



CONVERSATION TIPS FOR CAMP STAFF ON PRETEEN CAMPERS

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NOTE: Camp staff should adapt these messages to be appropriate to the age and maturity of the campers, the specific camp setting and the professed values of the camp. Make sure that all camp staff model healthy behaviors and reinforce messages appropriately.

Ask the kids if they have come to the camp to have fun. You should get a resounding “Yes.”

Explain that camp is supposed to be fun; but to have fun everybody has to take care of themselves and take care of their friends so everybody has a good time. When we do things for our own good health then that helps our friends be healthy too. For example, tell campers:

1. If you are not feeling well at any time, please tell your counselor. If we can take care of the problem right away, you can get back to having fun. Also, you don't want any of your friends to catch what you have. So, let somebody know if you are not feeling well.
2. Use your own water bottle, your own plate, knife, fork and spoon. Never drink from the same water bottle or share spoons or forks with somebody else. Germs in 'spit' can spread and make you or other people ill. Germs in 'spit' can cause colds or flu or even meningitis. Meningitis doesn't happen that often, but it can be pretty serious.
3. Never share towels or wash cloths or clothing with other people. This can spread skin infections and cause rashes or sores and other skin problems. Sometimes these infections can be very serious.
4. Take a shower regularly. If you are clean, your skin will be healthier – you won't be as likely to get a skin infection, and you won't spread your skin infection to anybody else.
5. Always remember to cough or sneeze into the sleeve of your shirt and not your hands. Or, use a tissue. If you use tissues, throw them away when done. You have germs in your nose and throat. Don't share your germs with your friends.
6. Remember to wash or use hand sanitizer on your hands frequently, especially before eating and after using the restroom. You have germs in your 'poop.' Don't share germs with your friends.
7. Make sure you drink plenty of water. Carry a water bottle or a canteen with you during the day.
8. Don't go anywhere without checking with your counselor first. We want to make sure you are safe at all times.
9. Camp is supposed to be fun. If someone starts being mean to you or hurting you or harming you, even if it is only words, tell them to stop. If they don't stop, tell an adult. If you see someone hurting or harming someone else, tell them to stop, even if it is only words. If they don't stop, tell an adult. Everyone has the right to be treated with respect.
10. By the same token, “no means no.” If someone tells you to stop touching them or teasing them, stop. Everybody has the right to be treated with respect.

See additional information on mosquitoes; ticks; and food and water safety for additional safety messages that may be appropriate to your camp setting.



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