

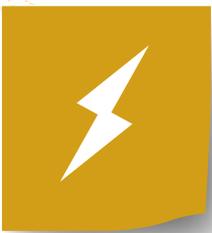


INSIGHT

THE CHOICE IS YOURS



This workbook reflects the work of the Youth Fire Prevention and Intervention Team at the Oregon Office of State Fire Marshal in partnership with the Oregon Advisory Council for Youth Fire Prevention and Intervention and the Oregon Life Safety Team. This product is an adaptation of the Wise Up Program created by Fire and Emergency New Zealand and through coordination with the Minnesota State Fire Marshal Division.



NEWS FLASH



FIRE IS FAST, FIRE IS HOT AND
DARK, AND FIRE IS **DANGEROUS!**

The best way to control a fire is to never start one.
Preventing fires is always easier than putting them out.



PURPOSE:



Create an understanding of the dangers of fire and increase knowledge of fire safety.



Enhance the understanding of the impact of one's actions and increase empathy and self-awareness to promote smart choices with fire.





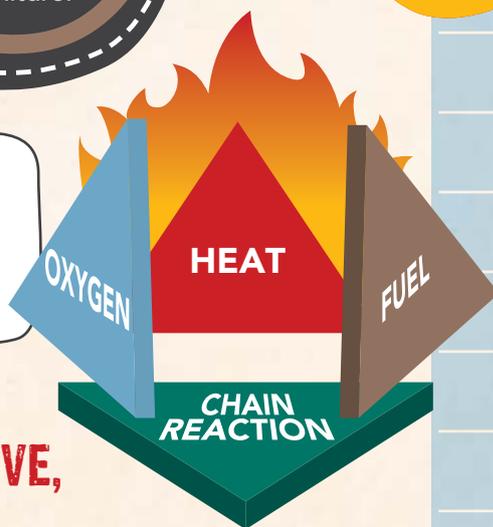
THE RECIPE FOR FIRE

WHAT IS FIRE?

Fire is a chain reaction needing three ingredients:



When a flammable object (fuel) is combined with the right amount of air (oxygen) and a heat source, we get fire! Firefighters call this the **Fire Tetrahedron**.



ONCE THIS CHAIN REACTION HAS OCCURRED, FIRE CAN BECOME DESTRUCTIVE, DANGEROUS, AND DIFFICULT TO CONTROL.

How could you stop the chain reaction that creates fire?

How do firefighters reduce heat when fighting fires?

How do firefighters reduce fire spread when fighting wildland fire?

