

# e-SAVE SOURCE

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National Association  
of Students Against  
Violence Everywhere

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## Focus On: Summer Safety

### Officer Daisy's Do's & Don'ts for a Safe Summer

by Officer Daisy McCarroll, SAVE Advisor of the Year

As the end of the school year is approaching, kids are looking forward to packing up their pencils and notebooks and preparing for some summer fun. Kids love the summer because of all the time they get to spend outside. No matter how young or old, there is something for everyone to do, like swimming, hiking or going bike riding. I hope that everyone enjoys their summer break and stays safe. I'll go over a few summer safety tips.



Water activities can be a fun and a great way to cool off in the summer, but can also be dangerous. Parents need to make sure kids are constantly supervised around water. Safety rules should be enforced, like no running near the pool and no pushing others underwater. Kids should always wear a life jacket when riding in a boat.

Sunscreen is a must. Sunscreen should be applied liberally 30 minutes before going out in the sun, and reapplied every two hours. Look for shade whenever possible and avoid sun exposure during peak sun hours. Wear protective clothing, a wide brimmed hat, and sunglasses.

Playing in the hot summer sun means loss of fluids, so keeping well hydrated is very important. Remember to drink lots of fluids before going out, while out in the heat and afterwards. Look for shade and take breaks frequently. Seek medical attention immediately for any signs of heat related illness.

Beware of bad bugs. Insects have become more than an inconvenience now that some insects carry diseases. If you're planning to spend time outside, make sure you apply insect repellent. Repellents don't kill insects, but they help reduce bites from mosquitoes, ticks, fleas, and other bothersome bugs.

Enjoy the summer!

*Special thanks to Officer Daisy for writing outstanding articles as SAVE Advisor of the Year and for serving on our Board of Directors this past year. We look forward to hearing from the new SAVE Advisor of the Year, Sarah Dianich!*

"Safety is more important than convenience"  
- Don Hambridge

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## **SAVE Shining Star: Autumn Lee**

by Casey Cooke, Communications Intern

Our SAVE Shining Star for the month of May is Autumn Lee, a senior at Vicksburg High School in Vicksburg, MS. Advisor Tameka Henderson Johnson describes her as “always willing to help with projects and is very humble.” Autumn takes the values of SAVE very seriously, and uses her influence to help spread the message about the dangers of distracted driving and teen dating violence. She helped plan and set up for the Vicksburg High School Prom Safety Fun Day, held on March 30. Many organizations were in attendance such as members of the MDOT, Allstate, Warren County Sheriff’s Department and the Vicksburg Police Department.



In May, the Vicksburg High School SAVE chapter partnered with Allstate and other members of the community to set up exhibits promoting the message of National Youth Traffic Safety Month. Autumn’s chapter received a Teen Safe Driving mini-grant from the Allstate Foundation and is using these funds to go towards educating students about the dangers of distracted driving as well as bullying, conflict resolution and dating violence.

Do you have a SAVE member that shines above the rest? Would you like them to be recognized for their outstanding efforts? Please complete this brief form and share with us why the student should be recognized as a SAVE Shining Star by the National SAVE office. Students honored will receive a SAVE Shining Star Certificate, be publicly recognized for their efforts in the SAVE e-Source, on the SAVE Blog and in social media. We will also share their award with local media.

<http://nationalsave.org/save-shining-star/>

## **SAVE Question of the Month**

Please share the SAVE Question of the Month with your SAVE members. This is a place to ask questions and get responses from SAVE members across the country.

*“Since many schools are out for the summer, students will be on the Internet and social media more frequently. How can you protect yourself from a Cyberbully?”*

Please blog your responses to: <http://nationalsave.org/qom-june/?>

**Shop the SAVE Store:**  
<http://nationalsave.org/shop/>

**June Special!**  
**Tattoos:**  
**Buy 50 Get 5 Free!**  
**Item #117**



## **YABer Yak: Rose Le (MS)**

School is out, and the summer fun begins! However, with the extra leisure time, there comes more dangers. Teens are more likely to get sucked into gangs, dangerous adventures with their peers, and in the midst of the excitement, safety precautions are often forgotten. Summer is where SAVE extends a bigger hand into the community. SAVE chapters can organize events for the town to provide a fun and safe environment for youth families. SAVE chapters can also promote activities such as local soccer teams, day camps, fairs, or events and offer to do information sessions on bullying prevention and safety. By doing so, SAVE chapters will reiterate all the fun the community already has to offer and sway the children away from seeking it in other violence prone organizations and adventures.



