



Implementation Guide for High School Teachers and Guidance Counselors

Raise awareness of fire safety at your school or organization

Make every student fire safe and fire aware

Audience

- High school students
- College-bound students
- Parents of college-bound students

Objectives – Students will learn about

- Common sources of fire
- How to prevent fire
- How to escape a fire safely
- How alcohol can impact fire safety and response time
- The consequences of fire and burn injury



PBFeducation.org
An Initiative of The People's Burn Foundation



Overview of Program/Program Description

igot2kno.org is a comprehensive educational Web site that provides fire safety training to young adults. The program is primarily targeted at college students, but its messages are also very appropriate for high school students, particularly those who might soon be living on their own. This program provides teachers an effective way to promote fire safety awareness in a manner that is easy to administer to students. This program can be used with classroom teachers, in student clubs and service groups, and by guidance counselors, especially as they prepare students for college life. Participants have the opportunity to take part in activities, games, and online resources.

About igot2kno

igot2kno is a FREE, online destination that educates young adults about the dangers of fire, how to prevent fire, and how to improve their ability to survive if one breaks out.

With **igot2kno**, teachers and administrators for groups of any size can custom-build a fire safety course from our selection of modules, and then distribute access to their users. Teachers can then track user data to see how many of their students took the course, and how well they understood the material. The site is open to all users and is completely FREE.

The content for **igot2kno** was developed with young adults in mind. **igot2kno** focuses on meaningful life skills that go beyond “stop, drop and roll.” The mix of media on this Web site includes emotionally-charged videos about real fires that took the lives of young people, downloadable materials that offer quick tips for being safe, and video games that give users a chance to experience the danger and consequences of fire firsthand.

Some of the topics that **igot2kno** educates students about include:

- Common sources of fire
- How to prevent fire
- How to escape a fire safely
- How alcohol can impact fire safety and response time
- The consequences of fire

The site also features blogs, forums, and news feeds for the latest tips and information and a chance to communicate with other organizations that are also making fire safety a priority.

For high schools, the training on **igot2kno** is great for:

- Classroom teachers interested in fire safety learning materials
- Teacher sponsors of clubs and service projects
- Guidance counselors speaking to college-bound students and their parents

igot2kno Modules

igot2kno is made up of four main modules:

- College Fire Survival: a general fire safety overview video
- Up in Smoke: an interactive game about cooking safety
- Party Smart: an interactive game about how social situations can present increased fire risks
- Fire Escape: an interactive game that tests users' ability to escape various environments in case of a fire. This game also includes the option to show how alcohol slows response time and ability to escape a fire.

For each module a "Take Action" section is listed below with suggested follow-up activities for your students.

Getting Started with igot2kno

Get started with **igot2kno** in two ways:

- Ask students to create an account on the site and direct them to the course(s) you'd like them to review.
- Create your own account and then enroll multiple users in the courses you select. The site will generate licenses that your students "redeem" to take the courses you have selected. This allows you to track the progress of the students in your group and see how many have completed the training and how well they understood the material.

General Activities/ "College Fire Survival" Module

- 1 Complete the **igot2kno** modules to learn the content.
- 2 Invite a local fire safety officer, fire fighter, or industry expert to demonstrate fire extinguishers, smoke detectors, emergency plans, and fire awareness issues.
- 3 As a group, develop a list of things students can do to improve fire awareness in their school or among their peers.
- 4 Review fire evacuation plans, fire safety equipment, and fire awareness strategies routinely throughout the year.
- 5 Visit a local fire department or burn hospital to learn more or volunteer.
- 6 Work with your local fire department to stage a demonstration burn in a public area: show how quickly a room can ignite and how little time there can be to escape.
- 7 Stage a fire-safety education night at your school or at a student organization meeting. Spend time going through the information on **igot2kno.org** as a group and talking about it. Even 30 minutes can get across life-saving information.
- 8 Invite a local fire official to speak at a student gathering.
- 9 Host a fire extinguisher training session. Your local fire department can help you coordinate this event. Learning to use an extinguisher before a fire breaks out is critical to using it right.

“Up in Smoke” Cooking Safety Game Module

Assign the module to your students and view the following additional materials on the site:

- FAQ: Cooking Safety
- FAQ: Smoke Alarms
- FAQ: Burns
- FAQ: Fire
- Fire Safety Questions for Everyone to Ask
- Smoke Alarms (video)

“Up in Smoke”: Take Action Activities

Teachers (classroom use)

- 1 Review the contents of the “Up in Smoke” cooking safety game module.
- 2 Discuss with students their cooking experience. What meals do students have experience cooking? Have they ever experienced a kitchen fire issue? Discuss the outcomes.
- 3 Contact local fire safety professionals to make classroom presentations.
 - How to prevent kitchen fires
 - How to react to kitchen fires
 - How to prevent burns
- 4 Conduct a survey to learn if students use and maintain smoke detectors in their homes.
- 5 Work with a local agency to provide smoke detectors or batteries to students.

