How to Prevent Your Child From Texting and Driving

There comes a time in every parent’s life when they have to face reality: one day, your little one is going to grow, mature, and learn to drive. It’s scary. Here are some tips to help keep their eyes off their phone and on the road. When it comes down to it, keeping your kids safe from the small-screen distraction when behind the wheel is two parts communication and one part technology. The good news is that there’s no matter what, you’re being proactive about the situation.

Start By Talking to Them

With kids, talking goes a long way! They may not always act like it, but they’re listening. They remember the things you say, and as much as they don’t want to admit it, they know you’re right.

Sometimes, however, talking to them in a way that doesn’t seem overbearing or patronizing is difficult, especially when it’s about something important. And there are few things as important as keeping them safe behind the wheel. So just talk to them. Have a conversation. Tell them how you feel, let them know that while it seems like just “quickly checking a text” doesn’t seem like a big deal, it only takes a split second for an accident to happen. A car is like a loaded gun—and demands as much respect as one, too.

Lead By Example

I know, you have years of experience driving, so you know what to do. I’m with you there, but it’s hard to tell your kids one thing when they see you doing the exact opposite! If you really want your children to take heart the things you say, leading by example is the absolute best thing you can do. Don’t mess with your phone while you drive. Don’t reply to texts. Don’t even read them. It can wait. Think about it: if they see you doing it and think it’s okay, could you ever forgive yourself if something terrible were to happen?

Make Putting the Phone Away in the Car Mandatory

The best way to avoid a distraction is to completely remove it from your view—you know, out of sight, out of mind. So make that a rule in the car. Put the phone away—somewhere it can’t be seen (or preferably even heard); in the console, in the glove box, in the trunk—just somewhere out of sight. Not only will this make it harder for a casual grab-and-grab, but it will help keep curious eyes on the road if they can’t hear the “ding” with every text message.

Put Tech to Work for You

The good news is that you don’t have to rely on your little angels to be completely honest and obey your every wish once they’re out and about—you can use their phone to your advantage. If your child has an iPhone, you can get Do Not Disturb to automatically turn on in a moving vehicle. This prevents them from (easily) using it, as well as blocks all notifications to avoid distraction. It’s cool. To turn it on, head into Settings, and then tap the “Do Not Disturb” option.

For Android or iOS: Use an App—Regardless of which phone platform you and your kids use, there are safe driving apps available. Here are a few of the best out there for you to check out: Lifesaver, TrueMotion Family, and AT&T DriveMode.

( Courtesy How to Geek.com)
Encounters: What to do When You Meet a Mountain Lion

If you do see a mountain lion, no matter how thrilled you are to be one of the very few who gets such an opportunity, stay well back, and take the encounter seriously.

Act defiant, not afraid. Maintain eye contact. Never run past or away from a mountain lion. Don’t bend over or crouch down. Aggressively wave your arms, throw stones or branches, do not turn away.

Protect yourself. If attacked, fight back. Protect your neck and throat. People have used rocks, jackets, garden tools, tree branches, walking sticks, fanny packs and even bare hands to turn away mountain lions. (Courtesy Mountain Lion Foundation)

Seem as large as possible. Make yourself appear larger by picking up children, leashing pets in, and standing close to other people. Open your jacket. Raise your arms. Wave your raised arms slowly.

Make noise. Yell, shout, bang your walking stick or water bottle. Make any loud sound that cannot be confused by the lion as the sound of prey. Speak slowly and loudly to disrupt and discourage the lion’s hunting instincts.

Slowly create distance. Assess the situation. Consider whether you may be between the lion and its kittens, prey or cache. Back away slowly to give the mountain lion a path to retreat, never turning your back. Give the lion the time and ability to get away.

Public Safety is available to provide active shooter survival training to individual departments and divisions. Ideally, this can be accomplished in a 15-20 minute presentation during regularly scheduled department and division meetings. After the presentation, a walk-through can be conducted of specific offices and classrooms to discuss escape routes and barricade options. Please give us a call at (208)282-2911/2515 to schedule a presentation.

Hazardous Materials Incidents

Any spillage of a hazardous chemical or radioactive material should be reported immediately to Public Safety at ext. 2515 or 2311. An incident after hours should be reported to Public Safety.

Before an Incident Involving Hazardous Materials Occurs:

• Become familiar with the hazardous materials within your building.
• Know what the hazards are and their potential for harm.
• Know where and how hazardous substances are being stored.
• Become familiar with first aid procedures essential for creating injured persons.

After an Incident Involving Hazardous Materials Occurs:

• Contact Public Safety at ext. 2515 and EH&amp;S at ext. 2310 or 2311.
• Public Safety will contact the necessary specialized authorities and medical personnel.
• When reporting be specific about the nature of the involved material and exact location.
• Public Safety and/or EH&amp;S will provide information as to the dangers of a particular chemical, its combustibility or explosive nature, its toxicity, evacuation measures, protective equipment needed, firefighting and/or first aid measures, and cleanup procedures without endangering yourself and other personnel, contain the spill if possible.

This will reduce the spread and danger of contamination.

Do Not walk into or touch any spilled material. Avoid inhalation of gases, fumes and smoke even if no hazardous materials are involved.

The individual in charge at the spill should evacuate the affected area at once and seal it off to prevent further contamination.

When big, news-breaking stuff happens on campus, you want to know, right? But seriously, how can we let you know if we don’t know how to contact you? ISU Alerts: the ISU Emergency Notification System can help. Once you sign up, we’ll use every means possible-email, text, voice message-to get info to you about anything that might affect your health and safety at ISU-and what you should do about it.

This includes building or school closures, weather emergencies, and, of course, zombie attacks.

Because, you never know what might happen, right?

Just go to BengalsWeb and click ISU Emergency Notification System. Verify your info, making sure to add the cell phone numbers and email addresses you want notified.

ISU Alerts: The Emergency Notification System for ISU

Training Opportunities

Stop the Bleed

No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, therefore it is important to quickly stop the blood loss. Those nearest to someone with life threatening injuries are best positioned to provide first care.

You may be able to save a life by taking these simple actions immediately after the trauma.

In addition, the Department of Public Safety will be sponsoring Stop the Bleed Training this fall. More information will be available then.

ISU Alerts: The Emergency Notification System for ISU