

Be Safe, Not Sorry

9-12
Years

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

At this age, friends are important to your child. It is normal for your child to want to take more advice from friends. Your child still cannot fully understand danger and may do things on a dare. It is normal for your child to question your rules. It is important to stick with the rules you set.

➔ **California laws now require working smoke and carbon monoxide alarms in every home**

Be Ready. Teach and guide your child to make safe choices.

Safe in a Car

A seat belt can keep your child from being hurt or killed in a car crash. By law, your child must wear a seat belt when in a car.

- ❑ **I make sure my child and everyone in the car is safely buckled before I start the car.** I wear my seat belt every time, too. I never let anyone riding in the car place the shoulder belt behind their back or under their arm.
- ❑ **I make sure my child is correctly buckled in a seat belt.** I make sure the shoulder belt lies across my child's shoulder, not the neck or throat. The lap belt is low and flat across the hips, not the stomach.
- ❑ **I make sure my child rides in the back seat of the car.** The back seat is the safest place for my child.

Safe on a Bike

Your child should wear a helmet when using a scooter, roller blades, skates, or a skateboard. By law, all children must wear a helmet when they ride a bike.

- ❑ **I make sure my child wears a helmet for every bike ride.** The helmet fits snug and is correct on my child's head. The chinstraps are fastened tight enough so the helmet does not shift on my child's head.
- ❑ **I make sure my child knows the rules of the road.** I teach my child to ride with traffic. I show my child how to use the correct hand signals when turning or stopping.

Safe from Violence

It is important to talk to your child about staying safe from violence

- ❑ **I teach my child to stay away from people who may be violent and places where there might be trouble.** I teach my child how to walk away from violence and to get help from a trusted adult.
- ❑ **I teach my child healthy ways to deal with anger or conflict.** I teach him to take time to calm down when angry. I will ask for help from a doctor or counselor if my child has a hard time with this.
- ❑ **I teach my child to have self-respect and to respect others.** I show respect through what I say and do.



Safe from Guns

Guns in the home are very dangerous for children.

- 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 child spends time if they have guns.** I do not let my child visit homes where guns are not stored safely.

Safe at Sports

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

- I make sure my child wears all safety gear when playing any sport.** My child should do this at practice and when playing sports with friends.
- I teach my child to play fair and follow the rules of the game.**

Safe in the Water

It is important for your child to learn how to swim. But even if your child knows how to swim, your child can still drown.

- I do not let my child swim or play near water without an adult watching.** I never let my child swim in canals or fast moving water.
- I make sure my child wears a life jacket when boating, skiing, or tubing.**
- I will sign-up my child in swimming lessons.** But even if my child knows how to swim, it does not make my child drown-proof.
- I remind my child to jump into the water feet first before diving in.** This will help my child test whether the water is deep enough for diving.

Safe From Alcohol and Other Drugs

It is not too early to talk with your child about the dangers of alcohol and other drugs.

Listen to your child and ask questions.

- 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 teach my child how to stay away from people and places where alcohol and other drugs may be used.**
- What I do and say shows what I expect from my child.** I do not abuse alcohol or use drugs.
- I keep household products that can be inhaled, like spray paint and solvents, locked away in a cabinet.**
- I know my child's friends and their parents and have their home phone numbers.**
I am aware of where my child is at all times.

CREATED BY:

Childhood Injury Prevention Program
a project of the Center for
Injury Prevention Policy & Practice
(619) 594-1994

Funded by the:
Maternal Child Health Branch, California
Department of Health Services

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

Be Safe, Not Sorry

13-
16

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 snug and is correct on my teen's head. The chinstraps are fastened tight enough so the helmet does not shift on his/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.

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Be Safe, Not Sorry

17-
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Injury is the biggest danger to your young adult's life.

At this age, your young adult is more independent and may spend a lot of time away from home. Your young adult may do unsafe things if friends do them. You can still make a difference in what your young adult does. Talk to your young adult about making safe choices.

Safe from Violence

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

- I talk with my young adult about staying away from people who may be violent and places where there might be trouble.** I teach my young adult how to walk away from a violent situation.
- We discuss healthy ways to deal with anger and conflict.** I advise my young adult to take time to calm down when angry. I will assist my young adult in getting help from a doctor or counselor if needed.
- I talk with my young adult 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 being an adult. You can help your young adult through the hard times.

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

- Seems 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 at Sports

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

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

Safe in a Car

Car crashes are the second biggest killer of young adults. Seat belts can keep young adults from being seriously injured or killed in a crash. By law, everyone must wear a seat belt when in a vehicle.

- I urge my young adult to wear a seat belt for every ride in a car - even when riding or driving with friends.**
- I teach my young adult good driving skills.** I make sure we follow all of the rules to get his driver's license.
- I remind him to never drink and drive.** I also tell him to never get into a car with a driver who has been drinking alcohol or using drugs.



Safe on a Motorcycle or Bike

The law says that every motorcycle rider must wear a motorcycle helmet when riding. All bike riders under the age of 18 must wear a bike helmet.

- I urge my young adult to wear a helmet for all bike and motorcycle rides.**
- We discuss the dangers of alcohol and other drug use when riding.**
- I remind my young adult to ride safely, use the correct signals, and follow the rules of the road.**

Safe from Guns

Guns in the home can be very dangerous.

- 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 talk with my young adult about the dangers of guns. We talk about ways to avoid gun violence. This means my young adult should stay away from people who have guns.**

Safe in the Water

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

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

Safe From Alcohol and Other Drugs

Listen to your young adult, 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 talk to my young adult about the dangers of alcohol and other drug use. I teach my young adult how to get out of situations that make them uncomfortable and to call me for a ride home.**
- I know my young adult's friends and their parents and have their home phone numbers. I am aware of where my young adult is at all times.**

I will learn CPR and First Aid and encourage my young adult to do the same.

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