Safety Tips:
Parents of Young Adults (16-18 Years)

Lucile Packard Children's Hospital Stanford

Childhood Injury Prevention

Safety In and Around Cars

• Be a good example. Buckle your seat belt, follow the speed limit, practice safe and legal driving habits, and eliminate distractions by not talking or texting while driving.
• Teach your teen to read maps and how to find new locations.
• Teach your kids to ride with experienced drivers and never drive under the influence or get in the car with someone who has been drinking or doing drugs. Teach your child and their friends to designate a driver if they are going out.
• Teach your children to pay attention to the road and avoid distractions. New drivers should avoid driving when extremely angry, upset, or nervous.
• New drivers should place their phones and other touch devices completely out of reach and sight when in the car to eliminate any temptation to use it.
• Drivers under the age of 18 must follow the laws of the California provisional license. This includes:
  • No driving between the hours of 11pm and 5am unless accompanied by a licensed driver who is over the age of 25 or a parent/legal guardian.
  • No transporting of any passengers younger than 20 years unless accompanied by a licensed driver over the age of 25 or a parent/legal guardian.
• Visit http://impactteendrivers.org/ for more resources on teen driving.

Traffic Precautions

• Be a good example. Cross streets at corners, using traffic signals and crosswalks, look both ways before crossing, and be a conscientious pedestrian.
• If your child needs to use a cell phone, make sure they stop walking or riding and find a safe area to talk.
• Remove headphones when crossing the street.
• Walk on sidewalks or paths whenever possible. If there is no safer option, walk facing traffic as far to the left as possible.
• Teach young adults to never run or dart out into the street or cross between parked cars.
• Remind young adults to make eye contact with drivers before crossing in front of them and to watch out for cars that are turning or backing up.

Bike and Skate Safety

• Make sure your child has the right size helmet and wears it every time when riding, skating or scooting.
• Before riding, make sure the reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.
• Ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stoplights.
• When riding at dusk, dawn or in the evening, be bright and use lights. Make sure your bike has reflectors and wear retro-reflective gear if possible.

Sport Safety

• Make sure your child has a pre-participation physical exam (PPE) before playing in organized sports.
• Encourage children to drink water before, during, and after athletic activities.
• Children should always warm up and stretch before play to prevent injuries.
• Make sure your child's coach is trained in first aid and CPR and knows how to prevent, recognize, and respond to concussions and overuse injuries.
• It is recommended that children get 10 consecutive weeks off for rest from any one sport every year.
• Make sure your child wears proper protective sports gear.

Water Safety

• Make sure your home pool has a proper drain cover or shut-off function to prevent body parts, clothing, or hair from getting trapped. Install a window or door alarm to alert you if someone wanders into the pool area.
• Teach your child to swim with a partner, whether it is in a home pool, the ocean, or a lake.

Preventing Burns

• Teach kids never to play with matches, lighters or fireworks.
• Teach safe cooking practices. Never leave the kitchen while using the stove or oven.
• Require the use of oven mitts or potholders to remove items from the oven or stove and teach children how to use a microwave safely.
• Encourage your child to apply sunscreen before going outside and reapply every two hours and after swimming. Avoid tanning salons.