

Stop Bullying

BE KIND, STAND UP, SPEAK OUT

OCTOBER IS
*Bullying
Prevention Month*



The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit organization, dedicated to trauma prevention and mitigation through education and advocacy.

For more information visit:

www.atspa.org

BULLYING PREVENTION MONTH

October is Bullying Prevention Month and serves as a crucial reminder of our collective responsibility to create safe, supportive environments for everyone, regardless of age, background, or circumstance.

Use these tips to help make your community bully free:

Understanding the Impact - Bullying is more than just a playground scuffle. It can manifest in various forms - verbal, physical, social, or online. Victims of bullying may suffer from anxiety, depression, lowered self-esteem, and in extreme cases, even contemplate self-harm.

Online Safety - In today's digital age, the internet has become both necessary and potentially dangerous. Cyberbullying has emerged as a pervasive issue, making it crucial to educate young people about responsible online behavior. Encourage open communication about their online experiences and provide resources to help them stay safe and report any incidents of harassment.

Promoting Inclusivity - Celebrating diversity and embracing inclusivity is a cornerstone of bullying prevention. By recognizing and respecting each person's unique strengths, experiences, and perspectives, we create an environment where everyone feels valued and accepted. This sense of belonging acts as a powerful deterrent to bullying behavior.

Engaging Communities - Bullying prevention is a collective effort that requires the involvement of the entire community. Schools, parents, local organizations, and policymakers can work together to implement effective prevention strategies, provide resources, and create safe spaces for everyone.

Take Action - As we commemorate Bullying Prevention Month, let's reflect on how we can contribute to a world free from the grip of bullying. Engage in open conversations, support victims, and advocate for policies that prioritize kindness and respect. Together, we can create a society where empathy and compassion prevail.

Remember, change starts with us. Let's stand united against bullying and make the world a safer, kinder place for all.

Out of Harm's Way

The Trauma Prevention Publication

OCTOBER 2023 | Issue 115

TOP NEWS TOPICS

- National Bullying Prevention Month
- Options for Safe Travel to/from School
- National Fire Prevention Week
- Lock Up Your Meds

OPTIONS FOR SAFE TRAVEL TO/FROM SCHOOL

Transporting students to school is a critical responsibility that requires careful consideration of safety and efficiency. Parents, educators, and policymakers all share a common interest in ensuring that students arrive at school safely. This article explores various safe modes of transportation for students, emphasizing the importance of proactive measures and community involvement.

School Buses: The Gold Standard

School buses are widely regarded as the safest mode of transportation for students. They are built to rigorous safety standards, equipped with specialized features like reinforced sides and high-backed seats to protect passengers in case of an accident. Professional drivers receive specialized training, and buses are subject to regular maintenance checks.

Key advantages of school buses:

- Highly regulated and inspected for safety compliance.
- Equipped with safety features such as stop signs, flashing lights, and crossing arms.
- Monitored by trained drivers with a focus on student safety.

Walking and Biking

For students living within a reasonable distance from school, walking or biking can be an excellent option. However, this mode of transport necessitates careful planning and infrastructure.

Safety considerations for walking and biking:

- Well-maintained sidewalks and bike lanes separate from traffic.
- Clear signage and traffic calming measures in place.
- Safety education for students, including pedestrian and cyclist training.



Carpooling and Ridesharing

Carpooling and ridesharing programs can be an effective way to reduce the number of vehicles on the road, benefiting both the environment and traffic congestion around schools. However, it's crucial to establish clear guidelines and communication channels.

Recommendations for carpooling and ridesharing:

- Create a designated pickup and drop-off zone to minimize traffic disruptions.
- Ensure drivers and passengers adhere to safety regulations, including seat belt use.
- Communicate regularly with parents or guardians to coordinate schedules.



Public Transportation

In urban areas, public transportation offers a viable mode of getting students to school. This option encourages independence and can contribute to a reduction in traffic congestion around schools.

Ways to enhance safety on public transportation:

- Educate students about public transit safety, including etiquette and emergency procedures.
- Work with local transit authorities to establish safe and convenient routes to school.
- Provide student discounts or subsidies for public transportation passes.

Safe Routes to School Programs

Safe Routes to School (SRTS) programs aim to make walking and biking to school safer and more accessible. These initiatives involve a collaborative effort between schools, parents, local governments, and community organizations.

Components of SRTS programs:

- Conducting safety assessments of routes to identify and address hazards.
- Implementing infrastructure improvements, such as crosswalks, sidewalks, and bike lanes.
- Promoting educational programs on pedestrian and cyclist safety.

Ensuring the safety of students during their journey to and from school is a shared responsibility that involves parents, educators, communities, and policymakers. By prioritizing safe modes of transportation, such as school buses, walking, biking, carpooling, ridesharing, and public transportation, we can create an environment where students thrive both academically and physically.

NATIONAL FIRE PREVENTION WEEK

October isn't just about autumn leaves and Halloween costumes; it's also a time to focus on a matter of life and death - fire safety. National Fire Prevention Week serves as a critical reminder of our shared responsibility to protect lives, homes, and communities from the devastating effects of fires.

Fires can strike swiftly and without warning, leaving destruction in their wake. Whether at home, in the workplace, or in public spaces, having a solid understanding of fire prevention and safety measures is essential. This week-long observance empowers us to take proactive steps to safeguard our loved ones and property.