Also, while families and friends are on the beach, camping, or touring on vacation, safety precautions such as having sun screen, bug repellent, or consistently making sure the whole group is still together can slip the mind in the middle of all the fun. A way to prevent this is to stress these necessities and what to do if something goes wrong, through fliers or simply by word of mouth. Get as many people as possible informed on boat, heat, pool, animal, and so much more safety and offer solutions such as a check list. Collectively, members of SAVE chapters will be taken seriously in their message and successfully keep summer fun and safe!

## **Social Media Safety**

SAVE recognizes that students are using social media now more than ever. With approximately 81% of teens ages 12-17 using social networks, it is important that SAVE members as well as the community know how to practice safe internet use and how to prevent cyber bullying. SAVE encourages members to follow a few tips on internet and social media safety:

- Never post personal information such as your cell phone number or home address.
- Never respond to mean or rude texts, messages, e-mails, or comments on social networks.
- Don't agree to meet an online friend without your guardian's permission.
- If you wouldn't say it to another person's face, don't text or post it online!



As SAVE members, not only is it important to practice safe internet use but it is also crucial that you are encouraging your peers to do the same. If you are witness or victim to cyber bullying, report it to a guardian, teacher, guidance counselor, or a trusted adult. In order to promote safe internet use and prevent cyber bullying, SAVE chapters can publish an Internet Safety Pledge for students to sign that includes tips on web surfing and email safety, have students write their state congressional representative and ask for their involvement in safer internet practices in the schools, or have several SAVE members write an article on Internet Safety for the school paper. For more information and ideas visit:

<http://nationalsave.org/chapter-tools/crime-prevention/internet-safety/>

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**SAVE Chapter Highlight:  
Garner Magnet High School (NC)**



It has been an exciting and productive year for Garner Magnet High School in Garner, NC. The SAVE chapter had a great start to the year with a Homecoming Parade focusing on spreading the SAVE Message. To celebrate National SAVE Day, an Anti-Bullying assembly was held to take a stand hand in hand against bullying. Throughout the year SAVE members were very busy sharing the SAVE message by providing materials to their peers through lunch table and poster presentations. The chapter also presented a workshop on Anti-Bullying at the National SAVE Summit which was held on March 12. Twice a year Garner High School held an Anti-Texting event that targeted freshmen and sophomores. In addition to this event, SAVE members gave out thumb bands to students reminding them not to text and drive. Students also signed a pledge, making a promise not to text and drive. During prom week a Distracted Driving Seminar and Mock Crash was also held for juniors and seniors. This year the high school partnered with the Garner Police Department, Fire Department and EMS to present information to students about the dangers and possible end results of distracted driving. Allstate agent Nicholas Petrakis attended their event, which was a huge success.

The end of the year brought on a celebration for the Garner Magnet SAVE Club recognizing their many successes. An immense thank you to their SAVE Advisor, Vickie Szarek for her nine years devoted to making her SAVE chapter such a success. Vickie is retiring this year and will be missed greatly by her students and the SAVE family. Vickie has had a tremendous impact on her SAVE Chapter at Garner Magnet High and we wish her a well!

**Congratulations to the  
Class of 2016!  
Have a safe and  
enjoyable summer.**

Nationwide, 15% of students had been electronically bullied, including being bullied through e-mail, chat rooms, instant messaging, websites, or texting, during the 12 months before the survey. - CDC, 2014

#SAVESOCIALMEDIA

Students Against Violence Everywhere  
**SAVE**  
www.nationalsave.org

**Upcoming Events  
More info: [nationalsave.org/events](http://nationalsave.org/events)**

<b>June</b>	<b>Focus: Summer Safety</b>
1-30	National Safety Month
1	National Say Something Nice Day
<b>July</b>	<b>Focus: Gangs</b>
28-31	Youth Advisory Board Leadership Institute
<b>Aug</b>	<b>Focus: Back to School Safety</b>
2	National Night Out
12	International Youth Day
14	Nino Sustache Memorial Golf Outing
<b>Sept</b>	<b>Focus: Back to School Safety</b>
5-11	National Suicide Prevention Week
11	National Day of Service
21	International Day of Peace