

# *Staying Home Alone*



## *imAlone* Youth Workbook

version 1



The *imAlone* Program Materials are designed to help staff teach middle school and teen youth to be responsible, trustworthy, competent, capable, and safe while staying home alone. The core content is based on contributions from the following individuals:

The idea of staying “home alone” can be exciting but it is also different than being home with other family members around. Taking care of yourself is a big responsibility. The *imAlone* workshop activities and assignments will help you and your parents make decisions on when and how long you might stay at home by yourself.

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## **Objectives**

Throughout the *imAlone* program you will learn:

- how to apply the Six Pillars of Character<sup>SM</sup> as you stay “home alone”
- techniques for being safe and ways to respond to situations and emergencies when you are alone
- ways to organize and use your time wisely
- how to safely prepare nutritious snacks
- the importance of rules
- how to make good decisions
- ways to solve conflicts peacefully

## **imAlone Materials**

The *imAlone* materials consist of a Facilitator’s Guide for your workshop trainer, a Youth Workbook, a Parent Guide, an interactive CD and accompanying *imAlone* Kit. Questionnaires, games and scenarios support each workshop lesson and make it fun. The Youth Workbook contains your student copies of each lesson’s handouts, accompanying Family Assignments for you and your parents to complete together, the CD for you to use at home and snack and activity support materials.

## **4-H/ Army Partnership**

Army Child, Youth & School (CYS) Services and National 4-H Headquarters have partnered together to increase the quality of Army’s School-Age and Youth Programs. 4-H Programs on installations worldwide help Army youth develop the skills needed to be active, positive members of their communities. Learn more about Army CYS Services at [www.myarmyonesource.com/ChildYouthandSchoolServices](http://www.myarmyonesource.com/ChildYouthandSchoolServices) and about 4-H at [www.national4-hheadquarters.gov](http://www.national4-hheadquarters.gov).



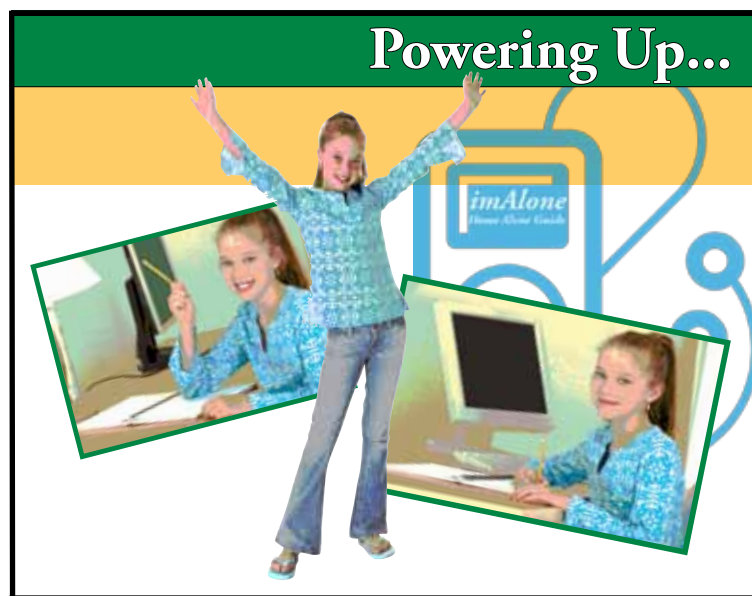
# Introduction

Some of your friends may already be staying by themselves while their parents are away and you want to do the same. It's important to share with your parents the ways you think you are ready for this new experience, and the *imAlone* program will help you. By participating in the *imAlone* workshops and completing all the Handouts and Family Assignments, you will learn skills needed to handle different situations and be safe while you are staying "home alone".

## Starting Up

As you start the *imAlone* workshop, take a few minutes to think about why you believe you are ready to stay "home alone". Completing the "Am I Ready To Stay Home Alone?" self-assessment will help you focus on some key responsibility and safety questions. Be sure to discuss your answers with your parents. And if you answer "Sometimes" or "No" to some of the questions, those are the areas you need to concentrate on as you go through the workshops. You'll have a chance to reassess yourself at the end of the lessons.

The *imAlone* lessons are divided into two sections - Powering Up and Online with your House.



# Introduction

## Powering Up includes three lessons:

- Docking Into Character - how "character" serves as a home base
- Know Your Operating System - family and friends and getting along
- Getting Charged - using your time and setting boundaries

## Online with your House includes four lessons:

- Backgrounds & Settings - safety at home and first aid
- Connect with Your Kitchen - snacks and safety in the kitchen
- SPAM Aware - how to safe in various situations
- Troubleshooting - what to do in emergencies

The Youth Workbook includes each lesson's Handouts for you to complete, usually during the workshop, and the Family Assignments for you to do at home with your parents. In addition, you will find a variety of snack ideas, some activity ideas with links to web sites and the interactive CD. This CD also includes the Handouts and Family Assignments plus online safety and netiquette information, e-scrapping and other activities and video clips showing how to prepare certain snacks.



## Self-Assessment

### Am I Ready to Stay Home Alone?

Please answer the questions below honestly and then discuss your answers with your parents.

	YES	Sometimes	NO
<b>How I feel:</b>			
I like to do things myself			
I sometimes get scared if I hear "funny" noises in the house			
I don't mind being home alone in the dark			
There is someone in my neighborhood who makes me afraid to be home alone			
<b>What I do to show I'm ready:</b>			
I come home on time			
I always let my parents know where I am			
I do my chores without being reminded			
I complete all of my homework by myself and hand it in each day			
I only watch television programs that my parents have approved			
I only use websites that my parents have approved.			

	YES	Sometimes	NO
<b>What I know:</b>			
I know how to lock and unlock the doors and windows			
I know how to make calls on the telephone and a cell phone			
I know how to call the local emergency number (911)			
I know my parents' phone numbers at work and their cell phone numbers			
I know how to use the appliances in the kitchen safely			
I know how to follow "rules"			
My friends visit only when my parents are home and I invite them.			



## Character Grid

Here are a few examples of good character that are linked to staying home alone. Can you think of other examples to add? As you complete each Lesson you may be reminded of other examples to add to the chart.

