



GEORGIA
4-H



UNIVERSITY OF GEORGIA
EXTENSION



Lesson 2: Safety



**4-H
Military
Partnership**



(Refer to Instructor Guide pages 33-44)



Safety in the Home

As a babysitter, your
#1 priority is to keep
the children safe.



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Say: The most important thing to remember is that parents or guardians have hired you to keep their child/ren safe. That is their #1 priority. Handling the unexpected requires the ability to think and use good decision-making skills.

(Instructor Guide page 34)



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Remember!

Before the parents leave,
what questions can you
ask them to ensure their
child's safety?



Note: Facilitator can wait on this slide for the teens to answer the question before moving on to the information slide.

Important questions to ask the parents:

- How do the parents or guardians want you to contact them if something happens?
- Are there any emergency contacts the parents or guardians want you to know of?
- Is anyone coming by the house that you should know about?
- Make sure you know the address of the house you are staying at!



Say: For your safety and the safety of the children, you are in charge. So be sure to ask the guardian the following questions before they leave the house.

- How do the parents or guardians want you to contact them if something happens?
- Are there any emergency contacts the parents or guardians want you to know of?
- Is anyone coming by the house that you should know about?

Also, you should know the address of the house you are staying at in case you have to call 911.

(Instructor Guide pages 35-36)

Phone DO'S and DON'TS:

DO:

- Keep a list of important phone numbers.
- Ask the parent/guardian if they would like you to answer the phone if it rings.
- Be courteous when answering their phone.

DON'T:

- Don't make person calls on the family's home phone.
- When answering the phone, NEVER give personal information or tell the caller that the parents are not home.



Say: Once you find a baseline after speaking with the parents or guardians, you need to consider the things you should and should not do with your phone or the family's home phone.

(Instructor Guide page 35)

When using a cell phone...

01

Make a list!

Make a list of important phone numbers.

02

Ask the parents...

- If they are okay with you using your phone for certain apps or videos to show the children?
- If it is okay to take pictures and videos of the children?

03

Determine...

- How will you communicate with the parents?
- Ensure them that you will only contact them with important questions or concerns.



Say: To reiterate from before, be sure to record a list of important and relevant phone numbers in case anything happens. If you don't have a phone of your own, be sure to ask permission to use the home phone, if available or necessary. In addition, ask the parents about any apps, shows or videos that they would like the child/ren to watch or not watch when in your care.

(Instructor Guide page 35)

Answering the Door

DO:

- Always keep doors, windows, and cellar door locked.
- Turn off unnecessary lights.
- Always look who is at the door before opening.
- Call the police if an individual has left who is unwelcomed or stranger.

DONT:

- Don't let a service person/repairman in.
- Don't let a stranger in.
- Don't go outside if they are pranking the house or if suspicious activity is occurring.



Say: While it is important to monitor and regulate what you do on your phone or the family's home phone, you need to also create a plan for how to handle answering the door while at a family's house. Consider these do's and don'ts when dealing with this type of situation.

(Instructor Guide page 36)

Personal Safety



Say: with all of these things to take precaution with like phone usage and home safety, you also need to remember to consider your personal safety and responsibilities.

Topics to consider discussing:

- Sickness
- Parent/Guardian arriving later than expected
- Parent/Guardian arrives under the influence
- Dealing with an Emergency
- Injury to yourself
- Disclosing relevant information to parent/guardians
- Calling for help if uncomfortable in any situation

Note: refer to the instructor guide on page 37 for full coverage of this section.

(Instructor Guide page 37)

How can you be an attentive babysitter?



Say: Being a responsible babysitter can sometimes be very uncomfortable or frightening. It is important to discuss some of these matters ahead of time so that the parent and babysitters understand responsibilities.

As a babysitter, you should be clear with parents on the following:

- Call a parent/guardian first if you cannot find the child.
- Keep a close eye on the child at all times.
- If the child is lost and you think it is necessary, call the police and keep looking while keeping the other children safe.
- Check in on sleeping child/ren every 15 minutes
- Do not bathe children even if asked to do so by a parent/guardian. If asked to bathe older child/ren and if they feel comfortable doing it, they must never leave child/ren alone in bathtub.
- Do not do household chores other than cleaning up after yourself and the children.

Following this discussion, the students can make their own safety posters (refer to page 39).

(Instructor Guide page 38)

When children are supervised, they are much less likely to have accidents. How can you be a safety detective and eliminate problems before they arise? What hazards might you need to remove from play areas?



Say: Safety and risk prevention is another important thing to always remember when babysitting. Your goal is for the children to not get hurt, sick, or lost while in your care. Lets discuss ways we can eliminate problems or hazards before they present themselves.

Instructor Guide page 40)

Here is how to be a safety detective!

Hazards that you need to be aware of when supervising children:

- Matches, cigarettes, vaping liquids, lighters
- Pens, keys, knives, scissors, and other sharp objects
- Plastic bags, medicine, cleaning supplies
- Staircases, storage areas, cooking appliances, open windows
- Fireplaces, electric fans, stoves, hot liquids, plugs and outlets
- Unfriendly animals

Be aware of your surroundings - inside and outside!



Say: Here are some hazards you can prevent or supervise the children's exposure.

(Instructor Guide page 40)



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Fire Safety

How can you be prepared for a fire in the house you are working in?



Say: Another hazard that is important to be prepared for is fire. Fire can start and escalate in a short period of time, so every second counts and planning is a necessity. You can prevent fires through keeping matches and lighters out of reach from the children and keep the children away from stoves and heaters. Remember, the children are your top priority and should put all your focus in carrying out that job. Next, we will discuss an action plan you can use if ever in this situation.

(Instructor Guide page 41)

Plan ahead!

01

Plan 2 escape routes

02

Gather the children and get them out safely.

03

STAY LOW!

04

Check if the door handle is hot before opening it.



When you arrive to the house, you should consider 2 different escape routes. Next, if a fire dose start begin executing one of those escape routes, grabbing the children and staying low if there is smoke in the house. If opening a door, be sure to check the temperature of the handles so they don't burn anyone. Next...

(Instructor Guide page 41)

Plan ahead!



Say: you want to try and escape the house, avoiding collecting valuables or toys and remaining outside, calling for help. The most important thing you can do in all of this is to Stay calm because the children will look to them for reassurance.

(Instructor Guide page 41)

Scenario: Fire!



Say: Now that we have learned about safety and prevention, lets do an activity to put your knowledge to the test.

Role-play: Make groups for the teens. Give them roles: babysitter, child, parents. Give them the scenario of a fire in the house. Give them the locations of the fire and of their group in the house and a time of day. Have them discuss what they would do in this situation.

(Instructor Guide page 42-43)

Scenario:

An unexpected visitor
knocks on the door



Role-play : Make groups for the teens. Give them roles: babysitter, child, parents. Give them the scenario of an unexpected visitor knocks on the door. Have the groups act out their roles. Have them discuss what they would do in this situation.

(Instructor Guide page 42-43)

Scenario:

The guardian who is supposed to drive you home smells of alcohol



Role-play: Make groups for the teens. Give them roles: babysitter, child, and parent. Give them the scenario of a guardian who is supposed to drive you home and who has had too much to drink. Have them discuss what they would do in this situation.

Note: there are other scenarios you can add to the slide deck for role-play and discussions. Based on time you can add additional options.

(Instructor Guide page 42-43)



Share!

What is one thing you heard about safety that you didn't know before today?



Note: allow youth to share.



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Reference:

4-H/Army Child & Youth Services Instructor Babysitting Guide, Pages 33-44

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