



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

4/14

ON MY OWN AT HOME

What is On My Own At Home?

So you're ready to try staying home alone? That's great! We can help you feel prepared and confident when you're on your own! Let's take a look at some of the things we'll learn about . . .

- What should you do to stay busy and safe when at home alone
- How to check for safety & dangers at home and in our community
- How to handle emergency situations and How/What to tell 911
- Simple skills for First Aid
- How to make a small snack that is safe for you to eat and fun recipes.

You'll take home lots of great ideas and safety tips, plus build your own *Home Alone* kit.

What are the ages for participants in this program?

This class is offered for ages 10-12.

How long is this class?

On My Own At Home is a one-time, 2-hour program.

How do I register?

Class dates and locations can be found in the Program Guide, found online, or at any Green Bay Y. You may register at any front desk, by phone 436-9595 or online www.greenbayymca.org

Where do I go for class?

Stop at the front desk on the day of class and they will be able to tell you where your class is being held.

What do I need to bring to class?

Participants should dress comfortably. All class materials are provided.

Who should I ask if I have additional questions?

If you have additional questions about this class, please feel free to call the Youth Development Director/Coordinator at any YMCA.

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy Spirit, Mind and Body for all.

Membership For All helps to ensure that everyone belongs at the YMCA, regardless of income level. For information contact the YMCA at 436-9622.