



## Shattered Lives – Students View and Participate in a Prom Night Crash

Students from Delbarton's SADD (Students Against Destructive Decisions) Group wanted to emphasize to their fellow students, that poor judgment and risk taking behaviors can lead to a tragic prom night crash.

On April 22, 2003 two days before their prom, a simulated car crash involving teens and alcohol was enacted in the bus loop of the school. The students wrote the script and engaged the assistance of the Morris Township Police and Fire Departments, Morris Minute Men, Atlantic Health Systems Trauma Service of Morristown Memorial Hospital and the counseling services of Helpful Friends of Morristown.

Juniors and seniors observed the crash scene, the rescue efforts, and the arrest of a driver charged with Driving Under the Influence. They then were given time to debrief and discuss their feelings concerning their observation of the crash scene.

AAA reports that for the 2000 prom/graduation season, 58 % of the traffic fatalities were alcohol related compared to 41% for the rest of the year. In



*PO Richard Ferrone of the Morris Township Police Department removes student actor Dan Berger from the Simulated Driving Under the Influence Crash Scene at Delbarton School.*

2001, there was an average of one alcohol related traffic fatality every 30 minutes, of those, 36% were between the ages of 15 and 20, below the legal drinking age.

Adults and adolescents need constant reminders that impaired driving can lead to tragic outcomes. This program engaged the students and teachers alike.

*The Morris Township Department and The Morris Minute Men work to extricate the crash victims at the simulated Driving Under the Influence Crash at Delbarton High School.*

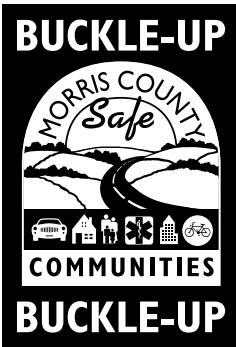


### Community Partners

- AAA New Jersey Automobile Club
- Au Pair In America
- Bernardsville Police Dept.
- Boonton Township Police Dept.
- Borough of Florham Park
- Cedar Knolls Fire Dept.
- Chatham Borough Police Dept.
- Chatham Township Police Dept.
- Colgate Palmolive Mennan
- Denville Police Dept.
- Dover Police Dept.
- East Hanover Police Dept.
- Florham Park Memorial First Aid Squad
- Gearheart Chevrolet
- HAMC
- Harding Township Police Dept.
- Hanover Township Police Dept.
- Jefferson Twp Police Dept.
- Joseph Kushner Hebrew Academy
- Kings Supermarkets
- Kuchta Designs
- Lincoln Park Police Dept.
- Madison Borough Police Dept.
- Mendham First Aid Rescue Squad
- Mine Hill Administration
- Montville Township Police Dept.
- Morris County Sheriff's Office
- Morris County Park Police
- Morris Rugby Corporation
- Morris Township Fire Department
- Morris Township Police Dept.
- Morristown Ambulance Squad
- Morristown Bureau of Police – Traffic Safety Unit
- Morristown Memorial Hospital

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**NORTHERN  
New Jersey  
SAFE  
KIDS  
Campaign**



# Morris County Safe Communities Jumps on the Ticket or Click Campaign

Morris County Safe Communities worked with area high schools to highlight seat belt awareness and kick off the "Ticket or Click It" Campaign. Police Officers from the area Police Departments met students as they entered the school parking lots and

observed if a seat belt was in use on the drivers and passengers in the vehicle. Those wearing a seat belt correctly were rewarded with a coffee tumbler.

Hopatcong Police Department used the "Ticket or Click It" Campaign to begin their summer season. Observation sites were set up throughout the Boro of Hopatcong. Restrained passengers and drivers were rewarded with a coffee mug;

while offenders were given a "Ticket or Click It" informational flyer.



*Pal. Glenn Gorden of Roxbury Police Department is rewarding senior Stephanie Grant of Roxbury High School with a coffee mug for wearing her seat belt.*

Participating Police Departments	Corresponding High Schools
Denville Police Department	Morris Knolls High School
Jefferson Police Department	Jefferson High School
Long Valley Police Department	Watchung High School
Randolph Police Department	Randolph High School
Rockaway Boro Police Department	Morris Hills High School
Roxbury Police Department	Roxbury High School

## National SAFE KIDS WEEK 2003 WRAP YOUR ARMS AROUND SAFETY

This year is the 15th anniversary of the National SAFE KIDS Campaign, the first and only national nonprofit organization dedicated solely to the prevention of unintentional childhood injury.