Teachers Sponsors (student clubs and service groups)

- 1 Participate in the above activities.
- 2 Start a service project to provide smoke detectors to students and local families.
- 3 Work with local fire professionals and burn centers on joint projects of fire safety awareness.
 - Contact local agencies to learn what events are planned and how your school can help.
- 4 Create your own cooking safety posters, magnets, or imprinted dish cloths with your school logo that include FAQ’s and fire safety awareness information. Encourage students to display these in their kitchen at home. Include a graphic that students can post on social media such as Facebook.
- 5 Create public service announcements on cooking safety, smoke alarms, or burn prevention to be used at school or on local cable television.

Guidance Counselors (college-bound students)

- 1 Participate in the above activities.
- 2 Share the **igot2kno** Web site with college-bound students and their parents.

- 3 Encourage parents to suggest graduation gifts that include smoke detectors, replacement batteries, and fire extinguishers for college-bound students.
- 4 Distribute the materials created above such as cooking safety posters, magnets, dish cloths, and other materials to college-bound students and families.
- 5 Show one or more of the **igot2kno** videos at your student/parent college orientation meeting as an introduction to the project. The Resources section of the site features 3 very emotional videos about fatal campus-related fires, which will be particularly compelling to this audience:
 - Ben Woodruff Story
 - Cody Pilkington Story
 - University of North Carolina, Wilmington Fire Story

Other videos in the Resources section that might be helpful to show are:

- What to Look For
- Purdue University Waldron Street Fire Story

Note: these videos are also available on the igot2kno channel on YouTube.

- 6 Encourage families to view the remainder of the Web site content with their student.
- 7 Encourage them to print the “Fire Safety Questions for Everyone to Ask” resource sheet and take it along on campus visits.
- 8 Encourage families to develop a fire safety action plan and implement it.

“Party Smart” Fire Prevention and Escape Game Module

Assign the module to your students and view the following additional materials on the site:

- FAQ: Smoking Safety
- Nighttime Safety Check
- FAQ: Fire
- FAQ: Burns
- FAQ: Smoke Alarms
- Fire Safety Questions for Everyone to Ask
- Alcohol and Fire Safety (video)
- Smoke Alarms (video)
- Cody Pilkington Story (video)
- Ben Woodruff Story (video)
- Getting Out Safely (video)
- What to Look For (video)
- Simple Steps (video)
- Sprinkler Demonstration (video)

“Party Smart”: Take Action Activities

Teachers (classroom use)

- 1 Review the contents of the “Party Smart” fire prevention and escape game module.
- 2 Have students make a list of various times they have observed fire safety issues in social settings. As a group discuss the following:
 - Candles – blow them out if you leave the room
 - Cigarettes – the best way to put them out is with water; discuss hazards of incorrect disposal
 - Smoke alarms – never disable them
 - Exiting – make sure there is always a clear path, and more than one escape, in case of a fire; this is especially critical in a crowded party situation
- 3 Make your own “Top Ten” poster related to fire safety in social situations, and post it on a bulletin board or social media site.
- 4 Working in groups, have students develop a complete script that demonstrates a situation where a fire could occur in a social setting. Allow each group to perform the skit, using costumes and props, in front of the class. Designate one student in each group to lead a discussion with the class on who made a difference in the skit and why. Videotape the skit and post it online.
- 5 Discuss with students how difficult it may be to practice fire safety at a party and events where smoking and alcohol are present. Ask students to role play some of the following scenarios:
 - You arrive at a party and you need to check for smoke detectors and exits without being embarrassed. What would you do?

- You have friends that smoke and drink and they do not seem to be using any fire safety practices. How would you handle this encounter?
- You and your friends are having a party and some of the guests are smoking. What would you do to enforce fire safety rules at your party?

- 6 Design and distribute your own refrigerator magnets for participants to place on the refrigerators at parties that students attend.
- 7 View and discuss the Cody Pilkington Story and the Ben Woodruff Story videos.

Teachers Sponsors (student clubs and service groups)

- 1 Participate in the activities above.
- 2 Create your own checklist of safe party tips. Distribute the checklist to students or post it around school. Include a graphic that students can post on social media such as Facebook.
- 3 Start a service project to provide smoke detectors to students and local families.
- 4 Work with local fire professionals and burn centers on joint projects of fire safety awareness.
- 5 Contact local agencies to learn what events are planned and how your school can help.

Guidance Counselors (college-bound students)

- 1 Participate in the activities above.
- 2 Share the **igot2kno** Web site with college-bound students and their parents.
- 3 Encourage parents to talk with their children about the freedoms and responsibilities of independent living.
- 4 If students at your school create some of the materials suggested above (checklists, posters, magnets), distribute them to college-bound students.
- 5 Show one or more of the **igot2kno** videos at your student/parent college orientation meeting as an introduction to the project. The Ben Woodruff Story and Cody Pilkington Story videos in particular deal with fatal fires caused by smoking materials at parties.
 - Encourage families to view the remainder of the Web site content with their child.
 - Encourage families to view and print the Nighttime Safety Check resource sheet.

