

Chapter 26

Safety and Injury Prevention

1. Personal Safety and Protection
2. Safety at Home and in Your Community
3. Outdoor Safety
4. Safety on the Road

#OnedayIwokeup #Doppitup

Lesson 1 — Personal Safety and Protection

About half of all violent crime occurs within a mile of the victim's home. Stay aware of your surroundings, tell someone your plans, choose safe routes, and trust your instincts.

Cyberbullying now affects approximately **46% of teens** (updated from textbook's 2007 figure of 43%). Unlike in-person bullying, it can happen 24/7, spread to massive audiences rapidly, and the content can be permanent.

■ *Drug dealers actively use Snapchat, Instagram, and other platforms to sell counterfeit fentanyl-laced pills to teens. If you receive unsolicited messages about pills or drugs, report them to the platform and tell a trusted adult immediately.*

Lesson 2 — Safety at Home and in Your Community

The **accident chain** — unsafe situation + unsafe habit + unsafe action = accident — can be broken at any link. Essential fire safety: smoke alarms (change batteries annually; test monthly), carbon monoxide detectors (near sleeping areas), and an ABC-rated fire extinguisher. Know PASS: Pull, Aim, Squeeze, Sweep.

Fires	Keep stairways clear; never leave candles unattended; install smoke alarms on every floor
Electrical	Don't overload outlets; inspect cords; never use appliances near water
Falls	Non-slip mats; secure handrails; keep floors clear of clutter
Firearms	Store unloaded in a locked cabinet; ammunition locked separately; trigger lock

Poison Control: **1-800-222-1222** (24/7, free, confidential) — updated from CDC number in original textbook.

Lesson 3 — Outdoor Safety

The most important rule for all outdoor activities: plan ahead. Tell someone your plans, bring enough water, check weather, and apply SPF 30+ sunscreen (updated from textbook's SPF 15). Approximately **4,000 Americans** drown each year — know how to swim and never swim alone.

Lesson 4 — Safety on the Road

Motor vehicle crashes are the **leading cause of death for people ages 15–20**. Distracted driving — especially texting — is now the most dangerous common driving behavior. In 2024, **3,208 people** were killed in motor vehicle crashes involving distracted drivers.

Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's driving the length of a football field with your eyes closed. Put your phone in Do Not Disturb mode before starting the engine.

Chapter Vocabulary

Lesson 1

Personal safety	The steps you take to reduce your risk of becoming a victim of crime
Cyberbullying	The use of digital technology to harass, humiliate, threaten, or harm another person; can occur 24/7

Lesson 2

Accident chain	The predictable sequence of events (unsafe situation → unsafe habit → unsafe action) leading to an unintentional injury
OSHA	The Occupational Safety and Health Administration; the federal agency responsible for workplace safety standards

Lesson 3

Personal flotation device (PFD)	A life jacket or other approved device that keeps a person afloat; required equipment for boating
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Lesson 4

Graduated licensing	A staged system that increases driving privileges as new drivers build experience
Road rage	Responding to driving incidents with aggression or violence
Defensive driving	Driving with awareness of potential hazards and taking proactive action to avoid them