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The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit organization, dedicated to trauma prevention and mitigation through education and advocacy.

For more information visit:
www.atspa.org

INTERNATIONAL WALK TO SCHOOL DAY

On Oct. 7, 2020, the United States will join more than 40 other countries in celebrating International Walk to School Day. This is a global event that involves communities walking and biking to school on the same day to promote safety.

Out of Harm's Way

The Trauma Prevention Publication

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Here are a few ways to keep families excited about walking and bicycling to school:

- **“Walking school buses”** are a great way to offer children a supervised walk to school on a regular basis.
- **“Bicycle trains”** allow students to bicycle to school together on a designated route under supervision.
- **Bicycle skills clinics** or “bicycle rodeos” are hands-on bicycle safety lessons with bike inspections, safety talks and bicycle skills practice.
- **Mileage tracking**, providing a way for students to track the miles that they have walked or ridden a bicycle, is a tangible way to chart progress toward a walking or biking goal.

Here are a few tips to keep your family safe when walking to school:

- **High visibility colors** - wearing colors that are easily seen is not just for night time use. It helps drivers at all times of the day.
- **Use sidewalks** - Sidewalks and cross walks provide a safe place for pedestrians to travel without the worry of vehicles.
- **Stay together** - Parents should make sure that children are within sight and staying safe.
- **Safety gear** - If biking, make sure children wear properly fitted helmets and close toed shoes.

For more information on International Walk to School Day or Safe Routes to School programs, visit the Walk and Bike to School website.

TOP NEWS TOPICS

- International Walk to School Day - Oct. 7
- National Domestic Violence Month
- National Fire Prevention Week - Oct. 4-10
- National School Bus Safety Week - Oct.19-23
- September Updates

NATIONAL DOMESTIC VIOLENCE MONTH

The Trauma of Domestic Violence

According to the National Coalition Against Domestic Violence (NCADV), an average of 20 people in the U.S. experience intimate partner physical violence every minute. This equals more than 10 million abuse victims annually.

Domestic violence is defined as the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. Domestic violence can happen to anyone – it affects people of all ages, genders, races, and socioeconomic classes.

In many instances, the psychological and economic abuse co-occurs with physical abuse. According to NCADV, one in seven women and one in 18 men are severely injured by intimate partners in their lifetime. Only slightly more than half of intimate

partner physical violence is reported to law enforcement. In these cases, physical abuse is not a maladjusted person's occasional expression of frustration or anger, nor is it an isolated event. Physical abuse, in domestic violence situations, is a tool of control and oppression; it's a choice made by one person in a relationship to control another. Connecting intimate partner violence to a pattern can be difficult, but the results of repeated abuse can be devastating.



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Symptoms of TBI in Domestic Violence Victims

Dazed, confused or disoriented
Headache
Nausea or vomiting
Memory or concentration problems
Mood changes or mood swings
Withdrawn
Problems with speech
Dizziness or loss of balance

For instance, connecting domestic violence as a cause of traumatic brain injuries (TBI) remains difficult. Data on the intersection between domestic violence and TBI is limited, in part, because little research has been done on this population and because many instances of abuse go unreported by victims. This connection is often overlooked because domestic violence is a pattern of abuse and victims are typically exposed to repeated instances of violence. The effects of repeated brain injury are cumulative and not unlike those experienced by athletes with multiple concussions. There are TBI symptoms that medical professionals can look for. However, determining whether these symptoms are a result of TBI, emotional trauma, or both can be difficult. In order to treat a victim of domestic violence properly, service providers across health and social services need more education, training and resources to recognize that the pattern of symptoms following abuse may include TBI.

Physical abuse by an intimate partner can escalate quickly. One study done in 2016 states that, approximately 4.5 million American women alive today have been threatened by intimate partners with firearms. One million have been shot or shot at by their abusers. Another study, done in 2003, found the presence of a gun in the home during a domestic violence incident increases the risk of homicide by at least 500%.