Pillar of Character	Home Alone Examples
<b>Trustworthiness</b> <ul style="list-style-type: none"> <li>Be honest</li> <li>Don't lie, cheat or steal</li> <li>Be reliable</li> <li>Do the right thing</li> <li>Be loyal</li> </ul>	<ul style="list-style-type: none"> <li>Talk with your parents before they leave and give them specific examples of how you have been trustworthy in the past and how you can be trusted now – locking the door immediately after they leave, not inviting friends over, and completing chores.</li> <li>If something gets broken or lost, tell your parents, don't try to hide it.</li> </ul> <p><i>Your list:</i></p>
<b>Respect</b> <ul style="list-style-type: none"> <li>Follow the Golden Rule</li> <li>Be tolerant of differences</li> <li>Use good manners, not bad language</li> <li>Be considerate of other's feelings</li> <li>Don't threaten, hit or hurt anyone</li> <li>Deal peacefully with anger, insults and disagreements</li> </ul>	<ul style="list-style-type: none"> <li>Don't get angry with your parents when they quiz you on the house rules for the third time. Understand that they love you and don't want anything to happen to you or your siblings.</li> <li>Don't be disrespectful of your siblings just because you are home alone. Respect their space and their property.</li> </ul> <p><i>Your list:</i></p>

CHARACTER COUNTS!<sup>SM</sup> and the Six Pillars of Character<sup>SM</sup> are service marks of the CHARACTER COUNTS!<sup>SM</sup> Coalition, a project of the Josephson Institute of Ethics, [www.charactercounts.org](http://www.charactercounts.org)

## Character Grid

Pillar of Character	Home Alone Examples
<b>Responsibility</b> <ul style="list-style-type: none"> <li>Do what you're supposed to do</li> <li>Keep on trying</li> <li>Use self-control</li> <li>Be self-disciplined</li> <li>Think before you act</li> <li>Be accountable for your choices</li> </ul>	<ul style="list-style-type: none"> <li>Review what you have learned in the <i>imAlone</i> program and the house rules your parents have talked with you about.</li> <li>Think about how you will handle specific situations if they arise and ask your parents if you can't figure out a good solution.</li> </ul> <p><i>Your list:</i></p>
<b>Fairness</b> <ul style="list-style-type: none"> <li>Follow the rules</li> <li>Take turns and share</li> <li>Be open-minded; listen to others</li> <li>Don't take advantage of others</li> <li>Don't blame others carelessly</li> </ul>	<ul style="list-style-type: none"> <li>Follow any rules your parents have set for you.</li> <li>Just because you have been left in charge doesn't mean you can take advantage of your brothers or sisters. If there are jobs to be done pitch in and help.</li> </ul> <p><i>Your list:</i></p>

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## Character Grid

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Pillar of Character	Home Alone Examples
<b>Caring</b> <ul style="list-style-type: none"> <li>Be kind</li> <li>Be compassionate and show you care</li> <li>Express gratitude</li> <li>Forgive others</li> <li>Help people in need</li> </ul>	<ul style="list-style-type: none"> <li>Thank your parents for believing you are capable of staying home alone.</li> <li>Don't bully, fight, or hit your siblings/</li> </ul> <p><i>Your list:</i></p>
<b>Citizenship</b> <ul style="list-style-type: none"> <li>Do your share</li> <li>Cooperate</li> <li>Stay informed</li> <li>Be a good neighbor</li> <li>Obey laws and rules</li> <li>Respect authority</li> <li>Protect the environment</li> </ul>	<ul style="list-style-type: none"> <li>If an adult is checking in on you at your parent's request respect their authority and be cooperative.</li> <li>Tell your friends about the <i>imAlone</i> workshop you attended and suggest they go too.</li> </ul> <p><i>Your list:</i></p>

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## You Decide

Selena is eleven. She really wants to stay home alone after school. You (her parent) told her she must first show you, by her actions, that she is ready for this big responsibility. Here are a few examples of what happened. In the past month Selena:

(A) Helped with the community bake sale by making posters.

*Which pillar does this refer to?*

(B) Didn't complete a big school project because she didn't understand the assignment and didn't want to ask for help. She got a failing grade.

*Which pillar does this refer to?*

(C) Wrote thank you notes to family and friends who gave her birthday presents.

*Which pillar does this refer to?*

(D) Threatened to quit the softball team because she thought she should play the entire game instead of following the half game rule the league has.

*Which pillar does this refer to?*

(E) Always used good manners.

*Which pillar does this refer to?*

(F) Never lied to her parents.

*Which pillar does this refer to?*

As her parent, do you think Selena is ready to stay home alone? Why or why not?

### Facilitator Note:

**Key to Character Grid:**

- (A) **Citizenship,**
- (B) **Responsibility,**
- (C) **Caring,**
- (D) **Fairness, (E) Respect,**
- (F) **Trustworthiness**



## My Family's Jobs

Dad's Jobs	Mom's Jobs	Siblings' Jobs	My Current Jobs	New Jobs I Can Do

## The Friends Worksheet



Three things that make someone a good friend: \_\_\_\_\_  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Three things that make me a good friend: \_\_\_\_\_  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

- Talk with your parents about having a friend come to your house to play or do homework. Always:
- Ask permission first.
  - Have only one friend over at a time.
  - Make sure that your friend's parents know that your parents will not be home.

**Friends who I can have over:**

Name	Number

**Friends who I can call:**

Name	Number

**Friends who I can text or email:**

Name	Number



### Handling Disagreements

Have a family discussion about how disagreements should be handled when parents are not home. Outline steps that need to be taken and post on a whiteboard or poster board so they can be visible when home alone.


#### Role Play 1 2-3 Characters

You and your brother (or sister) break a vase . . . as a result of fooling around in the living room. You both know that playing like that in the living room is against Family rules. Mom is on her way home from work.

#### Role Play 2 2 Characters

You and your sister arrive home from school. Both of you are supposed to do your homework. Your sister refuses to do hers and she even laughs and says, "You can't make me."

#### Role Play 3 2 Characters

Your younger brother is bored and can't think of anything to do. He complains about being bored and pesters you. You are getting very annoyed with him.

#### Role Play 4 2 Characters

Your sister runs into the room and grabs the remote control. Your favorite show is on and it's your turn to watch television.

