

Be Safe, Not Sorry

0-6
Months

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

At this age, your baby grows very quickly. You may be surprised at what your baby can do. Your baby will learn to push, kick, twist, and grab at things. Babies will try to put lots of things into their mouths, even if they are harmful.

Be Ready. Watch your baby closely.

Do you do these things to keep your baby safe?

Safe in a Car

In a car, the safest place for your baby is in a car seat. By law, your baby must be in a car 6 years old or 60 pounds.

- I buckle my baby correctly into a rear-facing car seat for every ride in the car.** I fasten the car seat in the back seat of the car away from air bags. I make sure the harness straps fit snug around my baby and place the retainer clip at armpit level.
- I never hold my baby on my lap while I drive or ride in a car.** My baby could be crushed by my body or thrown from the car, even during a small crash.
- I will never leave my baby alone in a motor vehicle.**



Safe When Sleeping

It is safest for your baby to sleep alone in a crib. If your baby sleeps with others, they could roll over and smother your baby.

- I make sure my baby's crib is safe.** The slats of the crib are less than 2 3/8 inches apart. The mattress fits snugly into the crib frame. The corner posts do not stick up and are flat with the sides of the crib.
- I lay my baby on his back to sleep.** Doctors say this will help protect him from smothering and SIDS (Sudden Infant Death Syndrome).
- I keep my baby's crib away from window covers or anything with strings or cords.** These could strangle my baby.
- I put my baby to bed on a firm mattress.** I do not use pillows, comforters, or stuffed toys in my baby's crib. These things could smother my baby.



Safe from Choking

- I keep all small things out of my baby's reach.**
- I do not give my baby solid foods like raw carrots, apples, hot dogs, grapes, raisins, nuts, popcorn, or peanut butter.** Babies at this age cannot chew solid food even if cut into small pieces.
- I keep my baby away from things that can cover his nose or face, like plastic bags or balloons.**
- I will ask my doctor to teach me what to do if my baby starts to choke.**



Safe from Burns

Babies wiggle, reach, and grab for things, even hot things.

- ❑ **I keep hot food, hot drinks, and other hot things away from my baby.** When I cook, I put my baby in a playpen or highchair, or I have someone watch my baby.
- ❑ **I protect my baby from getting burned by tap water.** I set my water heater below 120°. I always test the water with my elbow or wrist before I use it on my baby.
- ❑ **I keep hot things out of my baby's reach.** I put screens or gates around fireplaces, wood stoves, or heaters.
- ❑ **If my baby does get burned, I will put the burn in cold water right away.** After that, I will cover the burn loosely with a clean bandage and call my doctor.
- ❑ **My home has working smoke detectors in the areas where my family sleeps.** I test the batteries once a month. I change the batteries twice a year, when daylight savings time changes.



Safe from Falls

Babies wiggle, twist and move. They can fall off things when you least expect it. Falls from anywhere can badly hurt your baby.

- ❑ **I keep at least one hand on my baby when I dress or change him on a table, bed, couch, or any other place off the ground.**
- ❑ **I put my baby in a crib, stroller, car seat, or on the floor when I am not holding him.**
- ❑ **I use safety gates on stairways and doors.**
- ❑ **I do not use baby walkers.** My baby could tip over and fall out. He could pull hot or sharp things onto himself.
- ❑ **I will call my doctor right away if my baby falls and hits his head.**



Comforting My Baby

Babies cry to tell you what they need. Holding babies does not spoil them.

- ❑ **When my baby cries, I gently hold and comfort him while I try to understand what my baby needs.**
- ❑ **Shaking or hitting my baby is very unsafe.** It could hurt or kill my baby. If I ever feel I may hurt my baby, I will call a relative, friend or 1-800-422-4453 (1-800-4 A CHILD) for help.