Since the passage of the Violence Against Women Act in 1994, intimate partner physical abuse has declined by 67%. While this statistic shows hope for the future, it is still imperative that providers across health and social services get the education, training and resources they need. These injuries are preventable. The state of Pennsylvania offers many resources for victims at the county and state levels. There are even steps that can be taken by observers. Knowing what to look for and how to respond is key to preventing further physical abuse.

Resources for Domestic Violence Victims

National Domestic Violence Hotline: 1-800-799-SAFE(7233)

Pennsylvania Coalition Against Domestic Violence Website: www.pcadv.org

IF YOU ARE IN IMMEDIATE DANGER CALL 911

OCTOBER 2020 OBSERVANCES

Monthly Observances:

- National Crime Prevention Month
- National Protect Your Hearing Month
- National Domestic Violence Month
- National Anti-Bullying Month

Weekly or Daily Observances:

- October 7 - Interational Walk to School Day
- October 4-10 - National Fire Prevention Week
- October 10 - Home Fire Drill Day
- October 18-24 - Teen Driver Safety Week
- October 19-23 - School Bus Safety Week
- October 31 - Halloween

FIRE PREVENTION WEEK

The number one cause of home fires is cooking. This year, National Fire Prevention Week will focus on this topic and will take place from Oct. 4-10. The 2020 theme is "Serve Up Fire Safety in the Kitchen!" The last day of the week, Oct. 10, is designated "Home Fire Drill Day." Use this time to practice your fire safety plan with your family.

National Fire Prevention Association (NFPA) statistics show that in 2017, U.S. fire departments responded to 357,000 home structure fires. These fires caused 2,630 fire deaths and 10,600 fire injuries. From 2012 to 2016, an average of seven people died in a home structure fire per day.

There are very simple actions each family can take to protect themselves in case of fire:

Smoke Alarms that are properly installed and tested. Working smoke alarms cut the risk of dying in a home fire, in half.

Fire Escape Planning is an essential part of fire safety. Draw a map of each level of the home, indicate each door and window, find two exits from each room, teach children how to escape, establish a meeting place outside.

Home Fire Drills lessen the confusion in what is inherently a chaotic event. Push the smoke alarm button to start the drill. Practice what to do in case of smoke: Get low and go. Make sure that your family knows NEVER to go back for people, pets or things.

Taking the time to plan and prepare for a fire can save lives.



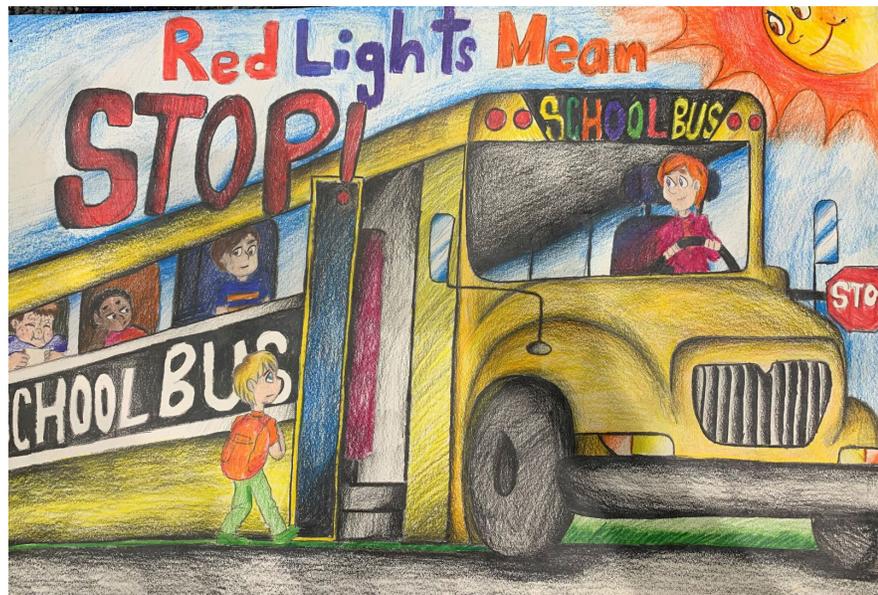
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NATIONAL SCHOOL BUS SAFETY WEEK

Held during the third full week of October each year, National School Bus Safety Week is an active and evolving public education program and an excellent way for parents, students, teachers, motorists, school bus operators, school administrators, and other interested parties to join forces and address the importance of school bus safety. Designed to promote school bus safety, school districts throughout the country observe School Bus Safety Week. 2020 National School Bus Safety week is Oct. 19-23 and the theme is "Red Lights Mean STOP!"

