



Summer Safety for Parents with Teenagers

Health Safety

- Drugs, alcohol, tobacco and prescription drugs pose major health issues for teenagers. Talk to your teen about the dangers of these substances. Make sure they know your stance on each issue.
- Sexual activity is a major health concern in the teenage population. Currently, 1 out of 4 sexually active teenagers is infected with a sexually transmitted disease, many of which are incurable.
- Abstinence until marriage is the only 100% effective method in eliminating the risk of sexually transmitted diseases, teenage pregnancy and emotional issues, such as depression and suicide.
- If you know that your teenager has been sexually active, encourage them to get tested at the local health department or the doctor's office. Encourage renewed abstinence as the best and most healthy option for your teenager.
- Be aware of gradual and/or sudden behavioral changes in your teenager. This could be a sign of abuse, depression or other emotional issues.
- The best health prevention against risky behaviors is simply honest and constant communication between you and your teenager.

Pool / Beach Safety

- Even teenagers must be mindful of the dangers of open bodies of water, such as a pool or the beach.
- If your teen does not know how to swim, encourage them to remain in the shallow end of water.
- Swimming lessons are always a great resource at any age! It's never too late to properly learn how to swim.
- Drowning deaths are almost always accidental. Make sure that your teenager knows the dangers of water in its natural element at the beach and even in a private or public pool.
- Encourage your teen to apply sunscreen every time they go out into the sun. Re-apply every 2 hours or more often as needed.
- Stay hydrated! Make sure that your teenager has adequate amounts of water when going outside.

Internet/Phone Safety

- Most teenagers are involved in social networks such as Facebook, Myspace and Twitter. Know who they communicate with and who their friends are.
- Many sexual predators are online, so urge your teenager to be mindful of what images and content they post on these sites.
- Tell your teen to not post status messages that tell where they are or where they will be. Many homes have been intruded upon because the predators knew that the victim was not home.
- Consider purchasing an internet content blocker to guard against pornography and other inappropriate content.
- Most phones have internet access, so make sure you monitor data activity on your teenager's cell phone.
- Monitor your teenager's text message content. If your teenager is a minor and any sexual content (either photo or text content) is found, they could be charged with child pornography by law enforcement.

Mobile Safety

- Always have your teenager wear a helmet and protection gear, such as knee pads and wrist pads when riding a bicycle, scooter or wearing in-line skates.
- Always encourage your teen to ride on a sidewalk when possible. If no sidewalk is available, stay as close to the curb as possible.
- Tell your teenager to always be a defensive driver, whether in a car or while riding a bicycle, scooter or wearing in-line skates. Sometimes automobile drivers are not paying attention, so they should be defensive.
- If your teenager drives an automobile, remind them to NOT text while driving. Many people have been injured and/or killed due to distracted driving.
- Encourage your teenager to follow speed limits and other traffic signs. They are implemented for their safety.
- Always encourage your teenager to wear their seatbelt while driving and riding in a car. Model that behavior in your own car as well.
- Remind your teenager that they should never operate any type of vehicle while under the influence of drugs or alcohol.