

## Message from the Advocate



Carol A. Chafe

Summer is a great time to be outside, have fun and enjoy a wide range of activities. However, it is also a time for staying safe and preventing summer-related injuries. In this issue of our newsletter we focus on summer safety tips because despite our best efforts accidents can happen when we least expect them. Being prepared for common summer hazards will help ensure playtime is nothing but fun this summer!

Be sure to read about what our staff have been doing over the spring months in the “Out and About” section and put your summer safety knowledge to good use by completing our Summer Safety Crossword Puzzle.

**Have a safe and happy summer everyone!**

## Summer Safety Tips

Summer is a time for family road trips, outdoor fun in the sun and hopefully lots of great weather! Here are some simple reminders to prepare for safe summer days:

### Sun safety:

- ✓ Keep cool and hydrated and minimize your time in the sun between 11:00A.M. and 4:00P.M.
- ✓ Drink plenty of water and wear a hat and light-coloured clothing.
- ✓ Apply sunscreen with SPF 15 or greater. Apply it 15 to 30 minutes before sun exposure.  
(<http://healthycanadians.gc.ca>)

### Wear the right helmet:

- ✓ A safety bike helmet must be worn whenever a child is “riding on wheels.” i.e. bicycles, scooters, skates, rollerblades, skateboard etc.
- ✓ Make sure you are wearing the right type of helmet; for example, a bicycle helmet needs to be used for biking only.
- ✓ Look both ways before crossing the street.
- ✓ Obey all traffic signs and signals.  
([www.safekids.org/bike](http://www.safekids.org/bike))



### Water Safety:

- ✓ Swim with an adult or buddy.
- ✓ Only dive off the diving board.
- ✓ Swim where a lifeguard can see you.  
(<http://kidshealth.org>)



### ATV safety:

Laws governing ATV use are different in each province and territory. In Newfoundland and Labrador:

- ✓ A person must be age 16 to operate an adult sized ATV.
- ✓ A person aged 14 or 15 can operate an ATV, if accompanied and supervised by a person 19 years of age or older.
- ✓ A person under 14 years of age is not permitted to operate any size ATV.
- ✓ The legislation has always required operators to wear a helmet. If the ATV has no windshield, then the operator must wear a face shield, safety glasses or goggles.
- ✓ Only carry passengers on ATVs designed for a second person.  
([www.servicenl.gov.nl.ca](http://www.servicenl.gov.nl.ca))

Safety Services Newfoundland and Labrador has launched a 101 Safety Days of Summer campaign, a campaign dedicated to ensuring the people of our province enjoy an incident-free season. To learn more about this campaign and to read all the great summer safety tips visit:

<http://safetyservicesnl.ca/celebrate-101-safety-days-of-summer-make-safety-a-hot-topic/>

## Out and About

In May, the Advocate attended a consultation session sponsored by the Jimmy Pratt Foundation and organized with the participation of the Department of Child, Youth and Family Services and other key stakeholders. The Jimmy Pratt Foundation was formed to support research initiatives around youth at risk. The session focused on challenges faced when providing services to improve outcomes for children and youth in care. The purpose was to identify areas for research in order to seek evidence-based solutions that could be useful in Newfoundland and Labrador.

In June, an Individual Advocacy Specialist participated in a workshop called: "The Lifelong Impact of Adverse Experiences in the Early Years". The session was offered by Memorial University's Harris Centre and held at The Lantern in St. John's. It was led by Dr. Delores Doherty of Aspens and Oaks, Heather Modlin of Key Assets, and Dr. Martha Traverso-Yeppez of Memorial University's Faculty of Medicine. The workshop explored recent research in childhood adverse experiences and engaged participants in action-oriented discussion regarding strategies and policies needed to interrupt the cycle of adversity so that every child has a loving and nurturing environment in which to thrive.

June 1<sup>st</sup> is Camp Day at Tim Horton's Restaurants. Camp Day is the one day each year when every penny from coffee sales is donated to the Tim Horton Children's Foundation, helping to send more than 14,000 kids in Canada on the camping adventure of a lifetime, many of whom would not otherwise have the opportunity to go to camp.