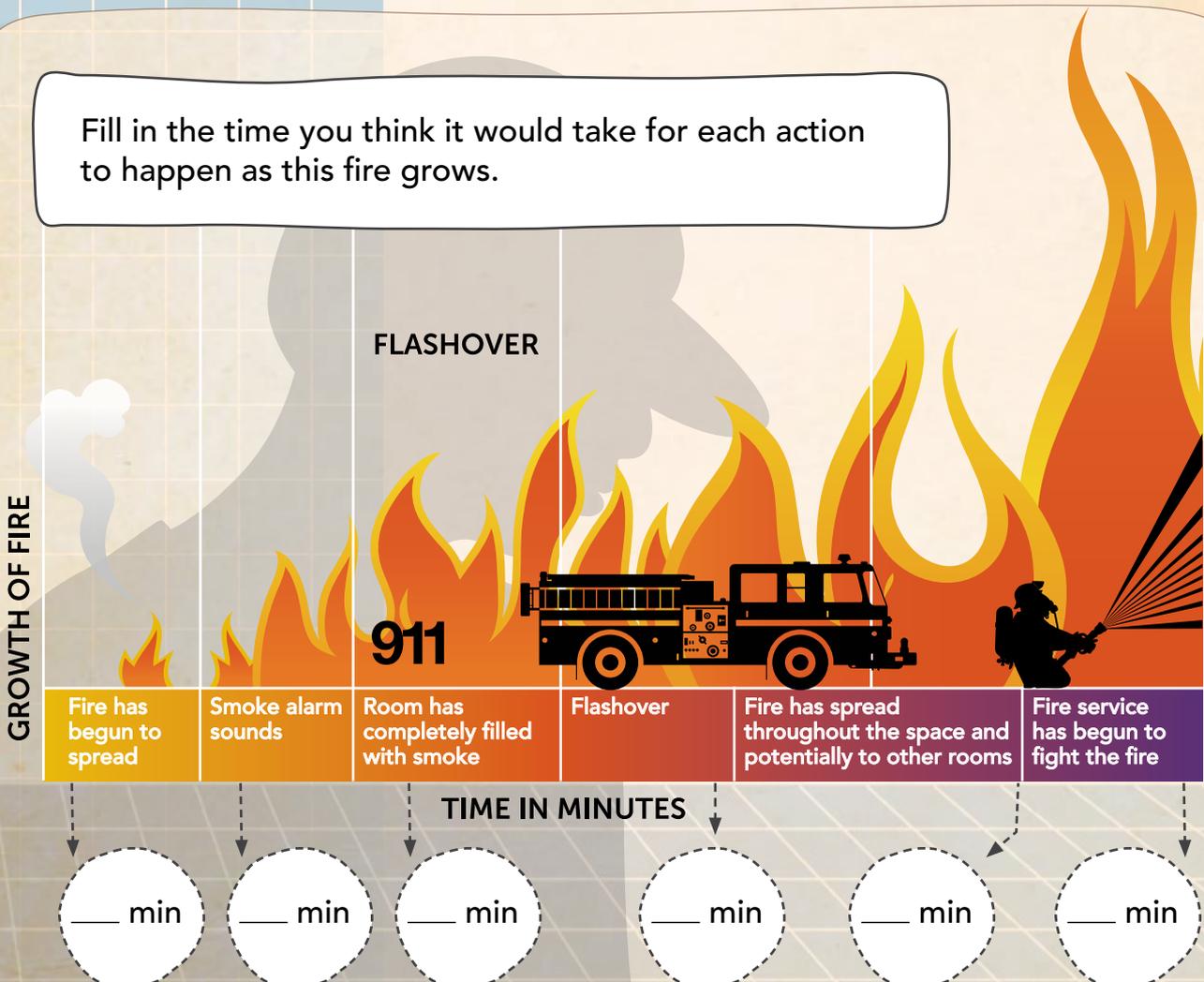
If you were cooking and the pan caught on fire, what is a safe way to eliminate oxygen from the fire?



HOW FAST DOES FIRE SPREAD?

ALL FIRES START SMALL. IN JUST A FEW MINUTES, THEY CAN GROW INTO **BIG FIRES.**

Fill in the time you think it would take for each action to happen as this fire grows.





TAKE ACTION!

THERE ARE A LOT OF OPPORTUNITIES TO BE SMART ABOUT FIRE.

Examine each image on this page. In the spaces provided write one thing you **should do** and one thing you **should not do** as it relates to the image.



Do:

Don't:



Do:

Don't:



Do:

Don't:



Do:

Don't:



Do:

Don't:



FIRE IS DESTRUCTIVE

A small fire can get out of control in just a few seconds. Within minutes, a whole house can be destroyed.



What are 4 necessities in your home that you would not want to lose or have damaged in a fire?

- 1 Example: Clothes
- 2 _____
- 3 _____
- 4 _____

What are 4 items in your home that you think hold a great deal of value or would be expensive to replace?

- 1 Example: TV
- 2 _____
- 3 _____
- 4 _____

What are 4 things in your home that are most meaningful to you, that you would not want to lose or have damaged in the event of a fire?

- 1 _____
- 2 _____
- 3 _____
- 4 _____



HOLLYWOOD VS REAL LIFE

In movies and on TV, home fires look very different than what a fire is like in real life. In a home fire, the space is dark with smoke, very hot and it is difficult to get around. The gasses in the air are highly toxic and you only have about 2 minutes to get out safely.

HOLLYWOOD



How would real fire being so dark impact your ability to escape the fire?

REAL LIFE



How can you and your family better prepare for a fire?



ESCAPE PLANNING

ESCAPE PLAN CHALLENGE!

Picture yourself in some of your favorite locations. Plan 2 ways out of each location.

