

Be Safe, Not Sorry

13-16
Years

Injury is the biggest danger to your teen's life.

At this age, friends are important. Your teen may do unsafe things because friends do them. Many teens still do not understand how their actions can hurt them. Your teen will question your rules. It is a normal part of growing up. But you can make a difference in what your teen does.

Be a part of your teen's life. Teach and guide your teen to make safe choices.

Safe from Violence

Violence is the number one reason teens die. You can help lower the chances of violence in your teen's life.

- I teach my teen to stay away from people who may be violent and places where there might be trouble. I teach him how to walk away from a violent situation.
- I teach my teen healthy ways to deal with anger and conflict. I teach him to take time to calm down when angry. I will ask for help from a doctor or counselor if my teen has a hard time with this.
- I talk with my teen about good relationships. Violence or control should never be a part of dating or friendships. No one should hit, slap, push or control another person.



Safe from Depression and Suicide

It is not easy to be a teen. You can help your teen through the hard times. Listen to and talk with your teen.

I will ask for help from a doctor or counselor if my teen:

- Seems very sad or depressed. Has a drastic change in mood, sleep habits, weight, or friends.
- Talks about himself or friends wanting or trying to commit suicide.
- Uses alcohol or other drugs to try to feel better or escape from problems.



Safe From Alcohol and Other Drugs

Listen to your teen, ask questions and be aware of the signs and symptoms of alcohol and other drug use.

- I am aware of the warning signs of alcohol and other drug use. This includes hanging around with new friends, a drop in grades, skipping school, being hostile or loss of interest in favorite activities.
- I know my teen's friends and their parents and have their home phone numbers - I am aware of where my teen is at all times.



Safe at Sports

Playing sports can teach your teen self-respect and teamwork. It is important to keep safety in mind.

- I encourage my teen to wear all safety gear when playing any sport.
- I teach my teen to play fair and follow the rules of the game.



Safe on Wheels

Your teen should wear a helmet when riding a bike, or using in-line skates, skateboard or scooter. By law, every person under the age of 18 must wear a helmet when they ride a bike.

- I remind my teen to wear a helmet for every bike ride. The helmet fits snugly on my teen's head. The chinstraps are fastened tight enough so the helmet does not shift on my her head.
- I teach my teen to follow the rules of the road. I remind him to ride with traffic and to use the correct hand signals.
- I talk to my teen about not using alcohol or other drugs when on skates, or a bike, scooter or skateboard.



Safe from Guns

Guns in the home are very dangerous for teens.

- If my family chooses to have a gun, it is always kept unloaded and locked away. Bullets are kept in a separate place. Trigger locks are used.
- I ask the adults in the homes where my teen spends time if they have guns. I do not let my teen visit homes where guns are not stored safely.
- I talk with my teen about the dangers of guns. We talk about ways to avoid gun violence.
- I teach my teen to stay away from other teens and young adults who have guns.



Safe in a Car

Car crashes are the second biggest killer of teens. A seat belt can keep your teen from being seriously injured or killed in a crash. By law, everyone must wear a seat belt when in a vehicle.

- I make sure my teen and everyone in the car wears a seat belt for every ride, even when riding or driving with friends.
- I help teach my teen good driving skills. I make sure we follow all of the rules to get my teen's driver's license.
- I tell my teen to never drink and drive. I also tell her to never get into a car with a driver who has been drinking alcohol or using drugs.



Safe in the Water

Your teen may be strong and know how to swim. But this does not mean your teen is always safe in the water.

- I talk to my teen about the dangers of using alcohol and other drugs when in or around water.
- My teen does not swim in canals or fast-moving water. My teen does not swim or boat alone. These things can be deadly.
- My teen wears a life jacket when boating, skiing, or tubing.
- I remind my teen to jump into the water feet first before diving in. This will help my teen test whether the water is deep enough for diving.
- I will help my teen sign up for swimming lessons.



I will learn CPR and First Aid and encourage my teen to do the same. These skills save lives.

CREATED BY:

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(619) 594-3691

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IMPORTANT PHONE NUMBERS

Emergency: 9-1-1

Poison Control: 1-800-222-1222

Child Abuse Hotline: 1-800-422-4453

Youth Crisis Line: 1-800-843-5200