

Be Safe, Not Sorry

17-20
Years

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

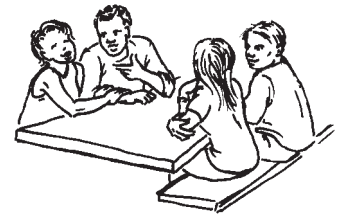
At this age, your young adult is more independent and may spend a lot of time away from home. Your young adult may do unsafe things if friends do them. You can still make a difference in what your young adult does.

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:

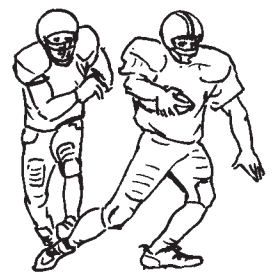
- Seems very sad or depressed. Has a drastic change in mood, sleep habits, weight, or friends.
- Talks about himself or friends wanting or trying to commit suicide.
- Uses alcohol or other drugs to try to feel better or escape from problems.



Safe 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.

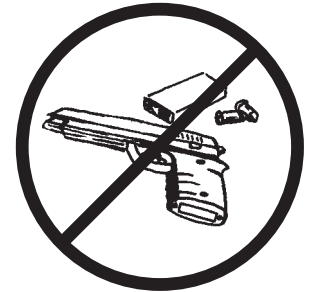
- I urge my young adult to wear a helmet for all bike and motorcycle rides.
- We discuss the dangers of alcohol and other drug use when riding.
- I remind my young adult to ride safely, use the correct signals, and follow the rules of the road.



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. 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. These skills save lives.

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

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