

# "I Ask"

## Sexual Assault Awareness Month 2019



[nsvrc.org/saam](http://nsvrc.org/saam)

### APRIL IS SEXUAL ASSAULT AWARENESS MONTH

According to the National Sexual Violence Resource Center, Sexual Assault Awareness Month (SAAM) calls attention to the fact that sexual violence is widespread and impacts many people in the Commonwealth and beyond.

The goal of SAAM is to raise public awareness about sexual violence and educate communities on how to prevent it. Rape, sexual assault, and sexual harassment harm our community, and statistics show one in five women and one in 67 men will be raped at some point in their lives, according to the "American Journal of Preventive Medicine."

On college campuses, one in five women and one in 16 men are sexually assaulted during their time in college, following a study titled "The Campus Sexual Assault Study."

The theme of this year's SAAM campaign is "I Ask." The campaign champions the power of asking for consent - whether it be asking to hold someone's hand, for permission to share personal information with others, or if a partner is interested in sex. Consent is a clear, concrete example of what it takes to end sexual harassment, abuse, and assault. The goal of the campaign is to empower everyone to put consent into practice. "I Ask" is the statement by which individuals will demonstrate that asking for consent is a healthy, normal, and necessary part of everyday interactions.

For further information, visit: [www.nsvrc.org/saam](http://www.nsvrc.org/saam).



The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to preventing traumatic injury and death throughout the Commonwealth.

For more information visit:  
[www.atspa.org](http://www.atspa.org)

## Out of Harm's Way

The Trauma Prevention Publication

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### TOP NEWS TOPICS

- April is Sexual Assault Awareness Month
- Playground Safety Week Unveiled
- "Help for Today, Hope for Tomorrow"
- Distracted Driving Myths and the Cold Hard Facts...
- March Updates



## PLAYGROUND SAFETY WEEK UNVEILED FOR APRIL 22 - 26

Spring is in the air! As we put the cold weather behind us, it's important to realize children of all ages will now be using parks and playgrounds regularly.

The week of April 22 - 26 marks National Playground Safety Week, though playground safety should be on our minds 365 days a year!

According to the Centers for Disease Control and Prevention (CDC), each year in the United States, emergency departments (EDs) treat more than 200,000 children ages 14 and younger for playground-related injuries. More than 20,000 of these children are treated for a traumatic brain injury (TBI), including concussion.

More research is needed to better understand what specific activities are putting kids at risk of injury and what changes in playground equipment and surfaces might help prevent injuries; but here are some prevention tips to make your child's time on the playground fun and safe.

- Checking that playgrounds have soft material under them such as wood chips, sand, or mulch.
- Reading playground signs and using playground equipment that is appropriate for your child's age.
- Making sure there are guardrails in stable condition to help prevent falls.
- Looking out for things in the play area that can trip your child, like tree stumps or rocks.

For more prevention tips, visit: <http://playgroundsafety.org>

## "HELP FOR TODAY, HOPE FOR TOMORROW"

With this year's theme — "Help for Today, Hope for Tomorrow" — the month of April will be filled with local, state, and national events aimed at educating people about the treatment and prevention of alcohol addiction, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives.

Over half of all Americans, both adults and adolescents, report being current consumers of alcohol, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). In 2014, there were 139.7 million current alcohol consumers: 23 percent were reported to be binge drinkers, meaning they consumed more than four alcoholic beverages in one two-hour period, and 6.2 percent were classified as heavy drinkers, meaning they drank at least two alcoholic beverages every day of the week. In the past year, about 17 million current alcohol consumers were considered to have an alcohol use disorder, meaning they struggled with addiction to alcohol. This represents about 6.4 percent of the population.

The National Institute on Alcoholism and Alcohol Abuse (NIAAA) reported that the 2015 National Survey on Drug Use and Health (NSDUH) found that 26.9 percent of adults, ages 18 and older, reported binge drinking at least once per month, and 7 percent reported heavy alcohol

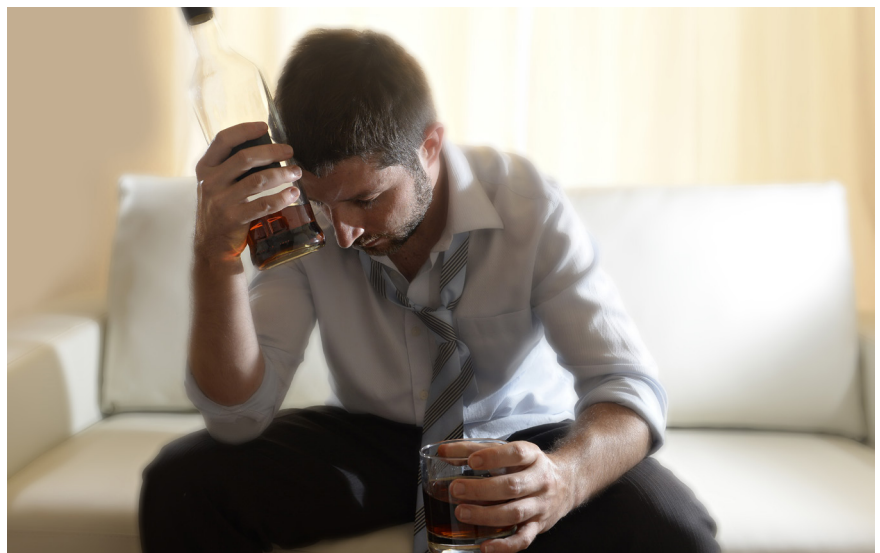
consumption in the past month.