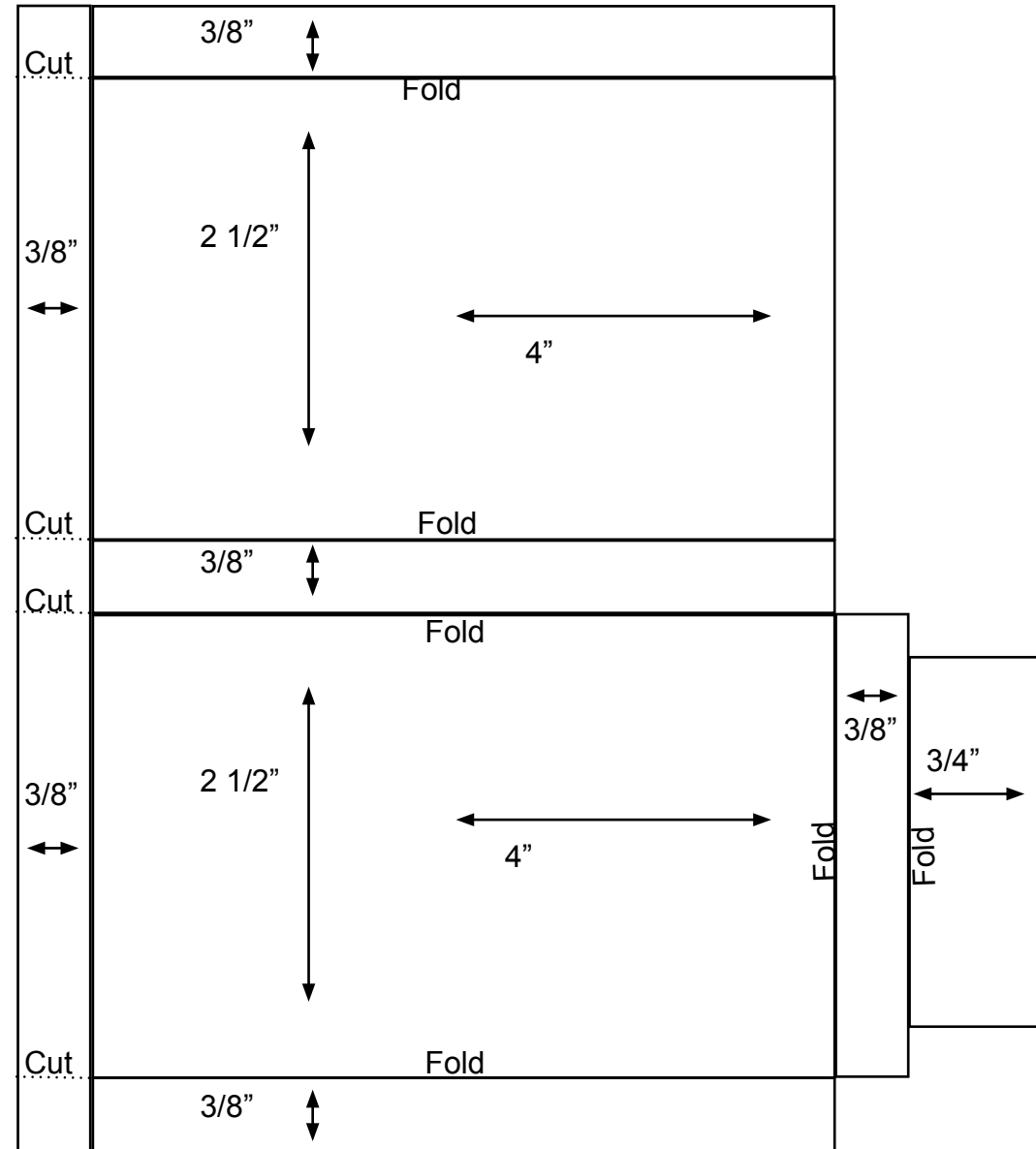
#### Role Play 5 2 Characters

You invite one friend over to do homework after school. Your friend invites another friend who invites another friend who invites someone else. Pretty soon there are a bunch of people knocking on the door wanting to come in.



### Selecting my *imAlone* Activities

Cut and create an MP3 Player Skin out of the pattern on Handout #5. Decorate and label your MP3 Player Skin. Then fill out the information below with things that you like to do which have been approved by your parents. Some ideas might be play an exercise video, go for a walk, call a friend, do a puzzle, play a game, dance to music, play a card game, read a book, make a greeting card, write a story, clean your room or set the table for dinner. Place the ideas on craft sticks to go inside your MP3 Player skin. When you are bored, choose a stick from the skin and get started. Try the activity for at least 10 minutes before selecting another activity idea.



### Directions for Making MP3 Skin

Materials: Heavy Paper - card stock or index cards  
Craft sticks 3/8" x 4" (Optional)

- Using the template above as a pattern cut the paper. Dimensions may be adjusted for larger MP3 skin.
- Decorate as desired.
- Fold on all lines indicated above.
- Overlap one 3/8" edge over the opposite 3/8" edge and glue.
- Cut 3/8" on each of the fold lines on the bottom side.
- Fold, overlap and glue to form bottom.
- Top 3/4" flap tucks into the body of the MP3 skin closing the skin.
- Optional - craft sticks can be glued to 3/8" side areas before folding to strengthen the skin.

Things that I like to do...	Chores that I have to do...

## RULES RULE

Rules are very important. They help us to make good decisions and keep us safe. Think of a good rule to follow when you are home alone.

My rule: \_\_\_\_\_

<p>Show (using pictures or words) what following this rule looks like at your house.</p>	<p>Show (using pictures or words) what would happen if this were not a rule at your house.</p>
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## RULES AT HOME

Responsibility comes from knowing the rules and making good choices. All Families have rules. The most important rules help to keep us safe. What are some rules in your home?

**Here are some ideas to talk about:**

Should I come straight home from school and call either a parent or emergency contact person?

Should I keep the door locked at all times?

What should I do if things don't look right when I get home?

What should I do if I forget or lose my key?

Is it okay to go outside?

May I have friends over? How long can they stay?

Is it okay to have my boyfriend/girlfriend over?

May I use the phone? Internet? Is there a time limit?

How much television watching is acceptable?

Is there anything I should be sure not to eat?

How much homework do I need to do?

May I play video games?



## RULES AT HOME

List below the rules you and your parents have agreed upon.


## HOUSE HUNT

### Do you know where these things are in your house?

**Fuse Box or Circuit Breaker Switch Box**  
Where is it?

\_\_\_\_\_

\_\_\_\_\_

**What does it do?** If the lights go out it may be a fuse. The fuse box is dangerous and should not be touched. The circuit breaker switch box may be switched on as long as the system is not being overloaded. Have your parents show you where the circuit breaker switch box is and how to turn a switch back on if it has gone off. Try turning off the TV, computer, stove or other items that may use lots of electricity. If it is still overloaded it will turn off again. Call an adult for help

**Water Main**  
Where is it?

\_\_\_\_\_

\_\_\_\_\_

**What does it do?** A water main is the principal pipe in a system of pipes for carrying water into the house. If something begins to overflow, turning off the water valve will get the water to stop flowing. Have your parent show you where the water main is and how to turn on and off the shut-off valve.