Where you sleep:

1st way out:

2nd way out:

Your favorite place to eat:

1st way out:

2nd way out:

Your living room:

1st way out:

2nd way out:

Choose a place you like to hang out often:

1st way out:

2nd way out:

Does everyone in your household know how to get out if there is a fire? Yes No

PRACTICE PRACTICE PRACTICE

Remember to show younger children in your household how to escape safely. Practice your escape plan in the dark or with a blindfold on.

Your family meeting place is _____.



REAL LIFE

THINK ABOUT YOUR CHOICES

SITUATION

What was happening just before your fire incident?

Where were you?

Who were you with?

What were you doing?

ACTION

What happened next?

THOUGHTS

What were you telling yourself leading up to setting the fire?

FEELINGS

How were you feeling?

CONSEQUENCES

What were the consequences of misusing fire?

+ Positive Consequences

- Negative Consequences



WHAT IF

LET'S TIME TRAVEL ...

SITUATION

If you had a do-over...

ACTION

What would happen next?

What action would you take to avoid setting the fire?

THOUGHTS

What would you be telling yourself when you choose not to start the fire?

FEELINGS

How might you feel?

CONSEQUENCES

What are your new consequences of making a better choice?

+ Positive Consequences

- Negative Consequences



FIRE HAS CONSEQUENCES

FIRE AFFECTS A LOT OF PEOPLE IN DIFFERENT WAYS

Imagine your local school burned down. Describe how all of these people could be affected.




CUSTODIAN



TEACHERS



STUDENTS



POLICE



FAMILY



FIREFIGHTERS



AMBULANCE



COMMUNITY



NEIGHBORS



FIRE HAS CONSEQUENCES

IN YOUR COMMUNITY

Look at your incident. Who was impacted by your fire and in what way? Label each circle with a person or group and describe the way they were impacted.



Blank white circle with a lined text box for notes.

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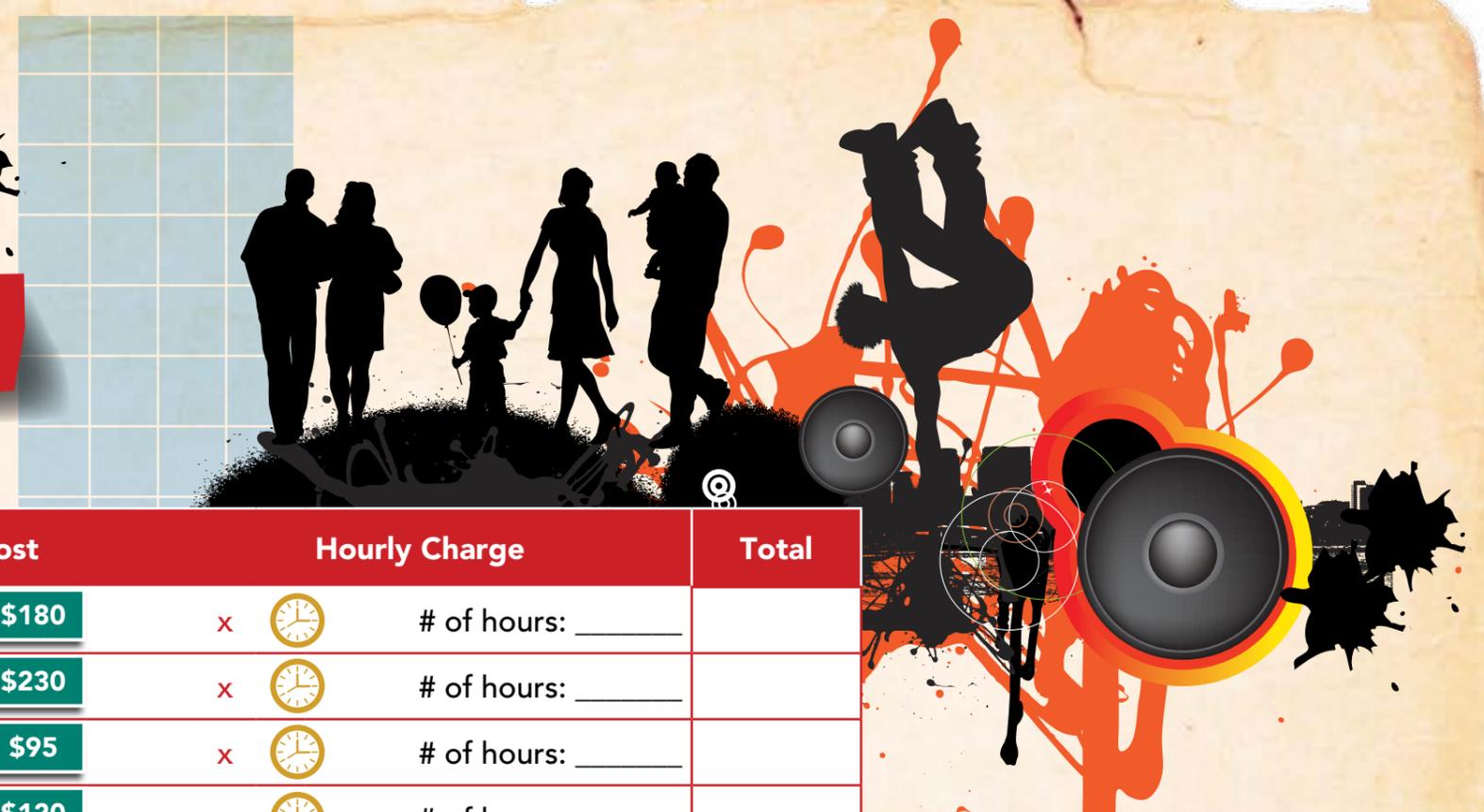
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Blank white circle with a lined text box for notes.