*Au Pairs from Cultural Au Pair Participate in a Caregiver class at Morristown Memorial Hospital.*

To mark this milestone SAFE KIDS and its founding sponsor Johnson & Johnson undertook a comprehensive study on child safety in America, *A Report to the Nation: Trends in Unintentional Childhood Injury Mortality, 1987-2000*.

The study unveiled many findings. The most startling trends

were seen in motor vehicle occupant injuries, airway obstruction and drowning. Specifically:

■ From 1987 to 2000 the motor vehicle occupant death rate among children ages 14 and under declined just 16 percent.

The death rate among children ages 5 to 9 declined even less; just 1 percent. Motor vehicle occupant injury remains the leading cause of injury-related death among children.

■ While the airway obstruction death rate decreased 24 percent for children 14 and under, there has been no progress for airway obstruction injury among infants under age 1.

■ The unintentional childhood drowning death rate declined 32 percent from 1987 to 2000. Despite this decline, drowning remains the second leading cause of unintentional injury-related death among children ages 14 and under.

Locally, the Northern NJ SAFE KIDS Coalition, held numerous events to highlight the findings in *A Report to the Nation: Trends in Unintentional Childhood Injury Mortality, 1987 – 2000 Report*.

Car Seat Check Stations were held in Chatham, Randolph, Caregiver Classes for Cultural Care Au Pair, and participation in the statewide conference Wrap Your Arms Around Health In Safety, held in Trenton on May 2, 2003.

For updates for local programming please check out [www.preventionworks-nj.org](http://www.preventionworks-nj.org).

# How Can I Help My Child Defeat the Heat?

**D**rinking enough of the right fluids is the best defense against heat illness because dehydration is the first warning sign of more serious heat-related conditions like heat exhaustion and heat stroke. Children should be sure to drink before, during and after activity and never wait until they feel thirsty to drink. If a child feels thirsty, their body is already dehydrated. The following fluid guidelines for children are recommended by leading health organizations:

**Pre Activity:** 12 ounces of fluid 30 minutes before activity begins

**During Activity:** Children under 90 pounds: 5 ounces every 20 minutes. Children over 90 pounds: 9 ounces every 20 minutes

**Post Activity:** Drink every 20 minutes during the first hour after activity to make up for fluid loss

**Easy tip:** A child's gulp equals 2 ounce of fluid so kids should drink at least ten gulps every 20 minutes during play

## WHAT OTHER STEPS CAN I TAKE TO SAFEGUARD MY YOUNG ATHLETE?

The increased levels of activity and sweating that come with sports, along with other factors, put child athletes at particular risk for heat illness. Some simple steps that make prevention possible:

- ▶ While attending sports camps, where numerous games take place throughout the day, make sure children get enough time to rest, drink fluids and take time in the shade.
- ▶ Make sure child athletes are dressed in light-colored, loose clothing.
- ▶ Be especially cautious during games like soccer and basketball that require almost constant movement.
- ▶ Send kids to games or practices with fluids in hand.

# DEFEAT THE HEAT

## WHAT ARE THE SIGNS OF DEHYDRATION AND HEAT ILLNESS?

Dehydration places children at risk for serious conditions like heat exhaustion and heat stroke.

Early signs of dehydration and heat illness include: Thirst, fatigue, nausea, irritability, dizziness, muscle cramping, general discomfort, weakness, decreased performance, heat sensations, vomiting



### PED/BIKE

*Association of Pedestrian and Bicycle Professionals*

Links to other pedestrian and bike advocates.

[www.apbp.org](http://www.apbp.org)

*Pedestrian/Bicycling Information Center*  
[www.bicyclinginfo.org](http://www.bicyclinginfo.org)

*National Center for Biking and Walking*  
The NCBW focuses on issues of public health, including physical activity promotion, chronic disease prevention and environmental health, as well as transportation, land use, public safety and injury prevention. The Web site offers subscriptions to the bi-weekly e-newsletter, *Centerlines*.

[www.bikefed.org](http://www.bikefed.org)  
[www.bikewalk.org](http://www.bikewalk.org)

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## Splash into Summer!

