

YOUTH HEALTH BULLETIN



JULY 2017

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THIS MONTH'S TOPIC:

BOOM! IS THAT THUNDER?



Do thunderstorms scare you? Lightning and thunder can be very scary. Wally Cat thinks that it is important to learn how to stay safe before and during a thunderstorm. In the summer, thunderstorms are common. In fact, it could be sunny one minute, and dark and stormy just a few minutes later.

If you hear thunder in the distance and you are outside, you should stop what you are doing and go inside. Even being inside, a thunderstorm may be scary. To help let's look at what a thunderstorm is, how to be safe and ways to stay calm.

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What is a thunderstorm?

Thunderstorms are amazing! They may seem magical, with flashes of light and loud booms, but they are actually just science and weather. Lightning is created by electricity and the water in clouds. The big boom comes after the lightning flashes and heats up the sky. If you want to know more about weather and the science behind storms, check out some books at your local library.

How can you stay safe?

Did you know that even animals move to stay safe during storms? Here are some rules that you should consider when you hear thunder or see lightning:

- If you are in water, you should get out immediately. This includes any lake, pool, ocean or other body of water. Electricity can travel through water.
- If you are outside and a thunderstorm approaches, you should get to a shelter. If there is no shelter, you should go to a car. You should wait out the storm before going back outside.
- If there are thunderstorms in the forecast, you should talk to your parent about what to do or where to go, especially in the summer when you may be farther from home.



Staying calm

If you are inside during a storm, there are several ways that you can wait it out.

- If you are curious about the storm, you could watch it from a window. If you like fireworks, a little lightning could put on just as good of a show.
- If you would rather not see and hear the storm, you could put on headphones and listen to music. You could also play a game, read a book or do some creative activity. You could write about how the storm is making you feel.

The good news is that the storm will most likely pass quickly. You will be able to go back outside and enjoy the summer — and maybe you will even see a rainbow!

SOURCE:

• Nemours KidsHealth
<http://kidshealth.org/en/kids/thunderstorms.html>

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