



# Fire Prevention Week 2009

October 4th - October 10th

Websites: <http://www.sparky.org/> <http://nfpa.typepad.com/fpw08/>  
<http://www.nfpa.org/itemDetail.asp?categoryID=1438&itemID=34420&cookie%5Ftest=1>

- Make sure everyone in your house knows the escape plan & outside meeting place
- Practice **STOP, DROP, & ROLL** with children; have fire retardant blankets
- Test smoke alarms at least once a month
- Replace batteries at least once a year or sooner if chirping
- Carbon Monoxide (CO) alarms should be installed near each bedroom
- **DO NOT** run your vehicle in your garage or other fueled engines inside
- NEVER barbeque indoors
- Generators belong outdoors in well ventilated areas
- **DO NOT** take naps while cooking
- Keep small children & pets away from your cooking area
- Replace electrical appliances with cracks, breaks, or damages to the cord
- If burns are non-blistering and local, **REMOVE** all clothing or items from burn area and use COOL water for 3-5 minutes **DO NOT** use creams or Vaseline; <http://www.ameriburn.org/>
- For 3rd degree (blistering) burns, seek medical attention (i.e. call 911); apply clean cloth if possible
- Use large emergency flashlights instead of candles while sleeping
- Keep fire extinguishers on each floor
- **NEVER** touch a person who is in contact with a downed power line



## National Domestic Violence Awareness

[http://crapo.senate.gov/issues/teen\\_dating\\_violence.cfm](http://crapo.senate.gov/issues/teen_dating_violence.cfm)  
Nat'l Domestic Violence Hotline (800) 799-SAFE (7233)  
<http://www.ncadv.org/files/TEXAS.pdf>



Teen dating violence including: physical, emotional and sexual assault or harassment via texting, email or Instant Messaging is a cruel reality for many teens.

Around 62% of teens who have been in a relationship, say they know friends who have been verbally abused (called stupid, worthless, ugly, etc) by a boyfriend/girlfriend.

More than one in three 11-12 year olds (37%) say they have been in a boyfriend/girlfriend relationship.

Two in five (41%) teens who have been in a relationship know friends who have been called names, put down, or insulted via cell phone, IM, social networking sites (such as MySpace and Facebook), etc.

One in five 13-14 year olds in relationships (20%) say they know friends and peers who have been struck in anger (kicked, hit, slapped, or punched) by a boyfriend or girlfriend.

Only half of all teens (51%) claim to know the warning signs of a bad/hurtful relationship.

**Signs:** Unexplained bruises, scratches, injuries; controlling, mean; apologies for jealous or possessive behavior of boyfriend/girlfriend; sudden withdrawal from long time friends; change of personality; signs of drugs; loss of interest in school activities



## Red Ribbon Week

October 23, - 31, 2009

*"Talk About Prescriptions"*

[http://www.theantidrug.com/drug\\_info/prescription\\_drugs.asp](http://www.theantidrug.com/drug_info/prescription_drugs.asp)  
[http://www.drugfree.org/Portal/DrugIssue/Features/PrescriptionMedicine\\_Misuse](http://www.drugfree.org/Portal/DrugIssue/Features/PrescriptionMedicine_Misuse)

<http://www.drugfreeaz.com/handbook.html> -Drugs destroy dreams handbook

[http://www.drugfree.org/Intervention/HelpingOthers/AdultTeen/10\\_Points\\_for\\_Parents\\_to\\_Intervene](http://www.drugfree.org/Intervention/HelpingOthers/AdultTeen/10_Points_for_Parents_to_Intervene)

Kids as young as 12 are trying or using prescription drugs non-medically — to get high or for "self-medicating."

The most commonly used prescription drugs are: stimulants, pain relievers, sedatives, and tranquilizers.

Talk to your child about legal and illegal drug usage. Warn your child about the use and abuse of prescription drugs. (i.e. Pain killers contain Opioids which is a substance in heroin).

Keep medication out of the reach of children

Monitor your child's room and yours for possible places to hide drugs.

### Calendar Items

October 21-I Need a parent, Not a Friend 6pm @ CTE  
October 29-Bedrooms, Backpacks, & Beyond 630 pm @ Frisco HS

### Counselor Contact Information