



Cadette Safety Award

With this award, learn how you and your friends can keep staying safe.

1. Make a room safe for a young child. If you do not have a younger sibling, pretend you were babysitting a young child at your house. What changes would you have to do to make it safe?
 - a. Create a checklist of baby proofing items.

Baby Proofing Check List

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- b. Pick a room, like the kitchen or bathroom. Then go through it with detail to see if there are any safety hazards.
- c. What baby proofing actions can be done yourself? Which baby proofing items require purchases? Where can you purchase them and what is the cost?

Item	Source	Price

2. How do you stay safe around water?
 - a. Research tips on performing a water assist from the side of a pool or a lake. Try this website: https://www.redcross.org/content/dam/redcross/atg/PDFs/Take_a_Class/Reach_or_throw_dont_go.pdf
 - b. Create a poster of tape a public service announcement with your findings and share with others.
3. Teach a Daisy or Brownie or a younger child what to do if she gets lost. (This is also part of the Daisy Safety Award.)
 - a. Create a fun activity to teach them about stranger danger. It might be a puppet show or a craft activity.
 - b. Teach a younger child how to use the phone and assure they know their phone number and how to dial for help.
4. With your family, make sure you have enough food, water, and medical supplies on hand to last at least three days in case of a natural disaster. (Remember to include your four legged family members.)
 - a. Create a list of supplies needed, check out this website: <https://www.ready.gov/kit>
 - b. Gather as many supplies as you already have at home and discuss with your family these things.
 - i. What type of container to use?
 - ii. Where should it be stored for easy access?
 - iii. Are the items perishable?
 - iv. What else can we do to prepare?
 - c. It is important to have a person to contact who lives outside your area in case family members are separated. With your family, decide who this is?
5. With a group of family or friends, discuss bullying.
 - a. What are the signs of someone being bullied?
 - b. What can you do to help if you know someone is being bullied?
 - c. Create a personal pledge. You may decide to decorate it and hang it in your room. Or start a kindness campaign and share it with your friends.

powerful change **Pledge** you're not alone support
care acceptance together
community inclusion protect kindness help