**Hot Water Heater**  
Where is it?

\_\_\_\_\_

\_\_\_\_\_

**What does it do?** A hot water heater is a gas or electric heating unit under a tank in which water is heated and stored.

**Thermostat and Furnace**  
Where are they?

\_\_\_\_\_

\_\_\_\_\_

**What do they do?** The thermostat regulates temperature in the house. The furnace heats the house.

**First Aid Kit**  
Where is it?

\_\_\_\_\_

\_\_\_\_\_

**What did you find inside?**

\_\_\_\_\_

\_\_\_\_\_

**Flashlight**  
Where is it?

\_\_\_\_\_

\_\_\_\_\_

**When would you need it?**

\_\_\_\_\_

\_\_\_\_\_

**Battery Powered Radio**  
Where is it?

\_\_\_\_\_

\_\_\_\_\_

**When would you need it?**

\_\_\_\_\_

\_\_\_\_\_

**Family Escape Plan**  
What is the family escape plan for your house?

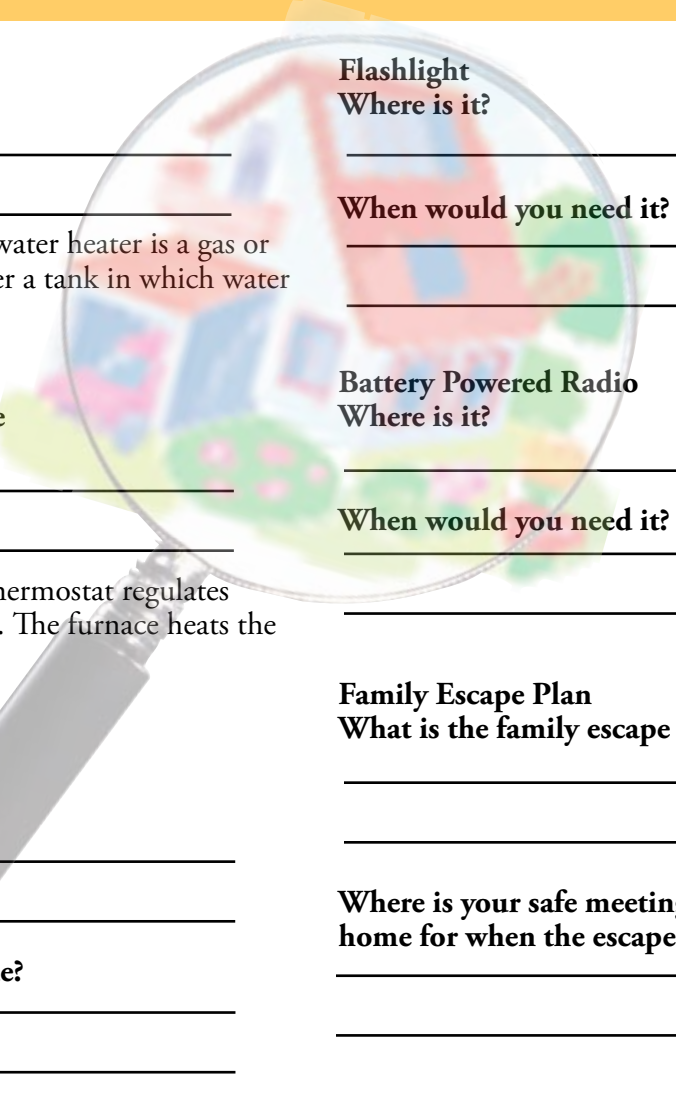
\_\_\_\_\_

\_\_\_\_\_

**Where is your safe meeting place outside of the home for when the escape plan is needed?**

\_\_\_\_\_

\_\_\_\_\_



# Online with your House . . .

## FAMILY ESCAPE PLAN



It is important to have a plan to leave the house in case there is an emergency. Draw a picture of your house as if you were looking in from the roof. Mark all the doors and windows. Using lines and arrows, draw an escape plan for you and your Family. Using a different color, draw a secondary escape plan in case the first would not work

In case of an emergency, our Family meeting place will be: \_\_\_\_\_

# Online with your House . . .

## EMERGENCY INFORMATION

Keep this information near your telephone in case of an emergency situation!

### My Information:

Full name \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Telephone number \_\_\_\_\_

Major intersection (Street name) \_\_\_\_\_

### The emergency Operator will W.A.N.T to know:

**W** - Why you called and What happened

**A** - your Address

**N** - your Name

**T** - your Telephone number

Don't hang up the telephone until the Operator gives you permission.

If you are unsure of how to handle a situation you should call your parents or a special neighbor.

Always let your parents know if you have had a small emergency when they get home!

(Throughout the lessons in the upcoming "Online with Your House" section, you will learn about small and big emergencies and personal safety.)

### Important Phone Numbers:

Police \_\_\_\_\_

Fire \_\_\_\_\_

Ambulance \_\_\_\_\_

Poison Control \_\_\_\_\_

Mother's work \_\_\_\_\_ cell: \_\_\_\_\_

Father's work \_\_\_\_\_ cell: \_\_\_\_\_

Contact Person \_\_\_\_\_

Contact Person \_\_\_\_\_



## Common Injuries You May Encounter when Home Alone



### Bleeding

Minor cuts: : Wash with warm water and soap if available, and cover with a clean bandage. Be sure to tell your parents/guardians when they come home.

**Nosebleed:** A nose may bleed from an injury to the nose or an object

in the nose. It may start without warning, especially during the winter months in dry, heated homes. To take care of a nosebleed:

Sit upright and lean forward. By remaining upright, you reduce blood pressure in the veins of your nose. This discourages further bleeding. Sitting forward will help you avoid swallowing blood, which can irritate your stomach.

Pinch your nose. Use your thumb and index finger and breathe through your mouth. Continue to pinch for five to 10 minutes. This maneuver sends pressure to the bleeding point on the nasal septum and often stops the flow of blood.

To prevent re-bleeding after bleeding has stopped, don't pick or blow your nose and don't bend down until several hours after the bleeding episode. Keep your head higher than the level of your heart.

