

**Injury and Violence Prevention Strategies by Developmental Stage
(Infancy through Adolescence) and Ecological Context**
Children's Safety Network (CSN) National Injury and Violence Prevention Resource Center
National Child Death Review Resource Center

Ecological Context	Infant (age <1)	Toddler & Preschool Years (ages 1-4)	Childhood (ages 5-9)	Tween (10-14)	Adolescence (ages 15-19)
Individual		<ul style="list-style-type: none"> Participate in fire safety education programs (i.e. I Spot Something Hot) Tell a parent or an adult if touched inappropriately by another person (across all ages) 	<ul style="list-style-type: none"> Learn fire safety (i.e. stop, drop & role) Learn respect for others and self 	<ul style="list-style-type: none"> Stranger Danger Awareness On-line Safety awareness Learn not to bully others & be a good bystander 	<ul style="list-style-type: none"> Learn CPR Mentor younger kids Negotiate safe driving agreements with parents Take a safe baby-sitting class.
		<ul style="list-style-type: none"> Learn pedestrian safety - Hold hand when crossing street, look both ways, don't play behind cars Use child restraints (i.e., safety seats & booster seats) Learn what to do in an emergency (911, get parent, follow instructions from teachers/parents) 	<ul style="list-style-type: none"> Use seat belts Wear properly fitted safety gear (i.e., motorcycle helmets, bicycle helmets, ATV helmets, gloves, leather, boots, etc.) Participate in alcohol and other illegal drug education. 		
		<ul style="list-style-type: none"> Wear appropriate, properly fitted exercise and sports gear including Use properly fitted bicycle helmets Use Personal Floatation Devices when boating Bullying prevention – learn respect for others 			
Family	<ul style="list-style-type: none"> Prevent Choking (i.e.no toy or items small enough to fit through toilet paper tube) Water safety (i.e., supervise bathing, Ensure safe sleep (i.e., safe cribs, back to sleep, separate sleep environment) Do not shake babies Parenting classes Learn infant CPR 	<ul style="list-style-type: none"> Teach safe pedestrian safety – hold hand when crossing street, look both ways, not to play behind cars) Teach what to do in an emergency (911, get parent, follow instructions from teachers/parents) 	<ul style="list-style-type: none"> Use booster seats Provide safe routes to school 	<ul style="list-style-type: none"> Mandate seat belts use Monitor computer use 	<ul style="list-style-type: none"> Support home-school partnership programs to promote parental involvement Enforce zero tolerance alcohol policies Support graduated drivers licensing programs with parent support provisions Implement GDL laws in your community

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Family (con't)	<ul style="list-style-type: none"> • Use approved, correctly installed child restraints (i.e., safety seats & booster seats) • Provide a safe home environment (lower water temperatures, remove poisonous plants, install smoke and CO alarms, padded furniture corners, cabinet locks, decrease fall hazards; use window guards, remove access to firearms, fire safe clothing, poisons/prescriptions/alcohol) • Become familiar with the CPSC Playground Safety Guidelines (should go across to all ages) • Develop and practice fire safety and disaster plans (across all ages) • Do not leave children in cars alone 		<ul style="list-style-type: none"> • 		<ul style="list-style-type: none"> • Learn about Graduated Driver's Licensing and how to implement it.
	<ul style="list-style-type: none"> • Create safe home & community play areas that are age appropriate. • Educate for dog bite prevention – do not approach unknown dogs. • Train children to dial 9-1-1 in an emergency and know what to tell the operator. 			<ul style="list-style-type: none"> • Learn about signs of suicidal ideation and where to get help. • Provide information about teen dating violence prevention • Teach dangers of prescription medications and keep out of reach 	
			<ul style="list-style-type: none"> • Provide and use properly fitting safety gear (i.e. helmets, knee pads, wrist and shin guards, etc.) • Be involved with the school in creating a safe school environment • Maintain oversight of computer use to reduce cyber-bullying and other forms of harassment • Advocate for training on cyber bullying and its prevention • Know the signs of concussion and who to contact for assessment • Limit exposure to media violence 		
		<ul style="list-style-type: none"> • Provide properly fitted bicycle helmets/require use whenever riding • Require use of personal floatation devices when boating • Do not bully others and be a good bystander 			
		<ul style="list-style-type: none"> • Reduce access to poisons and prescription medications and clearly post the 1-800- 222-1222 poison control center number. • Install 4-sided fencing on pools (house is not considered one side) • Install working smoke alarms and carbon monoxide detectors (check monthly) • Keep all guns unloaded and locked and away from access from all family members in the home • Contact policy-makers to help with safety measures 			