CREATED BY:

Childhood Injury Prevention Program
a project of the Center for
Injury Prevention Policy & Practice
(619) 594-3691

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

Be Safe, Not Sorry

7-12
Months

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

At this age, your baby will learn to roll over, crawl, sit, and stand. Your baby may even take a few steps. Your baby will try to explore the world by touching and putting things into his mouth.

Be Ready. Watch your baby closely.

Do you do these things to keep your baby safe?

Safe in a Car

In a car, the safest place for your baby is in a car seat. By law, your baby must be in a car seat until 6 years old or 60 pounds.

- I buckle my baby correctly into a rear-facing car seat for every ride in the car.** I fasten the car seat in the back seat of the car away from air bags. I make sure the harness straps fit snug around my baby and place the retainer clip at armpit level.
- I never hold my baby on my lap while I drive or ride in a car.** My baby could be crushed by my body or thrown from the car, even during a small crash.
- I will never leave my baby alone in a motor vehicle.**



Safe from Falls

Falls from heights can badly hurt your baby.

- I use gates on the stairways and doorways in my home.**
- I use locks to keep the windows in my home from being opened more than 4 inches.**
- I do not use baby walkers.** My baby could tip over and fall out. He could pull hot or sharp things onto himself.
- I will call my doctor right away if my baby falls and hits his head.**



Safe from Burns

Your baby will try to grab at everything, even hot things.

- I keep hot food, hot drinks, and other hot things away from my baby.** I keep my baby out of the kitchen when I cook.
- I protect my baby from getting burned by tap water.** I set my water heater below 120°. I always test the water with my elbow or wrist before I use it on my baby.
- I put screens or gates around fireplaces, wood stoves, or heaters.**
- If my baby does get burned, I will put the burn in cold water right away.** After that I will cover the burn loosely with a clean bandage and call my doctor.
- My home has working smoke detectors in the areas where my family sleeps.** I test the batteries once a month. I change the batteries twice a year, when daylight savings time changes.



Safe from Choking

Babies learn about the world by putting things into their mouths. Babies can choke on small things.

- ❑ I keep all small things out of my baby's reach.
- ❑ I do not give my baby solid foods like raw carrots, apples, hotdogs, grapes, raisins, nuts, popcorn, or peanut butter.
- ❑ I keep my baby away from things that can cover his nose or face, like plastic bags or balloons.
- ❑ I will ask my doctor to teach me what to do if my baby starts to choke.



Safe from Poisoning

Your baby will try to put everything into his mouth, even if it tastes bad. Just saying "no" does not keep your baby safe.

- ❑ I keep all products, such as vitamins, iron pills, make-up and household cleaners, out of sight and reach of my baby. I use safety latches on all drawers and cupboards.
- ❑ I keep the Poison Control number near my phone. If my baby puts something that may be poison into his mouth, I will call the Poison Control Center at 1-800-222-1222. They will tell me what to do next.



Safe from Drowning

Babies can drown quickly and in just a few inches of water.

- ❑ I keep my eyes on my baby at all times and stay within arms reach. I do this when he is in or near water. This includes a hot tub, wading pool or swimming pool.
- ❑ I keep my baby from getting near a swimming pool without me. The pool has a 5-foot fence around all 4 sides. The fence gate closes by itself and stays shut. The latch on the gate is out of reach of my baby.
- ❑ I make sure to empty buckets, baby pools and bathtubs right after I have used them.



Comforting My Baby

Babies cry to tell you what they need. Holding babies does not spoil them.

- ❑ When my baby cries, I gently hold and comfort him while I try to understand what my baby needs.
- ❑ Shaking or hitting my baby is very unsafe. It could hurt or kill my baby. If I ever feel I may hurt my baby, I will call a relative, friend or 1-800-422-4453 (1-800-4 A CHILD) for help.



I will learn infant CPR and First Aid. They can save my baby's life.

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Be Safe, Not Sorry

1-3
Years

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

At this age, your child will learn to talk, walk, run, climb, and open doors. Your child wants to explore everything. Your child does not understand danger. He will not always know or remember what you say. Just saying "no" will not keep your child safe.