Seek medical care immediately if:

- The bleeding lasts for more than 20 minutes
- The nosebleed follows an accident, a fall or an injury to your head, including a punch in the face that may have broken your nose.

**Severe bleeding is an emergency.** Call the on-post or off-post emergency number or 911. Apply direct pressure and a clean cloth/bandage to slow or stop the bleeding. If the bleeding soaks through the cloth/bandage, apply another cloth over the first (do not remove the first cloth). Raise the injured area above the rest of the body if you do not think there is a broken bone. This may help slow the bleeding down until help arrives.

## Common Injuries You May Encounter when Home Alone

### Burns

- Burn prevention includes never lighting a fireplace, woodstove or outdoor fire grill when home alone.
- Do not smoke.
- When cooking, keep pot handles turned toward the back of the stove and never leave a stove with burners turned or unattended.
- Use large amounts of cool water to cool the burn. Cover the burn with a clean, dry dressing.
- Call your parent, on-post or off-post emergency number or 911.
- Call for help immediately if
  - ... you have trouble breathing.
  - ... the burn involves more than one part of your body.
  - ... the burn involves the neck, head, hands, feet or genitals.
  - ... the burn is caused by chemicals, explosions or electricity

**Bruises and bumps:** A bruise occurs when there is damage to the soft tissue and blood vessels, causing bleeding under the skin. At first, the area may look red, and over time, it may turn dark red or purple on lighter skin. Wrap a few ice cubes in a clean cloth and apply it to the bruised area. You could also use a freezer pack or package of frozen vegetables wrapped in a small towel to apply to the area.



**Scrapes are the most common type of wound.** They are caused by skin being rubbed or scraped away. Dirt and other matter become ground into the wound. Clean the wound by gently patting with a warm, soapy cloth. Then pat with a wet cloth without soap. Pat dry and cover with a bandage.

# Online with your House . . .

## Common Injuries You May Encounter when Home Alone

**Puncture wounds** are caused by a pointed object such as a nail, piece of glass or knife piercing the skin or a bite from an animal or human being. Because puncture wounds do not usually bleed a lot, they can easily become infected. Clean a puncture wound with warm, soapy water. Rinse, pat it dry and cover with a sterile dressing. An object that remains embedded in a wound is called an impaled object. This is an emergency. Call the on-post or off-post emergency number or 911.

**Animal Bites:** Call the on-post or off-post emergency number or 911. Take note of how the animal is behaving: foaming at the mouth, snarling, etc. This can help determine if the animal is sick with rabies, a very serious illness.

**Sudden Illness:** If you suddenly become ill, try to stay comfortable. Symptoms could include raised temperature, abnormal color, abdominal tenderness, pain, vomiting, diarrhea, etc. Call your parent immediately for instructions.

**Other Injuries and Illnesses:** If there is any problem with an eye, such as something is lodged in it, or it is burned, or if a toxic substance such as bleach, shoe polish or detergent has gotten into the eye, do not rub it. Call the on-post or off-post emergency number or 911.

**Vomiting:** If you vomit, do not eat or drink anything for one hour. If you vomit again, call your parent and tell them if you have any abdominal pain. If you lie down, always lie on your side to prevent choking.  
Diarrhea: can occur due to something you ate, illness such as flu, or a variety of other reasons. If you are having abdominal pain, notify your parent. Wash your hands thoroughly with soap and warm water.

**Tooth loss:** If you lose a baby tooth, gently place pressure on the remaining space with a clean cloth until the bleeding stops. If it is an adult tooth, place the tooth in a neutral solution such as milk. Place sterile gauze in the space left by the tooth and bite down. Call your parent immediately.

**Mouth injuries:** If you are injured in the mouth from a fall, a ball, etc., check for loose teeth. They can cause breathing problems if they block the airway. Call your parent.

**Sprains and strains:** Rest the injury. Use a plastic bag of ice cubes, freezer pack, or bag of frozen vegetables wrapped in a towel to ice the area. Do this for ten minutes every two hours until your parent returns. Elevate the injury above the heart, if it doesn't cause additional pain.



# Online with your House . . .

## Common Injuries You May Encounter when Home Alone

**Breaks:** If you suspect a broken bone, move as little as possible. Signs of a broken bone may be the area is red and swollen or the bone is actually protruding. This is an emergency! Try to keep the injured bone free from any movement. Call the on-post or off-post emergency number or 911 immediately.

**Poisoning:** If suspect that you have been poisoned, look for any clues to identify the cause of poisoning. Immediately call 911. Staff will be able to recommend the best action to take.

An absorbed poison enters the body through the skin. These poisons come from plants such as poison ivy, poison sumac and poison oak, as well as fertilizers and pesticides used in lawn care. If this type of poison gets on the skin, wash thoroughly with warm soapy water and rinse.

Poisoning can also result from breathing toxic fumes. This is an emergency situation. Call 911.



# Online with your House . . .

Talk with your parents or role play various “what if” First Aid situations that might occur when you are home alone.

Discuss what you should do.

Possible Situation	What I Should Do

# Online with your House . . .

## What Do I Use This For?

	Kitchen Utensil	Proper Use	Safety Concerns
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

# Online with your House . . .

## HANDOUT #11 FAMILY ASSIGNMENT # 9



### Safe Cook Checklist

Are you a safe cook? How many of these things do you do in the kitchen?	YES	NO
I dry my hands well after washing to avoid slippery fingers and injuries from electrical shocks.		
I close cabinet doors and drawers after opening them.		
I wipe up spills on the floor and countertops right away.		
I place knives where they belong (butcher block or drawer) and not on the kitchen counter.		
When I use a knife, I cut away from my hands and not toward it.		
I wash a knife immediately after using it and put it away.		
I open pan lids away from my face to protect it from steam that can burn.		
I always use potholders when handling pots.		
I turn all pots and pan handles toward the middle of the stove so they won't tip over accidentally.		
I don't leave cooking utensils in a hot pot or pan.		

