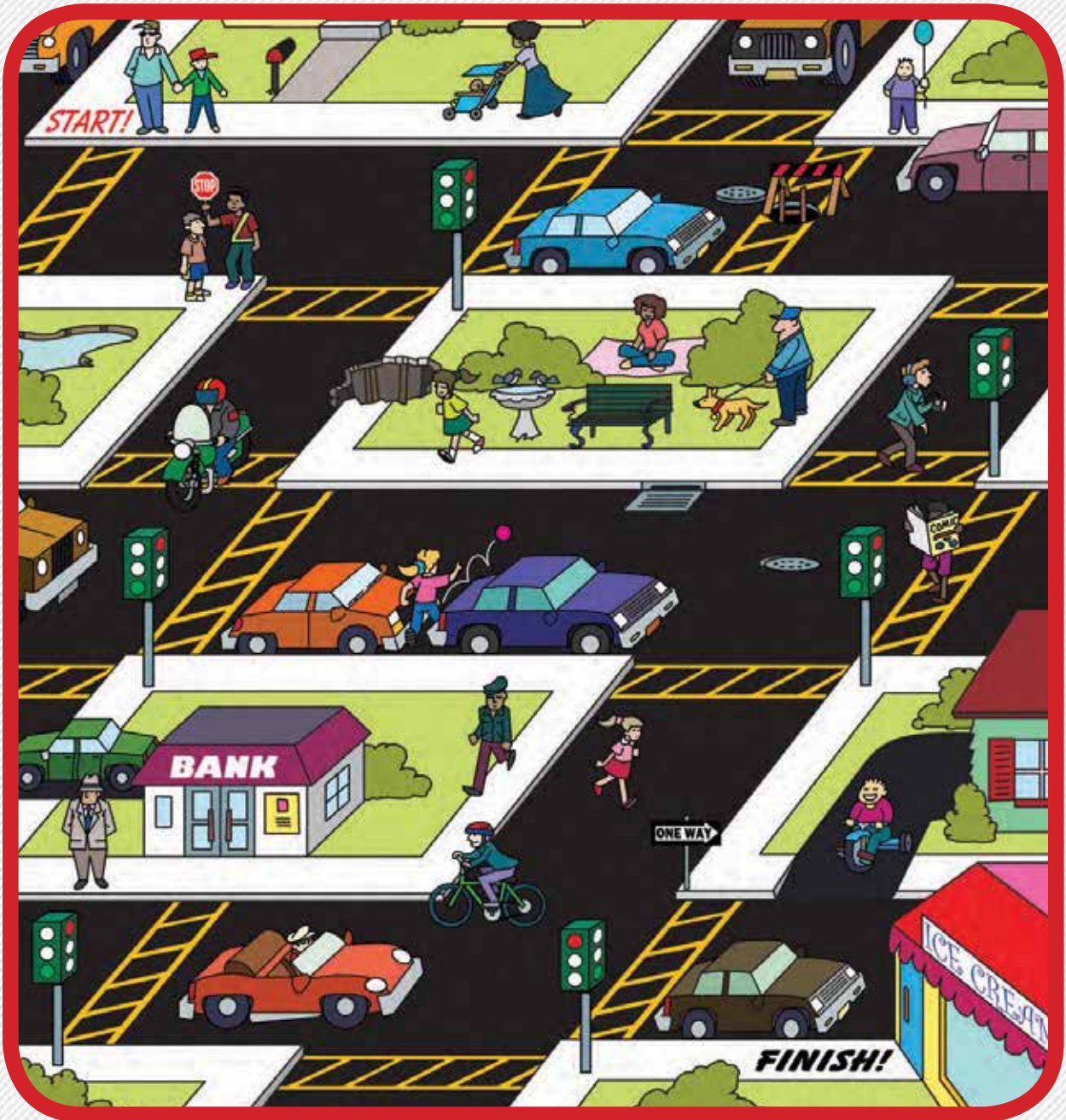
Ready to solve the mystery message? Write down all the letters you found under the tips from my buddies and me. Unscramble them to complete the message below.

B _____, _____!

Answer on page 9.

Help Sam and his dad get to the ice-cream shop at the bottom of the page. They can only cross at marked crosswalks, and only when the light is green. On the way, see if you can find people doing these unsafe things:

1. Crossing the street in the middle of the block.
2. Crossing with headphones on – and at a red light.
3. Running between parked cars.
4. Crossing the street without looking both ways.
5. Playing in a driveway.
6. Riding bike against traffic.



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