During these lazy days of summer be sure to make, keep water safety a focus of your coalition's activities. Drowning is the biggest summertime risk to children and the leading cause of unintentional injury-related death among children ages 1 to 4.

Residential swimming pools remain one of the biggest dangers to kids. More than half of childhood drownings occur in a child's home pool, and one-third occurs at the homes of friends or relatives. Drownings typically occur when a child is left unattended or during a brief lapse in supervision (such as answering a phone).

### Preventative Measures for Drownings

- **Supervision! Constant Supervision!**
- Use of Coast Guard Approved Personal Flotation Devices.
- Barrier devices such as four-sided isolation fencing can reduce the incidence of drowning among toddlers and young children.
- Door alarms, pool alarms and automatic pool covers, when used correctly, can add an extra level of protection.



## Partners

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Community Health Education  
Morristown Memorial Hospital  
MICU Training Center  
Morristown Memorial Hospital  
Surgical Critical Care, Trauma & Injury Prevention  
Morristown Neighborhood House Association  
New Jersey Highway Traffic Safety  
Parsippany Volunteer Ambulance  
Physical Therapy Services of  
Morristown Randolph Rescue Squad  
Randolph Cares  
Randolph Township Police Dept.  
Riverdale Women's Club  
Rockaway Township Health Dept.  
Rockaway Police Dept.  
Roxbury Township  
Roxbury Township Police Dept.  
St. Clare's Hospital  
Senior Contact  
Morristown Memorial Hospital  
The Junior League of Morristown  
Theresa G. Wright Promise Foundation  
The Timothy Healey Foundation  
Town of Morristown Dept. of Human Services  
Transoptions  
Twins 'N Triplets Mothers of Morris County  
Woodbridge Health Dept.

## Web Resources

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**Bicycle Helmet Safety Institute**  
Many resources related to bicycle helmets.  
[www.helmets.org](http://www.helmets.org)

**National Highway Traffic Safety Administration**  
This Web site has links to articles, research documents and in-depth information about pedestrian and bicycle safety programs throughout the nation.  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

**Safe Routes to School**  
An informational Web site about designing safe routes to schools. The site has information about traffic calming, written for the advocate rather than the engineer.  
[www.saferoutestoschool.org](http://www.saferoutestoschool.org)

**Walkable Communities, Inc.**  
A Web site with detailed traffic-calming information by Dan Burden, pedestrian safety expert.  
[www.walkablecommunities.org](http://www.walkablecommunities.org)

**Partnership for a Walkable America**  
A web site dedicated to schools planning for International Walk to School Day.  
[www.walktoschool.org](http://www.walktoschool.org)

### SPORTS

**American Academy of Orthopedic Surgeons**  
[www.aaos.org](http://www.aaos.org)

**American College of Sports Medicine**  
[www.acsm.org](http://www.acsm.org)

**Institute for Preventative Sports Medicine**  
[www.ipism.org](http://www.ipism.org)

### PLAYGROUND

**National Program for Playground Safety**  
[www.uni.edu/playground](http://www.uni.edu/playground)

### WATER

**National Association of Safe Boating Law Administrators**  
[www.nasbla.org](http://www.nasbla.org)

**National Safe Boating Counsel**  
[www.safeboatingcouncil.org](http://www.safeboatingcouncil.org)

### Project Director

**Carl P. Valenziano, MD**  
Director Surgical Critical Care,  
Trauma & Injury Prevention  
Morristown Memorial Hospital

### Project Coordinator/ Newsletter Coordinator

**Karen Jean Feury, RN, MS, CCRN**  
Injury Prevention Coordinator  
Morristown Memorial Hospital

### Education/Public Relations

**Michele Mount**  
Public Relations Manager  
AAA NJ Automobile Club

### Enforcement/Buckle Up Campaign

**Plt. Robert Curtis**  
Chatham Township Police Department

## Prevention Works

Morris County Safe Communities/Northern NJ SAFE KIDS  
Morristown Memorial Hospital  
Surgical Critical Care, Trauma & Injury Prevention  
100 Madison Ave.  
Morristown, NJ 07962

Prevention Works is the official newsletter of Morris County Safe Communities/Northern NJ SAFE KIDS.

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel free to contact

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