“Fire Escape” Interactive Escape Game Module

Assign the module to your students and view the following additional materials on the site:

- Create an Escape Plan
- FAQ: Smoke Alarms
- FAQ: Sprinklers
- Nighttime Safety Check
- Fire Safety Questions for Everyone to Ask
- FAQ: Fire
- Smoke Alarms (video)
- Getting Out Safely (video)
- Cody Pilkington Story (video)
- Ben Woodruff Story (video)
- University of North Carolina, Wilmington Fire Story (video)
- Alcohol and Fire Safety (video)
- Sprinkler Demonstration (video)

“Fire Escape”: Take Action Activities

Teachers (classroom use)

- 1 Review the contents of the “Fire Escape” interactive escape game module.
- 2 Discuss with students whether they have a home fire escape plan. Emphasize that a fire escape plan is for everyone of all ages.
- 3 Work with local fire safety officers to survey your school.
 - Check fire safety equipment – smoke detectors, sprinklers, fire extinguishers
 - Check and provide signage for fire evacuation for each building
 - Plan a fire safety meeting with group leaders and students
 - Demonstrate and train attendees on fire extinguisher use
- 4 Create fire safety awareness posters for your school or other locations that drive home the “know 2 ways out” message.

Teachers Sponsors (student clubs and service groups)

- 1 Participate in the activities above.
- 2 Share the **igot2kno** Web site.
- 3 Meet with local fire safety professionals to plan a community awareness program and outreach on fire safety awareness.

Guidance Counselors (college-bound students)

- 1 Participate in the activities above.
- 2 Share the **igot2kno** Web site with college-bound students and their parents.

- 3 Encourage parents and students to use the resource sheets from **igot2kno.org** when moving into their college housing (on-campus or off-campus). Good resources to start with include:
 - Create an Escape Plan: Tips for making your own plan to safely escape a fire.
 - Fire Safety Questions for Everyone to Ask: Questions for every student and parent to ask about fire safety in on-campus and off-campus housing.
 - Nighttime Safety Check: A basic fire safety check list.
 - Tips for Dorm and Off-campus Living: A few pointers to remember to live fire-safe.
- 4 Discuss with parents the Alcohol and Fire Safety video. Encourage them to discuss this video with their students prior to leaving for college.
- 5 Encourage parents to follow-up on fire safety when they visit their students at college. The “What to Look For” resource video includes helpful hints.
- 6 Show one or more of the **igot2kno** resource videos at the student/parent college orientation meeting as an introduction to the project. Encourage families to view the remainder of the Web site content with their child.

igot2kno.org Resources:

PDF's

- FAQ: Burns: Fast facts about burn safety and prevention.
- FAQ: Candle Safety: Stay safe when using candles.
- FAQ: Cooking Safety: Tips for cooking your food, not your kitchen.
- FAQ: Electrical Safety: Tips for preventing electrical fires.
- FAQ: Fire: Basic facts about fire.
- FAQ: Smoke Alarms: Smoke alarms save lives. Learn how to use one properly.
- FAQ: Smoking Safety: Safe handling of smoking materials.
- FAQ: Sprinklers: Learn how sprinklers save lives.
- Create an Escape Plan: Tips for making your own plan to safely escape a fire.
- Fire Safety Questions for Everyone to Ask: Questions for every student and parent to ask about fire safety in on-campus and off-campus housing.
- Nighttime Safety Check: A basic fire safety check list.
- Tips for Dorm and Off-campus Living: A few pointers to remember to live fire-safe.

Videos

- Alcohol and Fire Safety: See how drinking can impact your ability to prevent, and escape, a fire.
- Getting Out Safely: Important steps for escaping a fire.
- How Skin Burns: The anatomy of a burn injury, and the difference between first, second, and third degree burns.
- Mock Dorm Room Burn: Watch a fire consume a dorm room in real time and see how sprinklers give you time to escape.
- Simple Steps: Small things everyone can do to stay fire-safe.
- Smoke Alarms: Why smoke alarms matter and how to keep yours working properly.
- Sprinkler Demonstration: See how quickly sprinklers extinguish a fire and why they can be the difference between life and death.
- The Recovery Process: A stark look at the reality of recovering from severe burn injuries.
- What to Look For: Tips for being fire-safe and fire-aware anyplace you go.
- Cody Pilkington Story: Hear Cody's family and city fire fighters recount the lethal fire at North Carolina State University that killed Cody and one other student.
- Purdue University Waldron St. Fire Story: The story of four roommates who got lucky and lost only their home in this apartment complex fire.
- A Survivor's Story: The story of a student who was severely burned in an off-campus apartment fire.
- University of North Carolina, Wilmington Fire Story: Fire fighters vividly recall an apartment complex fire that killed a recent graduate.
- Ben Woodruff Story: The emotional story of the Phi Gamma Delta fire at the University of North Carolina that killed Ben and four other students and served as a wake-up call for campus fire safety.