The following tips will help keep your kids safe on the bus:

- Take your seat promptly and sit facing forward.
- Place bags and parcels under your seat or on your lap.
- Keep the aisle of the bus clear at all times.
- Always keep your head, hands and arms inside the bus.
- Throwing objects inside or outside of the bus is not permitted.
- Talk quietly; the driver needs to concentrate to safely drive the bus. Fighting, shouting, or use of obscene language is not permitted.
- Participate in all bus evacuation procedures.
- Dangerous, disturbing, or annoying objects are not permitted on the bus.
- Eating and drinking (this includes chewing gum) is not allowed on school buses at any time. This rule protects students and drivers that have food allergies and anaphylaxis, prevents choking, and maintains bus cleanliness.
- Always follow the bus driver's instructions.



The 2019 winning poster, depicted above, was drawn by Bryan Torres-Tavarez, a 12th Grader at Stars Academy in Paterson, NJ.

For more safety information please visit [National Association of Pupil Transportation website](https://www.nationalpupiltransportation.org/).

- September 1: Assisted with basic Child Passenger Safety Seat training for officers with the Penbrook PD and Steelton PD, in Harrisburg.
- September 2: Attended GHSA Webinar - discussed growing popularity of Personal Transportation Devices (e-scooters and e-bikes) and rental systems of such devices in urban areas, and the challenges they present.
- September 3: Attended a webinar on using the AARP Power Point version of the Smart Driver Course.
- September 4: Partnered with PSP to set up a traffic safety information table at the Gratz Farmers Market, in Gratz.
- September 8: Assisted Buckle Up PA (BUPA) in giving basic CPS Training to police officers participating in BUPA's upcoming Occupant Protection enforcement campaign, in Lemoyne.
- September 9: Attended a meeting of agency representatives, for Safe Kids Dauphin County.
- September 9-11: Participated in recorded sessions, learning labs, and live plenary discussions presented by Safe States Alliance.
- September 10: Participated in the Pennsylvania Society of Association Excellence CEO Roundtable Discussion.
- September 14: Good Day PA appearance on National Preparedness Month, in Harrisburg.
- September 15: Partnered with AAA Central Penn and Pa State Police to hold a CSS Check Event at AAA, in Hershey.
- September 16: Collaborated with PennDOT, Center For Traffic Safety, Geisinger Holy Spirit, Penn State Children's Hospital, and approximately seven law enforcement agencies to hold a Bicycle Safety Media Event at the Camp Hill Borough Office, in Camp Hill.
- September 16: Attended Pennsylvania Emergency Health Services Council Board of Directors Meeting, in Mechanicsburg.
- September 17: Hosted a Child Passenger Safety Renewal Testing Course, in Mechanicsburg.
- September 17: Partnered with Dauphin County SafeKids and PennDOT to assist Lower Paxton Twp. PD with a child safety seat enforcement event, in Harrisburg.
- September 21: Partnered with AAA Carlisle to hold a CSS Check Event, in Carlisle.
- September 21: Interviewed by ABC27 on Child Passenger Safety Week, in Mechanicsburg.
- September 22-25: Collaborated with safety partners to present the four-day Child Passenger Safety Certification Course, in Mechanicsburg.
- September 23: Partnered with AAA Harrisburg to hold a CSS Check Event, in Harrisburg.
- September 23: Partnered with PSP Chambersburg to hold a CSS Check Event, in Chambersburg.
- September 23: Partnered with AAA Camp Hill to hold a CSS Check Event, in Camp Hill.
- September 24: Attended ATS National Board of Directors Meeting virtually.

Stay connected with us:



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