

## **Safety is *No Accident.* *Live Injury Free: In Your Community***

You can protect yourself, your family and community by taking action, both big and small, to prevent injury. Below are just a few examples. During National Public Health Week, and every week, raise awareness of safety and injury prevention within your family and community. You can help make your community a safer and healthier place to live.

### **Start small...**

- Join your Neighborhood Watch program.
- Work with school leaders to implement school violence and bullying programs.
- Keep weapons in a locked and safe place, away from children.
- Model respectful communication in your interactions with children, family members and in the community.
- Be a caring adult in the life of a young person.
- Call the police or local child protective services if you suspect an older adult has been abused or a child neglected.

### **Think big...**

- Work with community leaders to establish a community safety task force.
- Work with local authorities to initiate violence intervention and prevention efforts.
- Develop a suicide prevention program that encourages community members to inquire and respond to potential suicide situations.
- Work with local officials to ensure access to services for youth and families living in communities most impacted by violence.
- Participate in programs that improve parent-child relationships and provide parents with social support.
- Write a letter to the editor of your local paper that stresses the importance of safety and injury prevention during NPHW and beyond.

### **For more information:**

- [Ohio Violence and Injury Prevention Program](http://www.healthyohioprogram.org/vipp/injury.aspx) (<http://www.healthyohioprogram.org/vipp/injury.aspx>)
- [National Public Health Week 2011](http://www.nphw.org/) (<http://www.nphw.org/>)

- Information adapted from the American Public Health Association Web site