Since 2001, abuse of alcohol in the United States has skyrocketed. A new report suggests that Americans underreport their alcohol consumption, so as many as 30 million people could participate in binge drinking at least once per week. Similar numbers of people report alcohol abuse or dependence. In general, more men than women abuse alcohol, but that gap is closing, as the number of female problem drinkers has increased more than any other group since 2001. Adolescent alcohol abuse has declined, but adult alcohol abuse is on the rise.

The Centers for Disease Control and Prevention (CDC) found that 88,000 people die every year from alcohol abuse or complications from problem drinking. People who struggled with alcohol dependence and abuse lost an average of 30 years of life. Excessive drinking was responsible for one in 10 deaths among adults of working age, 20-64 years old.

Injuries and health problems are also closely correlated to problem drinking. NIAAA reported that 1,825 college students, ages 18-24, die from injuries sustained due to being drunk, and one in four college students reports academic consequences from drinking too much, including missed classes and low grades.

For further information, visit: <https://www.cdc.gov/alcohol/index.htm>



# DISTRACTED DRIVING MYTHS AND THE COLD HARD FACTS...

**MYTH:** My car came with an infotainment system. Since it's built into my car, it must be safe.

**FACT:** A National Safety Council (NSC) survey found more than 50 percent of drivers believe this myth. But technologies that allow drivers to make handsfree calls and use voice commands to dictate texts and emails, change music and update social media can be distracting to drivers –even if they are built into the vehicle. In fact, the AAA Foundation for Traffic Safety found drivers doing some voice tasks via infotainment systems may remain distracted for as long as 27 seconds after they finish a task.

**MYTH:** I know distracted driving is dangerous, but I can't afford to miss calls, emails or text messages. My job depends on it.

**FACT:** Car crashes are the #1 cause of workplace deaths with distracted driving as a leading factor in road fatalities. Fortunately, more employers are recognizing this hazardous expectation of always being connected and they are doing something about it. Dozens of Fortune 500 companies have adopted cell phone policies, banning the use of phones while driving. By eliminating this deadly distraction, employers are keeping their workforce safer. NSC has developed a free Safe Driving Kit to help employers keep their workers safe.

[www.nsc.org/safedrivingkit](http://www.nsc.org/safedrivingkit)

**MYTH:** Most car crashes are caused by malfunctions such as faulty brakes, blown tires or engine problems.

**FACT:** On the contrary, 94 percent of crashes are caused by driver error. Therefore, nearly all of the crashes that happen on our roadways are 100 percent PREVENTABLE.

## **Distraction leads to driver error ...**

- 7 percent of all drivers at any given time are using their phones while driving. A National Highway Traffic Safety Administration (NHTSA) survey finds 660,000 drivers using cell phones or manipulating electronic devices while driving at any given daylight moment.
- Drivers talking on phones, hand-held or hands-free, miss seeing up to 50 percent of what is around them like: other drivers; pedestrians; and bicyclists.
- Most importantly, before you start your car, turn off your phone and "Just Drive."



# ATSPA MARCH 2019 UPDATES

- Krista Brands, CEO, attended the Templeton Pediatric Trauma Symposium on March 1, in Pittsburgh, Pennsylvania.
  - SCPAHS gave a Teen Driving Presentation on March 6 in Camp Hill, Pennsylvania.
  - SCPAHS attended the quarterly Dauphin County Safe Kids Meeting on March 13.
  - On March 14, the Highway Safety team visited the Early Childhood Education classrooms at the Cumberland-Perry Vo-Tech School. The team provided a presentation on basic familiarization with the different stages of Child Passenger Safety, and the proper use of Child Safety Seats. Afterwards, Child Safety Seat Checks were offered to parents picking up their children. Child Safety Seat Education
  - SCPAHS partnered with United Way of the Capital Region (UWCR) and with Recycle Bicycle, Harrisburg, to provide a bicycle rodeo for pre-school children in the UWCR's "Early To School, Early to Succeed" program on March 15.
  - ATSPA gives our sincere condolences on the passing of Dr. Basil Pruitt on March 17, a founding member of the American Trauma Society (ATS) and friend and tireless advocate of trauma care. Dr. Pruitt served on the ATS Board of Directors for the past 50 years and applied his wisdom to assure that the strongest policy decisions were made on behalf of our members and, most importantly, on behalf of patients for which our trauma centers and systems care. We join ATS, our national organization, in the joy and wisdom he contributed to trauma care.
  - On March 20, Jason Burkhart, Communications Coordinator, was quoted in three Western Pennsylvania county newspapers about Poison Prevention Week and offered prevention tips on how to "poison proof" a home for young children and teens.
  - On March 26, Krista Brands, CEO, was featured in several papers, including the "Daily Local News" in Chester County, regarding promising legislation sponsored by Senator Tom Killion in the Pennsylvania State Senate, that is intended to save lives by providing immunity to individuals who attempt to rescue children who have been left unattended in hot cars. The bill passed the Senate and now goes to the House of Representatives for consideration.
- Killion said Senate Bill 49 is named in memory of the 49 children who died last year from vehicular heatstroke. It would extend current "Good Samaritan" laws to a person who breaks a window or forcibly enters a parked and locked vehicle to save an unattended child's life.
- Though ATSPA does not participate in any lobbying endeavors, we encourage state-wide prevention efforts that will decrease the number of child heatstroke deaths.

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