# Online with your House . . .

### MyPyramid Worksheet

Name: \_\_\_\_\_



Check how you did yesterday and set a goal to aim for tomorrow

Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1000 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast: _____ _____	<b>Grains</b> 	Make at least half your grains whole grains.	<b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)		____ ounce equivalents
Lunch: _____ _____	<b>Vegetables</b> 	Color your plate with all kinds of great tasting veggies.	<b>2½ cups</b> (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		____ cups
Snack: _____ _____	<b>Fruits</b> 	Make most choices fruit, not juice.	<b>1½ cups</b>		____ cups
Dinner: _____ _____	<b>Milk</b> 	Choose fat-free or lowfat most often.	<b>3 cups</b> (1 cup yogurt or 1½ ounces cheese = 1 cup milk)		____ cups
Physical activity: _____ _____	<b>Meat and Beans</b> 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	<b>5 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)		____ ounce equivalents
_____	<b>Physical Activity</b> 	Build more physical activity into your daily routine at home and school.	<b>At least 60 minutes</b> of moderate to vigorous activity a day or most days.		____ minutes

How did you do yesterday?  Great  So-So  Not So Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_

\* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.





## MyPyramid Worksheet

Name: \_\_\_\_\_



Check how you did yesterday and set a goal to aim for tomorrow

Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based On a 1800 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
<b>Breakfast:</b> 1/2 c. orange juice 1/2 c. oatmeal with 1/3 c. milk	<b>Grains</b> 	Make at least half your grains whole grains.	<b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)	1/2 cup oatmeal 2 slices of white bread 1 cup spaghetti	3.5 ounce equivalents
<b>Lunch:</b> Plain turkey on white 1/2 c. chips 1 medium apple	<b>Vegetables</b> 	Color your plate with all kinds of great tasting veggies.	<b>2 1/2 cups</b> (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).	1/2 cup spaghetti sauce	1/2 cups
<b>Snack:</b>  _____ _____	<b>Fruits</b> 	Make most choices fruit, not juice.	<b>1 1/2 cups</b>	1/2 cup orange juice 1 medium apple	1.5 cups
<b>Dinner:</b> 1 c. spaghetti 1/2 c. prepared spaghetti sauce - no. meat 1/2 c. ice cream	<b>Milk</b> 	Choose fat-free or lowfat most often.	<b>3 cups</b> (1 cup yogurt or 1 1/2 ounces cheese = 1 cup milk)	1/3 cup milk	1/3 cups
_____ _____ _____	<b>Meat and Beans</b> 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	<b>5 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)		_____ ounce equivalents
<b>Physical activity:</b> _____ _____	<b>Physical Activity</b> 	Build more physical activity into your daily routine at home and school.	At least <b>60 minutes</b> of moderate to vigorous activity a day or most days.		_____ minutes

How did you do yesterday?  Great  So-So  Not So Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_

\* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.



## What Should You Say...What Should You Do

### Situation One: Answering the Door

When you are home alone it is important to know what to do if someone comes to the door. Talk with your parents about whether they want you to answer the door at all. If you are going to answer the door, here are some good Guidelines to follow:

1. Keep the door closed and locked.
2. Look through a window or peephole to see who is there.
3. Talk to the visitor through the closed door.
4. Never tell a visitor you are home alone! If he/she asks for your parents, say, "They can't come to the door right now, can I take a message?"
5. If a visitor is selling something you can say you are not interested and say goodbye firmly.
6. A person delivering a package can leave it outside. If a signature is needed have the delivery person leave the company's name and number so that your parents can make different arrangements, or leave the package with a neighbor.
7. If the visitor asks to use the bathroom or telephone, tell him/her to try next door.
8. If the visitor tries to get in or will not leave you alone, call 911 or the local emergency number immediately.

### Situation 2: Answering the phone

The phone will ring many times when you are home alone. Sometimes it may be a friend or family member, other times it may be someone you don't know. Know your house rules. It may be the rule in your house not to answer the phone. If you do answer the telephone here are some good Guidelines to follow:

1. Say "hello" only
2. Never tell a caller you are home alone.
3. Don't tell a caller your name, telephone number or address.
4. If the caller asks for your parents say, "They are busy, may I take a message?"
5. Do not be lured into a conversation with the stranger. Do not chat.
6. If the caller says anything that makes you uncomfortable, hang up and call a safe adult.
7. If a stranger calls twice, hang up and call a safe adult.
8. My safe adult's phone number is \_\_\_\_\_.



# Online with your House . . .

## Safe Strategies

### Answering the DOOR at My House

It is important to know what to do when the doorbell rings. Talk it over with your parents. What are some important things you think you should remember when answering the door?


# Online with your House . . .

## Safe Strategies

### Answering the Phone at My House

What should you do when the phone rings?

My Safe Adult's Phone Number \_\_\_\_\_


# Online with your House . . .

# Online with your House . . .

## What Should You Do?

When an accident happens you need to take action. Different emergencies require different actions.

## What Should You Do?

Read each situation. Is it a big emergency? Should you call an emergency number? Check "Yes" or "No" and write what you should do. Then discuss your answers with your parents.

### Big Emergency

**Someone gets hurt badly:**

You need to get help as quickly as possible! Call an emergency number! While you are waiting for help:

- Unless you know what to do, **do not** give first aid; it could only hurt the person more.
- Do not move the hurt person.
- Make sure that the hurt person is warm, but not too hot. You may want to cover the person with a blanket.
- Call your parents or safe adult.
- Try to stay calm.

**Fire:**

- Get out of the house!
- Feel the doors before opening them. If one feels hot, find another way out!
- Don't hide; it will be hard for rescue workers to find you.
- If your clothing catches fire- **STOP, DROP, and ROLL**
- Go to a neighbor's house and call the fire department quickly!

### Small Emergency

**Nosebleed:**

- Squeeze your nose together; the pressure will help the bleeding to stop.
- A cold, wet cloth over your nose may help.
- After the bleeding has stopped, keep quiet and stay in a sitting position.
- If it does not stop after 20 minutes call parents or a contact person.

**Minor (Small) Cut/Bruise:**

- Use a clean cloth to apply pressure on a cut. This helps to control the bleeding.
- Clean the cut or bruise with soap and warm water.
- Apply ice to a bruise.
- Use a bandage to keep the area clean.
- Tell your parents when they get home.

**Minor (Small) Burn:**

- Hold burned area under cool running water.
- If the skin looks damaged (blisters) then hold it in a bowl of cool water. (Don't use ice.)
- Contact your parents or neighbor to let them know the situation.

**Storm and Loss of Electricity:**

- Close the windows and the doors to block out the rain and wind.
- Turn on the radio; the radio station will keep you updated on the storm.
- If the lights go out, have a flashlight ready.
- Stay Calm! You should be safe in your house. Remember, storms come and go very quickly and it will soon be over!