Be Ready. Watch your child closely.

Do you do these things to keep your child safe?

Safe in a Car

In a car, the safest place for your child is in a car seat. By law, your child must be in a car seat until 6 years old or 60 pounds.

- ❑ **I buckle my child correctly into a car seat for every ride in the car.** I fasten the car seat in the back seat of the car away from air bags. I make sure the harness straps fit snug around my baby and place the retainer clip at armpit level.
- ❑ **I make sure the car seat is the right size for my child.** My child's car seat can face forward only after my child is at least 1 year old AND over 20 pounds.
- ❑ **I never hold my child on my lap while I drive or ride in a car.** My child could be crushed by my body or thrown from the car, even in a small crash.
- ❑ **I will never leave my child alone in or around motor vehicles.**



Safe from Drowning

At this age, your child is at great risk for drowning, especially in swimming pools.

- ❑ **I keep my child from getting near a swimming pool without me.** The pool has a 5-foot fence around all 4 sides. The fence gate closes by itself and stays shut. The latch on the gate is out of reach of my child.
- ❑ **I watch my child carefully when I visit a home with a pool.** I make sure all doors leading to the pool are locked. I will look in the pool area first if my child turns up missing.
- ❑ **I make sure to empty buckets, baby pools and bathtubs right after I have used them.**



Safe from Poisoning

Your child will try to put everything into his mouth, even if it tastes bad. Just saying "no" does not keep your child safe.

- ❑ **I keep all products, such as vitamins, iron pills, make-up and household cleaners, out of sight and reach of my baby.** I use safety latches on all drawers and cupboards. I use childproof caps and keep products in original containers.
- ❑ **I keep the Poison Control number near my phone.** If my child puts something that may be poison into his mouth, I will call the Poison Control Center at 1-800-222-1222. They will tell me what to do next.



Safe from Falls

Your child is active and can fall a lot. Some falls can badly hurt your child.

- I use gates on the stairways and doorways in my home.
- I use locks to make sure the windows in my home do not open more than 4 inches.
- On the playground, I make sure there are rubber mats or at least 12 inches of wood chips or sand under the equipment my child plays on. This can protect my child from getting hurt in a fall.
- If my child falls, I will watch to see if he passes out, vomits or gets sleepy. If any of these things happen, I will call my doctor right away.



Safe on a Tricycle

Your child should always wear a helmet when riding a tricycle or scooter. By law, all children must wear a helmet when riding a bike.

- A bicycle helmet will help protect my child's head when riding a tricycle, or scooter. The helmet fits snugly and is placed correctly on my child's head. The chinstraps are fastened tight enough so the helmet does not shift on my child's head.



Safe Around Cars

Your child is too young to understand the danger of cars and traffic. It is hard for drivers to see small children.

- I always hold my child's hand and cross the street with him. When we walk, I talk about how to cross the street safely. I teach my child to look left, then right, then left again. We always cross the street together.
- I do not let my child play behind or between cars, in the driveway, or near busy streets.
- Before I get in my car, I walk around it to be sure that my child is not behind it.



Safe from Burns

Your child likes to explore everything and does not understand danger. Hot liquids and food can spill and cause serious burns.

- I protect my child from getting burned by tap water. I set my water heater below 120°. I always test the water with my elbow or wrist before I use it on my child.
- I keep hot food, hot drinks, and other hot things away from my child. I keep my child out of the kitchen when I cook. I put screens or gates around fireplaces, wood stoves, or heaters.
- My home has working smoke detectors in the areas where my family sleeps. I test the batteries once a month. I change the batteries twice a year, when daylight savings time changes.



Safe from Guns

- 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 will learn child CPR and First Aid. They can save my child's life.

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Be Safe, Not Sorry

4-5
Years

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

At this age, your child wants to try new things and make you proud. Your child may try to do things adults and older kids can do. Your child doesn't fully understand danger. Even if you say something is harmful, your child may not always remember to do what you say.

