

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.

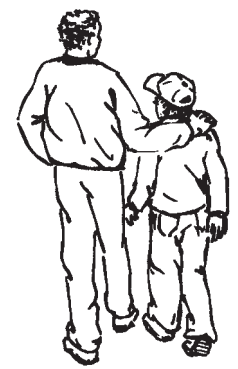
- I make sure my child wears a helmet for every bike ride. The helmet fits snugly on my child's head. The chinstraps are fastened tight enough so the helmet does not shift on my child's head.
- I make sure my child knows the rules of the road. I teach my child to ride with traffic. I show my child how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

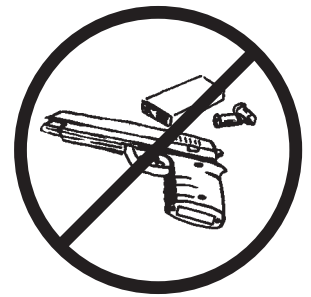
- I teach my child to stay away from people who may be violent and places where there might be trouble. I teach my child how to walk away from violence and to get help from a trusted adult.
- I teach my child healthy ways to deal with anger or conflict. I teach him to take time to calm down when angry. 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.

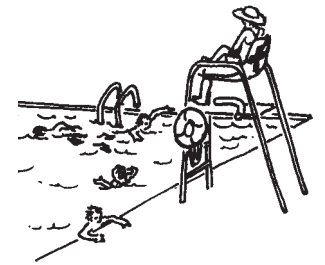
- I make sure my child wears all safety gear when playing any sport.** My child should do this at practice and when playing sports with friends.
- I teach my child to play fair and follow the rules of the game.**



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.



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

CREATED BY:

Childhood Injury Prevention Program
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(619) 594-3691

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California Department of Health Services

IMPORTANT NUMBERS

Emergency: 9-1-1

Child Abuse Hotline: 1-800-422-4453

Poison Control: 1-800-222-1222

Youth Crisis Line: 1-800-843-5200