	YES	NO
1) While climbing a tree, you fall. You think that your arm may be broken. Your friend is with you.		
2) A friend is at your house and gets a nose-bleed.		
3) When taking a pizza out of the oven, you burn your fingers.		
4) You notice smoke coming out of the window of the house next-door.		

	YES	NO
5) While in the backyard you trip over a rock and bruise your knee.		
6) You are washing dishes when a plate slips and breaks on the floor. You cut your thumb trying to pick up the pieces.		
7) Your sister falls down the stairs. She won't wake up.		
8) There is a big storm and the electricity goes out.		
9) You are eating popcorn with a friend and he starts to choke.		

Adapted from Kids: Taking Charge

## Self-Assessment - Revisited

### Am I Ready to Stay Home Alone?

Now that you have finished the *imAlone* workshops, please answer the questions below again. Review with your parents how your answers have changed.

	YES	Sometimes	NO
<b>How I feel:</b>			
I like to do things myself			
I sometimes get scared if I hear "funny" noises in the house			
I don't mind being home alone in the dark			
There is someone in my neighborhood who makes me afraid to be home alone			
<b>What I do to show I'm ready:</b>			
I come home on time			
I always let my parents know where I am			
I do my chores without being reminded			
I complete all of my homework by myself and hand it in each day			
I only watch television programs that my parents have approved			
I only use websites that my parents have approved.			

	YES	Sometimes	NO
<b>What I know:</b>			
I know how to lock and unlock the doors and windows			
I know how to make calls on the telephone and a cell phone			
I know how to call the local emergency number (911)			
I know my parents' phone numbers at work and their cell phone numbers			
I know how to use the appliances in the kitchen safely			
I know how to follow "rules"			
My friends visit only when my parents are home and I invite them.			

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## Create a Pet Rock

Rock – Look for one with an unusual shape or one that is particularly smooth.  
Acrylic paint or colored markers

Directions:  
Add a face and any other detail you would like to add to your rock. Be sure to give it a name.

## Stress Ball

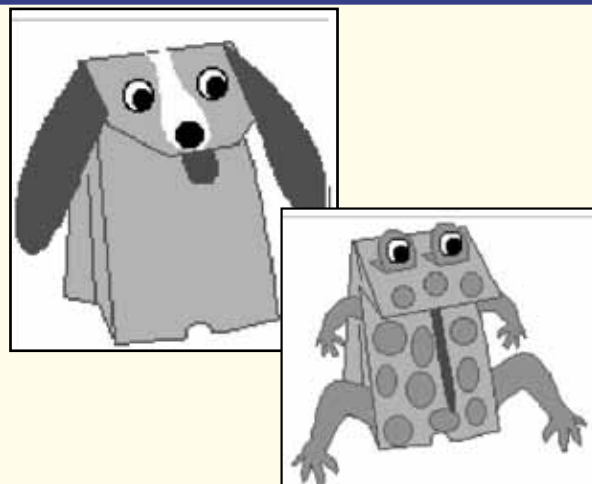
Supplies:  
Balloon  
Flour

Directions:  
1. Using a small funnel fill a balloon with flour  
2. Tie the balloon  
3. Start squeezing.

## Paper Bag Puppets

You need:

- Paper bags
- Scraps of construction paper
- Glue
- Scissors
- Markers or Crayons



*“Activity taken from Experience Operation: Military Kids - activity plans for kids to use before, during and after loved ones are deployed and used with permission U of MN Extension Center for 4-H and Community Youth Development.”*

*You can find more activities at these “kid friendly” websites. Check with your parents before visiting these sites or before printing specific activity pages.*

*DLTK’s Craft for Kids, [www.dltk-kids.com](http://www.dltk-kids.com)*

*Education Place, [www.eduplace.com](http://www.eduplace.com)*

*Enchanted Learning, [www.enchantedlearning.com](http://www.enchantedlearning.com)*

*Family Corner, [www.familycorner.com](http://www.familycorner.com)*

*KidZone, [www.kidzone.ws](http://www.kidzone.ws)*

*Experience Operation: Military Kids, [www.4-Hmilitarypartnerships.com](http://www.4-Hmilitarypartnerships.com)*

## How does your snack stack up?

The United States Department of Agriculture (USDA) encourages us to make healthy food choices. This includes eating a variety of foods. As you look at the ingredients in the following recipes, decide which food groups are represented. Write them on the line next to the recipe.

Food Groups:

- Grains
- Vegetables
- Fruits
- Milk (Yogurt, and Cheese)
- Meat (Poultry, Fish, Dry Beans, Eggs, Nuts)
- Fats (Oil, Sugar)

## Tuna Boats

You need:  
Can of tuna fish  
¼ cup mayonnaise  
1 tbs. relish  
Hot dog rolls  
Carrot or celery sticks  
Lettuce

Open the tuna and drain well. Mix the tuna, mayonnaise and relish together in a bowl. Hollow out the roll to make it into a boat. Fill the boat with the tuna. Decorate using the carrots or celery. Give the boat a sail using the lettuce.

## Ants on a Log

You need:

- Celery
- Cream cheese or Peanut butter
- Raisins

Remove the strands from the celery and stuff with cream cheese or peanut butter to create a “log”. Raisins become the ants. Add them to the top of the “log”.

Variations: Log: Apple, carrots

Spread: egg salad

Bugs: cereal, sunflower seeds, peanuts

## Crunchy Yogurt

You need:

- 8oz Yogurt
- Low fat granola or other whole grain cereal
- Fresh or frozen fruit
- Raisins
- Nuts
- Sunflower seeds

Stir any or all of the ingredients into the yogurt to make a healthy treat.

## No Bake Snacks

## No Bake Snacks

### Salad in a Bag

You need:

Lettuce  
Any other vegetable you like: tomatoes, carrots, celery, green pepper, Cucumber  
Shredded cheese  
Salad dressing  
Zip lock bag

Put the vegetables of your choice into a zip lock bag. Add the cheese and salad dressing. Close the bag and then shake it up. Eat the salad out of the bag with a fork.

### Rocket Salad

You need:

8 ounce container your favorite flavor of yogurt  
½ banana  
2 slices canned pineapple rings  
2 apple slices  
½ maraschino cherry  
Scoop the yogurt into a bowl.

Place the slices of pineapple on the yogurt to create a launch pad. Set the banana upright in the center of the pineapple slice for the rocket. Add two slices of apple on the sides of the banana for the rocket fins. Add ½ of a cherry to the end of the banana for the nose cone.

