



Get Up & Move!

Community Activity

Series 3: May

Community Safety Activities

There are a number of activities you can do this month that involve your community. Here are some ideas.

- ✿ Call your local park district or police station to find out if they offer a class for youth about safety. Many police departments have a public safety division that gives safety presentations on pedestrian safety, bicycle safety, and water safety. Attend one of these safety presentations or ask if you can be a part of it somehow.



- ✿ Does your local park department help to keep area bike paths looking nice? See if you can help to clean up the bike path by removing trash and other debris. This is a great service activity that will keep your community's bike paths looking clean.
- ✿ Learning to swim can help you to be safe in the water. Enroll in swimming lessons at your local pool. You can learn how to swim underwater, swim on top of the water, float, and dive safely.
- ✿ Take a safety course. Agencies like the American Red Cross offer classes to youth in first aid, CPR, aquatics, and water safety classes. You can learn to be safe and to help others to stay safe!