Be Ready. Watch your child closely.

Do you do these things to keep your child safe?

Safe in a Car

In a car, the safest place for your child is in a car seat. By law, your child must be in a car seat until 6 years old or 60 pounds.

- I make sure my child is correctly buckled into a car seat or seat belt.** I make sure the harness on my 4 year old is snug. I make sure my 5-year-old is in a booster seat, the shoulder belt lies across her shoulder, not the neck or throat and 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 away from air bags.** That is the safest place for my child.
- I will never leave my child alone in or around motor vehicles.**



Safe from Drowning

Your young child is at great risk for drowning, especially in swimming pools.

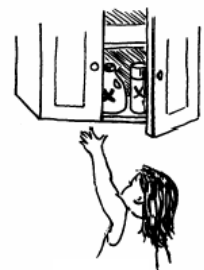
- I keep my child from getting near a swimming pool without me.** The pool has a 5-foot fence around all 4 sides. The fence gate closes by it's self and stays shut. The latch on the gate is out of reach of my child.
- I watch my child carefully when I visit a home with a pool.** I make sure all doors leading to the pool are locked. I will look in the pool area first if my child turns up missing.
- If my child plays near water, I keep my eyes on my child at all times.**



Safe from Poisoning

Your child is curious, able to climb up on chairs and open drawers.

- I keep all products, such as vitamins, iron pills, make-up and household cleaners, out of sight and reach of my baby.** I use safety latches on all drawers and cupboards. I use childproof caps and keep products in original containers.
- I keep the Poison Control number near my phone.** If my child puts something that may be poison into his mouth, I will call the Poison Control Center at 1-800-222-1222. They will tell me what to do next.



Safe from Falls

Your child is active and can fall a lot. Some falls can badly hurt your child.

- ❑ **I use locks to make sure the windows in my home do not open more than 4 inches.**
- ❑ **I make sure to not place furniture my child could climb near a window.**
- ❑ **On the playground, I make sure there are rubber mats or at least 12 inches of wood chips or sand under the equipment my child plays on. This can protect my child from getting hurt in a fall.**
- ❑ **If my child falls, I will watch to see if he passes out, vomits or gets sleepy. If any of these things happen, I will call my doctor right away.**



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 placed correctly on my child's head. The chinstraps are fastened tight enough so the helmet does not shift on my child's head.**
- ❑ **I do not let my child ride in the street or near moving vehicles.**
- ❑ **I do not let my child ride at dusk or after dark.**



Safe from Guns

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.**



Build Trust and Respect

All children need positive guidance to help them learn and grow. Talking together is a very important part of this.

- ❑ **I listen to my child's thoughts and feelings. I want my child to feel he can come to me for help.**



I will learn child CPR and First Aid. They can save my child's life.

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Be Safe, Not Sorry

6-8
Years

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

At this age, your child spends a lot of time with friends. Your child may do unsafe things on a dare or to prove he is "grown up." This puts your child in danger of being hurt. It is important to remind your child about the safety rules you have set.

Be Ready. Set rules and watch your child closely.

Do you do these things to keep your child safe?

Safe in a Car

In a car, the safest place for your child is in a car seat or seat belt. By law, your child must be in a car seat until 6 years old or 60 pounds. Use a car seat until your child can correctly fit into seat belts.

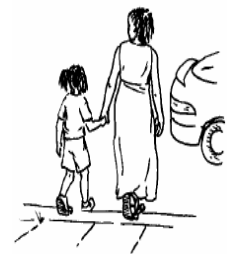
- I make sure my child and everyone in the car is safely buckled in before I start the car.** I wear my seat belt every time, too. I never let anyone riding in the car place the shoulder belt behind their back or under their arm.
- I make sure my child is correctly buckled into a car seat or seat belt.** 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.
- I will never leave my or any child alone in or around motor vehicles.**



Safe Near a Street

Your child still cannot judge the speed and movement of cars. Your child will not always remember how to cross the street safely.

