

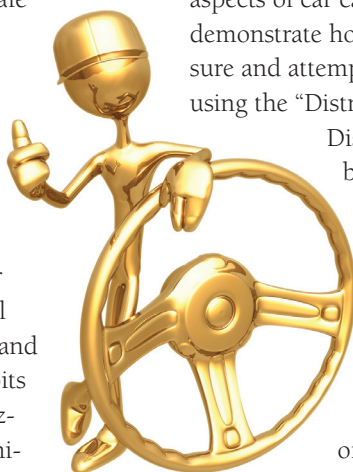


## Car Care Safety

**K**eeping your car running well is an important aspect of driving safety. With the support of State Farm, Northern NJ Safe Kids/Safe Communities has been bringing an interactive driving exhibit to area colleges.

Five aspects of car care safety are outlined in the program: Tire Pressure, Engine Air Filter, Battery, Engine Oil and Windshield Wipers and Windshield Fluid. Exhibits have been held at St. Elizabeth's College, Drew University and Warren County Community College this fall.

The College administrators have welcomed the program and the stu-



dents are surprised by the information and the "Car Care Kit" they receive. After a brief Discussion on the 5 aspects of car care safety, the students demonstrate how to check a tire's pressure and attempt to complete a puzzle using the "Distract a Match" game.

Discussions lead to driver behavior including, buckling up, and avoiding distractions, obeying the speed limits and no driving under the influence.

We thank State Farm for their support of this unique program. Without their support it would be difficult to bring this program to the college communities.

## Sports Safety: Dehydration Can Occur in Winter Sports

To keep kids in top shape for sports, it's important for them to stay hydrated by drinking plenty of fluids.

This is as important during participation winter sport as it is in the summer.

Dehydration occurs when a body loses more water than it takes in (such as through sweating). When kids don't drink enough water while playing sports, they could be at risk for dehydration, heat exhaustion or even heatstroke.

### Bring a Water Bottle and Take Regular Breaks

- Make sure athletes have a water bottle for every practice and game.
- Make sure athletes drink fluids (water is the best option) 30 minutes before the activity begins and every 15-20 minutes during activity.

### Drinking water after play is equally important.

- Establish mandatory water breaks throughout practices and games – don't wait for a child to tell you he or she is thirsty.
- Encourage children to stay well hydrated by drinking plenty of water before, during and after play.

### Drink Enough Water

- Encourage athletes to drink the right amount of water. The American Academy of Pediatrics (AAP) recommends:
  - 5 oz. for an 88-pound child every 20 minutes
  - 9 oz. for a 132-pound adolescent every 20 minutes
  - Kids will know if they're drinking enough water if their urine is clear or the color of lemonade.

## 2015 Hats off for Helmets

The contest is open!  
Win a season pass to Mountain Creek for the 2015 Season.

Create a ski/snowboard logo that will engage others to wear a helmet.



Contest open to students 6-8th grade and 9-12th grade.

Go to [preventionworks-nj.org](http://preventionworks-nj.org) or [mountaincreek.com](http://mountaincreek.com) for more information.



**Morristown  
Medical Center**  
ATLANTIC HEALTH SYSTEM

**SAFE  
KIDS**  
NORTHERN  
NEW JERSEY

# PEDESTRIAN SAFETY—Teens on the Move

## Safe Kids Worldwide 2014

### New Research

Of the many hazards parents of teenagers worry about—driving, drinking, later curfews, dating—one that likely doesn't create alarm is walking.

"Teens on the Move", a research report by Safe Kids Worldwide, with support from FedEx, surveyed more than 1,000 teens ages 13-18 about their walking behaviors.

40 percent of teens surveyed said they had been hit or nearly hit by a car, bike or motorcycle while walking.

Every hour of everyday a teen pedestrian is killed or injured in the US from being hit by a motor vehicle.

### Three Main Problems

Three hazards were identified as leading to this alarming trend.

1. Walking while distracted
2. Walking in the dark
3. Crossing midblock or running across the street

### Distraction

**Problem:** Half of teens surveyed say they cross the street while distracted by a mobile device.

**Tip:** Put down phones and headphones when crossing the street.

### Walking in the Dark

**Problem:** 73 percent of teen pedestrian deaths occur between 7pm and 7am, when it's dark out.

**Tip:** Be especially alert when it's dark out, and make sure you're visible to drivers.

### Crossing Midblock or Running Across the Street

**Problem:** Teens that had been hit or nearly hit more frequently also reported crossing midblock or running across the street.

**Tip:** Cross at a traffic signal or crosswalk, when possible. Make eye contact with drivers before crossing.

### Background

The study was developed to better understand why teens have the highest pedestrian death rates among children 19 and under. In fact, the death rate for teens ages 13-19 is nearly three times that of children 5-12 years old.

In 2012, 488 children ages 19 and under died after being hit by a car while walking. Of those, 284 were teens ages 13-19.

And while teens account for 38 percent of the population of children in the US, they make up 58 percent of pedestrian fatalities.

The new report expands on findings from a 2013 Safe Kids report that observed more than 34,000 middle and high school students crossing the street in a school zone. It discovered:

**1 in 5** high school students and  
**1 in 8** middle school students were observed crossing the street while distracted by technology.

**Of the students who were crossing the street while distracted:**

**39%** were typing on a cell phone  
**39%** were listening to headphones  
**20%** were talking on the phone  
**2%** were using another electronic device such as a tablet or game

Take the time to talk to your teen about the hazards surrounding distracted walking and take the time to be a good role model yourself. Avoid distractions and follow the rules of the road, obeying street signs and traffic signals and using crosswalks. Visit [safekids.org](http://safekids.org) for more information.

## Walk This Way! Wharton does it right!

The Wharton Police Department, the Marie Duffy School and Northern NJ Safe Kids/ Safe Communities teamed together with Marty's Reliable Cycle and Fed Ex to highlight pedestrian and bicycle safety in back to back programs in October. Wharton is a walking community with no bus service for their students so it is important to keep pedestrian and bicycle safety awareness high within the community.



The students, parents, school administrators and community business partners believe it is worthwhile.

We hope to keep the momentum with a similar campaign in the spring!

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

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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