### Apple Salad

You need:

3 Apples  
2 tbs lemon juice  
1 stalk celery, sliced  
1 cup seedless grapes, halved  
½ cup golden raisins  
¼ cup chopped pecans  
½ cup light mayonnaise  
2 tsp granulated sugar

Slice the apples into thin pieces, or three pieces. Place them in a bowl and add lemon juice. Add celery, grapes, nuts and raisins to apples. Mix. In a small bowl, stir together the mayonnaise and sugar. Spoon onto salad and toss to coat.

### Bunny Salad

You need:

1 pear halves (canned or fresh)  
1 carrot sticks  
1/8 cup cottage cheese  
Lettuce

Cut 2 eyes and a nose from the small end of the carrot. Ears are cut from the fat end. Place the pear half, cut side down, on top of a lettuce leaf on the plate. Poke the carrots into the pear for eyes and nose. Use the cottage cheese to make a tail.

## No Bake Snacks

### Peanut-Raisin Graham Sandwiches

1 graham cracker  
Peanut butter  
Raisins

Break the graham cracker in half. Spread on half with the peanut butter and sprinkle with raisins. Put the remaining graham cracker half on top to make a sandwich.

### Fruit 'n Milk

You need:

Fruit: sliced bananas, peaches, or berries  
Milk  
Sugar

Pour milk over slices of your favorite fruit and sprinkle with sugar.

### Mix and Dip Pretzel Kabob

You need:

1 cup dried pineapple chunks  
1 banana cut in slices, then in fourths  
1 cup cubed cheese  
small bag of stick pretzels  
1/4 cup peanut butter

Stick a combination of pineapple, banana, and cheese on a pretzel. Dip in peanut butter.

### Goodies

You need:

½ cup Peanut butter  
½ cup honey  
½ cup instant cocoa  
1 cup toasted wheat germ  
1 cup peanuts  
½ cup sunflower seeds  
Coconut

Combine the ingredients in a bowl. Roll into 1-inch balls and roll in coconut. Refrigerate.

### No-Bake Cookies

You need:

¼ cup peanut butter  
¼ cup instant dry milk  
2 tablespoons sugar  
½ teaspoons vanilla extract  
2 tablespoons water  
¾ cup crushed dry cereal  
¼ cup raisins or chopped nuts

Place peanut butter, dry milk, and sugar in a bowl. Add vanilla and water. Blend well. Stir in the cereal and raisins or nuts. Shape into balls. Store cookies in the refrigerator.

## Frozen Treats

### Yogurt Popsicles

You need:  
1 carton plain yogurt  
1 (6oz) can concentrated unsweetened fruit juice (orange works well)  
Optional: a dash of vanilla or honey

Mix the ingredients together in a bowl. Pour the mixture into paper cups, which will act as molds. Freeze. For handles, use wooden sticks or spoons. Put these into the cups when the mixture is partially frozen.

### Fudgesicles

You need:  
1 package of regular chocolate pudding mix  
3 ½ cups of milk

Prepare the pudding according to the directions on the box. Pour into paper cups and freeze. Add wooded sticks or spoons for handles when the mixture is partially frozen.

### Chocolate Peanut Butter Cup Smoothie

You need:  
¾ cup low fat chocolate milk  
1 tablespoon creamy peanut butter  
1 Scoop low fat frozen vanilla yogurt

Use blender to blend together the chocolate milk, peanut butter, and scoop of frozen yogurt.

### Banana Milk Shake

You need:  
4 cups low fat milk  
2 Bananas  
1 tablespoon sugar  
2 teaspoons vanilla

Use the blender to blend together the milk, bananas, sugar and vanilla.

### Fruit Slush

¾ cup of frozen fruit: berries, bananas or peaches  
½ cup low fat milk or vanilla yogurt  
1-2 teaspoons sugar

Place the frozen fruit in the blender and allow it to partially thaw. Add the milk or yogurt and blend together. Sweeten using the sugar.

### Frozen Fruit Smoothies

You need:  
3-4 cups Frozen fruit: berries, banana, peaches  
¾ cup 100% pineapple juice  
¾ cup sweetened condensed milk  
½ teaspoon ground cinnamon

Place frozen fruit in blender jar and partially thaw. In a small bowl, mix together pineapple juice, milk, and cinnamon. Add mixture to the blender and slowly blend until smooth. Serve immediately.

### Orange Creamsicle

You need:  
1 cup orange juice  
4 scoops vanilla frozen yogurt

Pour the orange juice into the blender. Add the yogurt. Blend until creamy.

## Frozen Treats



## Microwave

### Hot Dog

You need:

- Hot Dog
- Bun

Place hot dog in bun. Wrap hot dog and bun in a paper towel or napkin.

Microwave on High (100%) power for 30 to 45 seconds. Carefully remove paper towel or napkin.

### Micro Pizzas

You need:

- 1 English muffin
- ¼ cup pizza sauce
- 6 to 8 slices pepperoni
- 1 tablespoon onions, green pepper, or your choice of vegetables (chopped)
- ½ cup shredded mozzarella cheese

Use a cutting board and carefully cut the english muffin in half. Place pieces on a microwave-safe plate. Spread pizza sauce on pieces. Top each piece with pepperoni, onions, green peppers, or other vegetables. Sprinkle cheese over toppings. Cover with wax paper. Microwave on High (100%) power for 15 seconds. If cheese is not melted, microwave for another 15 seconds or until melted.

### Peanut Butter Fudge

You need:

- 3 cups peanut butter chips
- 14 oz. can sweetened condensed milk
- ¼ cup margarine or butter

Place all ingredients in a large bowl. Microwave at Medium (50%) power for 3 to 5 minutes until the peanut butter chips are melted, stirring once or twice during cooking. Pour into well-greased 8" x 8" x 2" baking dish. Refrigerate until set.

## Even Better the Second Time

### French Toast Sticks

You need:

Leftover French Toast (make extra and freeze for this snack)  
Applesauce or fruit flavored yogurt

Heat the frozen French toast in the microwave. Then, cut it into strips. Dip it into the applesauce or fruit flavored yogurt.

### Last Night's Leftovers

You need:

Leftovers!

Portion leftovers into single-serve, microwave-safe containers. Reheat for snacks. (Use within two to three days or freeze.)

### Pancake Rolls

You need:

Leftover pancakes (make extra and freeze for this treat!)  
Peanut butter  
Honey or jelly

Heat the frozen pancakes in the microwave. Then spread with peanut butter, honey, or jelly. Roll them up and enjoy!