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Community	<ul style="list-style-type: none"> • Increase access to prenatal and postnatal services • Increase access to parenting skills training • Provide home visit services to high risk families 	<ul style="list-style-type: none"> • Provide early childhood enrichment programs 	<ul style="list-style-type: none"> • Develop school policies to prevent injuries and violence • Teach by-stander interventions • Require use of protective gear in sports including mouth guards, eye protection & joint protectors 	<ul style="list-style-type: none"> • Train health care professionals in identification and referral of high-risk youth 	<ul style="list-style-type: none"> • Provide mentoring for high-risk youth • Provide education to promote healthy relationships and decrease dating violence • Provide Safe babysitting courses • Provide young worker safety training to students and businesses. • Enforce GDL laws
	<ul style="list-style-type: none"> • Conduct home hazard assessment and recommend safety changes • Require childcare to follow safety standards and guidelines • Provide infant and booster seat installation sites. • Provide grandparent training in new safety issues such as poisoning, drowning, car seat use, etc. 		<ul style="list-style-type: none"> • Participate in “Safe Routes to School” programs • Provide after-school and recreational programs to extend adult supervision • Create safe havens for children on high-risk routes to and from school • Conduct school-based education to increase use of passenger restraints, seats, and non-use of cell phones for talking and texting • Create a bully free environment in schools and community • Train school nurses, administrators and other school personnel about injury and violence prevention • Require training for coaches, teachers and school health personnel related to concussions (move to community) • Provide social development training in anger management, social skills, and problem-solving 		
				<ul style="list-style-type: none"> • Provide information about teen dating violence prevention programs • Provide gatekeeper training in suicide prevention • Teach conflict resolution/mediation • Include youth in planning and implementing safety interventions 	
	<ul style="list-style-type: none"> • Support Smart Growth initiatives • Institute traffic calming measures • Provide safe pedestrian and bike paths separate from motorized traffic • Provide safe playground and sports facilities. Comply with CPSC Guidelines • Encourage all families to have safety plans • Support Poison Control Center • Provide suicide prevention education for health professionals • Work with policy makers to develop safety measures 				

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Social-Cultural	<ul style="list-style-type: none"> • Adopt recommendations for safe sleep • Require new parents take parenting classes 				<ul style="list-style-type: none"> • Enforce laws prohibiting illegal transfers of guns to youth • Support restrictions on access to alcohol • Support GDL laws and their enforcement • Support enforcement of DWI laws
	<ul style="list-style-type: none"> • Adopt and enforce child safety seat laws • Enforce product safety standards • Upgrade older playground equipment to ensure safe design 		<ul style="list-style-type: none"> • Support passage and enforcement of bicycle and motorcycle helmet laws • Restrict use of ATV's • Enforce speed limits in vicinity of schools and play areas • Reduce levels of media violence 		
	<ul style="list-style-type: none"> • Support increased use of passenger restraints, seats and non-use of cell phones for texting and talking • Require 4 – sided pool fencing Post life guards at public swimming areas (community) • Enforce spa and pool safety standards (community) • Assure that all education materials and programs are culturally, ethnically and linguistically appropriate to the community • Learn and respect community differences • Require emergency departments to collect injury data in an aggregate form • Mandate use of sprinklers in new or remodeled homes and businesses, and multilevel housing • Become aware of the economic costs of injuries and the savings of implementing prevention measures. • Support Poison Control Centers • Make cars no phone zones • Require suicide prevention education for health providers • Determine methods for agencies to share data for the purpose of prevention (protecting confidentiality) 				

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