

# TALKING ABOUT SAFETY AS A FAMILY

Injury Prevention Month – March



## WHY THIS MATTERS?

Injury prevention starts at home. When families talk openly about safety, children feel confident, prepared, and supported.

## 4 FAMILY CONVERSATION PROMPTS

- “What helps you feel safe when we’re outside?”
- “Why do we wear helmets and safety gear?”
- “What should we do if someone gets hurt?”
- “How can we look out for each other?”

## FAMILY SAFETY PLAN SECTION

### ENCOURAGE FAMILIES TO:

-  • Review safety gear together.
-  • Create a simple outdoor plan.
-  • Identify a meeting spot.
-  • Practice asking for help.



We’re stronger when we stick together, especially when it comes to safety.

**LEARN MORE** Visit [health.alaska.gov](https://health.alaska.gov) for additional mental wellness resources for families.