From left: Jillian Freeman, Jacob Kimball and Amanda Mercer participating in Tim Horton's Camp Day

This year, three ACY staff members volunteered their time and thoroughly enjoyed assisting with fundraising activities.

## We Need Your Help!

To ensure we reach children and youth and the public, please contact us to add your name to our distribution list and we will send copies as requested.

Contact the Advocate for Children & Youth if you or someone you know is in need of help:

Phone: (709) 753-3888 • Toll Free: 1-877-753-3888  
TTY: (709) 753-4366 • Fax: (709) 753-3988 • Email: office@ocya.nl.ca  
WebSite: www.childandyouthadvocate.nl.ca

Or drop by and speak with someone in our office:

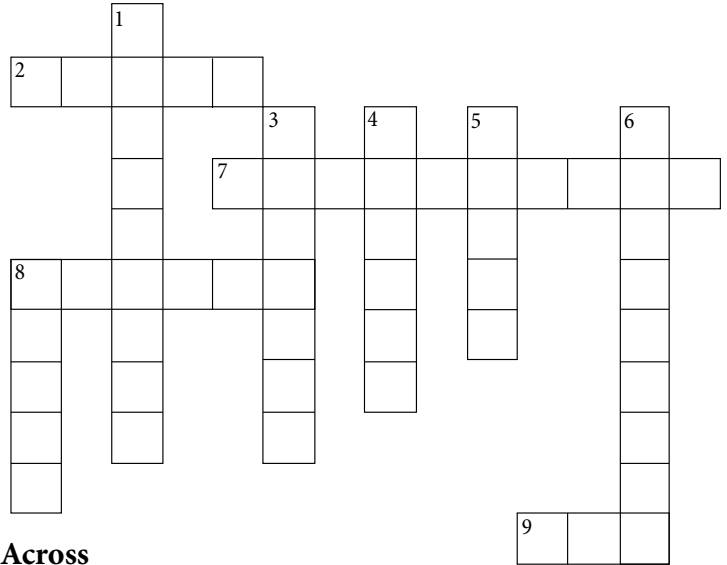
193 LeMarchant Road, St. John's, NL • A1C 2H5 • Mon-Fri 8:30 am - 4:30 pm



## The "Rights" Stuff

### Summer Safety Crossword

How much do you know about summer safety? Fill in the puzzle below using the clues provided.



#### Across

- Never go swimming unless an \_\_\_\_\_ you know is present.
- Put this on before you get in a boat
- Look both ways before crossing the \_\_\_\_.
- Always bring your fully stocked First Aid \_\_\_\_.

#### Down

- Apply this before you go outside to avoid sunburn
- A person must be at least \_\_\_\_\_ years old to operate an adult sized All-Terrain Vehicle (over 90cc).
- Wearing one of these when you ride your bike is important for avoiding injury.
- Drink plenty of this on a hot day to stay hydrated
- Use insect \_\_\_\_ to keep mosquitos from "bugging you."
- Before doing any outdoor activity, examine the area to make sure there are no \_\_\_\_ objects or anything else that can hurt you.

### Summer Safety

Summer is here! Children love the hot summer months, because they provide the perfect opportunity to spend lots of time outside. Whether it's swimming in the pool, hiking through the woods, taking long walks, or going for a bike ride, there is something for everyone.

Summer can be lots of fun and a great opportunity to play and rest; a right guaranteed to all children under the *United Nations Convention on the Rights of the Child* (Article 31). Of course, equally important are a child's right to be safe from harm or injury (Article 19) and that the best interest of the child is always considered (Article 3).

### Have a fun and safe summer.

Today was good. Today was fun. Tomorrow is another one. ~ Dr. Seuss

Summer Safety Crossword Answer Key: Across – 2. adult, 7. lifejacket, 8. Street, 9. kit, Down – 1. sunscreen, 3. sixteen, 4. helmet, 5. water, 6. repellent, 8. sharp.