- I always hold my child's hand and cross the street with him.** When we walk, I talk about how to cross the street safely. I teach my child to look left, then right, then left again. We always cross the street together.
- I watch my child closely when he plays outside.** It is safest for my child to play in a fenced yard or go with me to a playground or park.



Safe While Playing

Playing in playgrounds and sports can be fun and healthy for your child. It is important to keep safety in mind.

- On the playground, I make sure there are rubber mats or at least 12 inches of wood chips or sand under the equipment my child plays on.** This can protect my child from getting hurt in a fall.
- I make sure my child wears all safety gear when playing any sport.**



Safe in the Water

Children love to play and swim in the water. They need to learn how to do it safely.

- ❑ **I will enroll my child in swimming lessons.** Even if my child knows how to swim, it does not mean my child is ever safe in or near water.
- ❑ **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.**



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 snugly and is correctly placed on my child's head. The chinstraps are fastened tight enough so the helmet does not shift on my child's head.
- ❑ **I do not let my child ride in the street or near moving cars.**
- ❑ **I do not let my child ride at dusk or after dark.**



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.



Build Trust and Respect

All children need positive guidance to help them learn and grow. Talking together is a very important part of this.

- ❑ **I listen to my child's thoughts and feelings.** I want my child to feel he can come to me for help.



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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.

Be Ready. Teach and guide your child to make safe choices. Do you do these things to keep your child safe?

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 in 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.

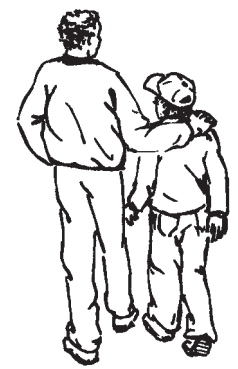
- I make sure my child wears a helmet for every bike ride. The helmet fits snugly on my child's head. The chinstraps are fastened tight enough so the helmet does not shift on my child's head.
- I make sure my child knows the rules of the road. I teach my child to ride with traffic. I show my child how 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.

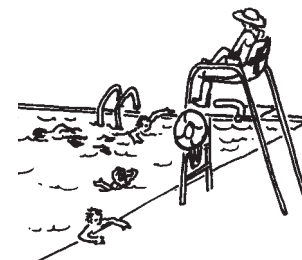
- I make sure my child wears all safety gear when playing any sport.** My child should do this at practice and when playing sports with friends.
- I teach my child to play fair and follow the rules of the game.**



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 drownproof.
- 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.



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Poison Control: 1-800-222-1222

Youth Crisis Line: 1-800-843-5200

Be Safe, Not Sorry

13-16
Years

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 snugly on my teen's head. The chinstraps are fastened tight enough so the helmet does not shift on my 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. 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

CREATED BY:

Childhood Injury Prevention Program
a project of the Center for
Injury Prevention Policy and Practice
(619) 594-3691

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

Be Safe, Not Sorry

17-20
Years

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

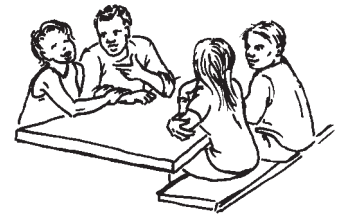
At this age, your young adult is more independent and may spend a lot of time away from home. Your young adult may do unsafe things if friends do them. You can still make a difference in what your young adult does.

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:

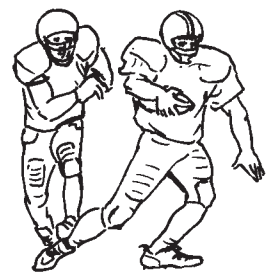
- Seems very sad or depressed. Has a drastic change in mood, sleep habits, weight, or friends.
- Talks about himself or friends wanting or trying to commit suicide.
- Uses alcohol or other drugs to try to feel better or escape from problems.



Safe at Sports

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- 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.



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