

## **Spotlight on Health and Safety**

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Children and adults face challenging situations every day at home, at work, at school, online and in their communities. Discussing and teaching personal safety skills with children is important to their overall well-being, safety, and provides them with important life skills.

Examples of personal safety skills that are important for children to learn include: how to be and act aware, calm and confident, how to be prepared for different situations and activities, how to take charge, how to set boundaries, how to get help and how to protect oneself. It is also very important that children know how to call 9-1-1, know their address, phone number and their parents' names.

As adults, being mindful and present in our daily activities will reflect onto our children, at home, at school and in our communities. Whenever possible, use teachable moments to reinforce personal safety practices and above all, ensure children know how to get help if they need it.

When it comes to personal safety "an ounce of prevention is worth a pound of cure".