COST TO THE COMMUNITY

FIRE CAN HAVE A BIG IMPACT ON A COMMUNITY



START HERE:

Use the table to the right to identify the cost of your fire. Put a check in the box to the left next to each item that relates to your fire. Follow the equation to the right to determine a price for each item you have checked and write that number in the space provided.

Did someone have to come put your fire out?

Yes No

Was there any investigation?

Yes No

	Type of Expense	Cost		Hourly Charge	Total
<input type="checkbox"/> Yes <input type="checkbox"/> No	Fire engine + 4 fire fighters	\$180	x	# of hours: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Ladder truck + 4 fire fighters	\$230	x	# of hours: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Ambulance + 2 fire fighters	\$95	x	# of hours: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Brush engine + 3 fire fighters	\$120	x	# of hours: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Command vehicle + 1 fire fighter	\$55	x	# of hours: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Water tender + 2 fire fighters	\$110	x	# of hours: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Fire investigator	\$20	x	# of hours: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Counselor/Therapist	\$50	x	# of meetings: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Juvenile counselor	\$25	x	# of meetings: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Juvenile detention	\$300	x	# of days: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Police response	\$35	x	# of hours: _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Attorney			\$250	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Property damage (If you don't know exactly, add \$50)			\$ _____	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Income loss to victim			\$50	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Income Loss to parents			\$50	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Medical expenses			\$50	
<input type="checkbox"/> Yes <input type="checkbox"/> No	Other			\$50	
TOTAL COST TO THE COMMUNITY ----- ★					

What is something else the community could have spent that money on?



RESPONSIBILITY

Consider the real and potential impact your choices have had. Imagine you have an opportunity to express what you have learned to those impacted. What would you say? How would you try to make things right? Answer the following questions to help you figure out what you might want to say.

What were you thinking about prior to setting this fire?

Why did you set the fire?

How might those impacted by your fire feel?

What do you think about what you did now?

How have you changed?

What have you learned?



On a separate sheet of paper, use the information above to write a letter to someone who has been impacted by your misuse of fire, taking responsibility for your choices, and explaining what you have learned through this process.

CONGRATULATIONS

You now have more awareness of fire and the impact it can have in your life and to those around you!



This certificate is presented to . . .

for completion of the Insight Workshop.

Signature: _____

Date: _____

Oregon State Police
OFFICE OF STATE FIRE MARSHAL
Youth Fire Prevention & Intervention
503-947-8585
oregon.gov/osp/sfm | osfm@state.or.us
fb.com/OregonStateFireMarshal
twitter.com/OSFM