Here are just a few tips for preventing tragedy in your home:

Empowering Through Education - Education is the cornerstone of fire prevention. From teaching children the basics of fire safety to conducting fire drills in the workplace, knowledge is our most powerful tool. Take the time to review escape plans, practice fire drills, and ensure everyone knows how to operate fire extinguishers. Additionally, educate about the importance of smoke alarms and regularly checking them to ensure they're in working order.

Home Fire Safety Checks - Performing routine safety checks in our homes is a crucial part of fire prevention. Take a moment to inspect wiring, heating systems, and appliances for any signs of wear or potential hazards. Ensure that flammable materials are stored safely, away from potential sources of ignition. This small investment of time can make a monumental difference in protecting your home.

Kitchen Safety: A Key Focus - The kitchen is often considered the heart of the home, but it's also a hotspot for potential fire hazards. Unattended cooking remains a leading cause of residential fires. Be vigilant while cooking, and keep flammable items, like towels and paper, away from heat sources. Moreover, ensure that smoke alarms are installed near the kitchen area to provide early warning in case of an emergency.

Fire Safety in the Workplace - Ensuring fire safety in the workplace is equally critical. Employers should have clear evacuation plans, accessible fire extinguishers, and well-maintained fire alarm systems. Regular training sessions can empower employees to respond effectively in the event of a fire, potentially saving lives.

The Role of Smoke Alarms - Smoke alarms are the unsung heroes of fire prevention. These small devices can mean the difference between life and death in a fire emergency. Make sure your home is equipped with smoke alarms on every level, and test them monthly to confirm they're working properly. Replace batteries at least once a year, and replace the entire unit every ten years.

Encourage Community Engagement - Promote fire safety awareness in your community by hosting informational sessions/workshops, and/or participating in local fire prevention events. Sharing knowledge and resources helps create a safer environment for everyone.

Remember, fire safety is a shared responsibility. Let's work together to keep our homes and workplaces safe from the threat of fire.

OCTOBER 2023 OBSERVANCES

Monthly Observances:

- [National Domestic Violence Awareness Month](#)
- [National Bullying Prevention Month](#)

Weekly or Daily Observances:

- October 4 - [International Walk to School Day](#)
- October 8-14 - [National Fire Prevention Week](#)
- October 14 - [Home Fire Drill Day](#)
- October 15-21 - [Teen Driver Safety Week](#)
- October 16-20 - [School Bus Safety Week](#)
- October 31 - [Halloween](#)

Save the Date



Prepare



Prevent



Provide

2024 ATSPA Annual Conference

April 23 & 24

Lancaster Marriott at Penn Square
25 S. Queen Street
Lancaster, PA 17603

Keep an eye on our website and newsletter for more information!



THE IMPORTANCE OF SAFE MEDICATION STORAGE

In today's fast-paced world, medication is an essential part of many people's lives. Whether it's for managing chronic conditions, alleviating pain, or treating acute illnesses, medications play a crucial role in maintaining our health and well-being. However, with this reliance on pharmaceuticals comes a responsibility to ensure their safe storage and use. One effective measure to protect both individuals and communities is the practice of locking up medications. This article delves into the reasons behind this practice and provides valuable tips on how to implement it effectively.

The Importance of Locking Up Medications

- *Child Safety* - Children are naturally curious, and their exploratory nature can sometimes lead to accidental ingestion of medications. Locking up medications keeps them out of reach and reduces the likelihood of accidents.
- *Preventing Misuse* - Securing medications helps deter potential misuse by individuals with substance abuse issues. It creates an additional barrier that can discourage unauthorized access.
- *Protecting Vulnerable Populations* - Seniors, individuals with cognitive impairments, and those with mental health conditions may not always have the capacity to manage their medications. Locking up medications provides an extra layer of protection for these vulnerable groups.
- *Promoting Responsible Medication Management* - Locking up medications encourages individuals to take a more active role in managing their health. It prompts them to establish routines and stay organized, ultimately leading to better adherence to prescribed regimens.

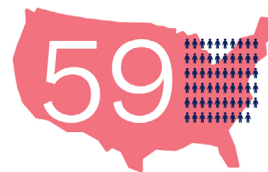
Implementing Medication Lock-Up Measures

- *Choose the Right Storage* - Invest in a lockable medication cabinet, box, or safe. Ensure it's large enough to accommodate all medications and secure enough to resist tampering.
- *Educate Household Members* - Make sure everyone in the household understands the importance of locking up medications. Explain the potential risks and the benefits of this practice.
- *Secure Access* - Limit access to the key or combination to responsible individuals only. This could be the primary caregiver or the person for whom the medications are intended.
- *Regularly Monitor and Review* - Periodically check the storage to ensure it remains secure. Evaluate whether any changes are needed, such as updating the lock or relocating the storage.

Locking up medications is a simple yet powerful way to protect the health and safety of individuals and communities. By implementing this practice, we not only prevent accidents and misuse but also promote responsible medication management. Together, we can create a safer environment for everyone who relies on these vital pharmaceuticals.



DRUGS OR
MEDICATIONS



children
under 5 years old
died in 2021
from drug poisonings

Safety Tips:



Keep medications safely stored in a locked cabinet or box and out of the reach of children.



Keep medicines in their original child-resistant containers and never in unsecured containers.



Call Poison Help (800-222-1222) immediately if a child swallows or is exposed to drugs or medication.



United States
Consumer Product Safety Commission



CPSC.gov
USCPSC



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