

Safety Tips:

Teens (13-15 Years)



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Childhood Injury Prevention

Safety In and Around Cars

- Buckle your seat belt. It may seem simple, but it can save your life.
- You will be behind the wheel soon. There is enough to think about while driving without extremely loud music, friends in your care, and texting. Prepare to practice safe and legal driving habits.
- Take the time to learn how to read maps and navigate new areas.
- Do not ever get in the car with someone under the influence. Make a plan for how you will get home safely before going out with friends.

Sport Safety

- Make sure to get a pre-participation physical exam (PPE) before playing in organized sports.
- Drink water before, during, and after athletic activities.
- Always warm up and stretch before exercising to prevent injuries.
- If you are in pain, tell someone. It is better to take care of yourself early than end up with a serious, irreparable injury.
- You should take 10 consecutive weeks off for rest from any one sport every year to allow your body to recover.
- Wearing proper protective gear is way cooler than having missing teeth, being sterile, having a broken shin or having permanent brain damage. Do not ever go without proper gear.

Traffic Precautions

- If you need to talk on your cell phone, stop walking and find a safe area to talk.
- Remove your headphones while crossing the street.
- Remember to:
 - Cross streets at corners, using traffic signals and crosswalks.
 - Look left, right and left again when crossing the street.
 - Do not ever run or dart out into the street or cross between parked cars.
 - Make eye contact with drivers before crossing in front of them and watch out for cars that are turning or backing up.
- Walk on sidewalks or paths whenever possible. If there is no safer option, walk against traffic and as far to the left as possible.
- Do you want to learn more and become an advocate for safety on the way to school? Visit <http://saferoutespartnership.org/> for resources.

Bike and Skate Safety

- Buy a correctly sized helmet you **will** wear. Wear it every time you ride your bike, skateboard, scooter, etc. Looking silly is better than brain damage.
- Before you ride, 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.
- If you ride when it is dark, be bright and use lights. Wear retro-reflective gear if possible and make sure your bike has reflectors.

Preventing Burns

- More than 600 children die every year from fires or burn injuries. Matches and lighters can be important tools, but they can be very dangerous. Fireworks can be fun, but they are also lethal. Do not ever play with matches, gasoline, lighters, or fireworks or use them inappropriately.
- Do not leave the kitchen while using the stove or oven.
- Use oven mitts or potholders to remove items from the oven or stove.
- Microwaves are meant to heat up food, tea, coffee, and maybe a heat pack; not for anything with tin foil. Ask for help if you are unsure how to use the any kitchen appliance properly.
- Being tan can be cool, but skin cancer and sun burns are not. Apply sunscreen before going outside and reapply every two hours and after swimming. Do not use tanning salons.

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.
- No matter how good a swimmer you are, you can never anticipate an emergency that could cost your life in the water. Always swim with a partner, whether you are in a home pool, the ocean, or a lake.



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