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.

### 4-H THRIVE

#### Help youth:

#### 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.

<table>
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<tr>
<th>Starting Out</th>
<th>Learning More</th>
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<tr>
<td><strong>Beginner</strong></td>
<td><strong>Intermediate</strong></td>
<td><strong>Advanced</strong></td>
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<tr>
<td>- Identify labels of products that give information about potential danger.</td>
<td>- Examine the effects of bullying and harassment on others.</td>
<td>- Explore how hydration affects the body and relates to heat illness.</td>
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<tr>
<td>- Describe how to report dangerous situations.</td>
<td>- Learn about germs and how they affect health.</td>
<td>- Learn how to avoid sports injuries.</td>
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<tr>
<td>- Develop a family safety plan.</td>
<td>- Identify community environmental health issues.</td>
<td>- Demonstrate what to say and do when witnessing bullying.</td>
</tr>
<tr>
<td>- Identify safe places to play in your community.</td>
<td>- Learn what to do if you encounter wild animals.</td>
<td>- Learn how to do CPR (from a certified CPR instructor).</td>
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<tr>
<td>- Learn how to be safe around pets.</td>
<td>- Identify protection equipment needed for sports.</td>
<td>- Explain ways to prevent fires and reduce the risk of fire-related injuries.</td>
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<tr>
<td>- Learn about fire safety.</td>
<td>- Discover careers in emergency medicine.</td>
<td>- Learn about emergency wilderness first aid.</td>
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<tr>
<td>- Learn how to properly wash your hands and cover your coughs and sneezes.</td>
<td>- Explain personal identification safety, such as never giving out your address in a chat room.</td>
<td>- Become a certified babysitter.</td>
</tr>
</tbody>
</table>

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

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