



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Teens need to know that following some basics rules about water safety can save their lives, and the lives of kids they may be watching over. These activities will help your students understand why water safety rules are so important.

Related KidsHealth Links

Articles for Teens:

Water Safety

TeensHealth.org/en/teens/water-safety.html

Safety Tips: Swimming and Diving

TeensHealth.org/en/teens/safety-swimming.html

Swimmer's Ear (External Otitis)

TeensHealth.org/en/teens/swimmers-ear.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Pool, pond, lake, or ocean, what are the top three rules of water safety?
2. Have you ever felt unsafe in the water? Describe the situation.
3. Name some precautions people can take to reduce the risk of drowning?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Water Safety Factfinding

Objectives:

Students will:

- Learn about risks and consequences related to water safety rules

Materials:

- Computer with Internet access
- Word processing software or paper and pen or pencil

Class Time:

- 1 hour

Activity:

Read through the TeensHealth.org articles related to swimming and water safety, then choose one water safety rule to research. Use the Internet to find information, data, and statistics on incidents in which people did not follow the safety rule you chose. Write a brief report summarizing your findings and showing why the water safety rule is important.

Extensions:

1. Write a brief report on rip currents, and illustrate how they flow and how swimmers should deal with them.
2. [Note to instructor: If you have any students who don't know how to swim, write a brief resource list with phone numbers or web sites of local places where swimming lessons are taught, such as recreation centers, school district pools, or swim clubs. Post the list on a hallway bulletin board or share it on social media.]



Rules for Pools

Objectives:

Students will:

- Design a pamphlet with pool safety rules

Materials:

- Computer with Internet access, online brochure template, laminating machine
- 8 1/2-by-11-inch paper, pens or markers

Class Time:

- 1 hour

Activity:

After reading the TeensHealth.org articles related to pool safety, use an online brochure template and create an informational pamphlet for your school pool or local swim club. Make sure the cover has a catchy title and colorful imagery, and list everything kids and teens need to remember when they're in or near pools. When you're done, laminate the pamphlet so it's water-resistant.

Extension:

Bring the class pamphlets, or multiple copies of the best pamphlets, to the school or community pool as safety reminders for swimmers. If boating is available in your community, create boating safety pamphlets with the students' names and your school name, and distribute them to local marinas or boating businesses.

Reproducible Materials

Quiz: Water Safety

KidsHealth.org/classroom/9to12/personal/safety/water_safety_quiz.pdf

Answer Key: Water Safety

KidsHealth.org/classroom/9to12/personal/safety/water_safety_quiz_answers.pdf



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: People should always check the depth of the water before diving in.
2. If you don't see a lifeguard on the beach, you should:
 - a. only swim in shallow water
 - b. ask someone where you can apply for the lifeguard job
 - c. not go in the water
 - d. only swim with experienced swimmers
3. You should wear a lifejacket:
 - a. any time it's raining
 - b. only if it matches your lifepants and lifeshoes
 - c. only if you're a beginning swimmer
 - d. any time you go in a boat
4. True or false: You should always swim with another person even if you're a good swimmer.
5. True or false: More people die in boating accidents than in airplane or train crashes each year.
6. True or false: If you're watching young children near or in the water, it's OK to leave them alone if it's only for a few minutes.
7. True or false: If you're caught in a rip current, you should swim toward the shore.
- 8., 9., 10.
List three water safety rules that you'll remember to follow the next time you're near or in the water:



Quiz Answer Key

1. True or false: People should always check the depth of the water before diving in.
2. If you don't see a lifeguard on the beach, you should:
 - a. only swim in shallow water
 - b. ask someone where you can apply for the lifeguard job
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4. True or false: You should always swim with another person even if you're a good swimmer.
5. True or false: More people die in boating accidents than in airplane or train crashes each year.
6. True or false: If you're watching young children near or in the water, it's OK to leave them alone if it's only for a few minutes.
7. True or false: If you're caught in a rip current, you should swim toward the shore.
- 8., 9., 10.
List three water safety rules that you'll remember to follow the next time you're near or in the water:
(Any five safety rules from TeensHealth.org/en/teens/water-safety.html or TeensHealth.org/en/teens/safety-swimming.html)