

# Safety Tips:

## Parents of Teens (13-15 Years)



Lucile Packard  
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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 using a cell phone 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 get in the car with someone under the influence.
- Follow laws set out for driving permits in California. They can be good guidelines to eliminate distractions and encourage positive driving habits.

### 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.

### 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/skating, 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.

## 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.
- Make sure your teen applies sunscreen before going outside and reapplies every two hours and after swimming. Avoid tanning salons.

## For Extra Peace of Mind

- Teach your teen important emergency phone numbers.
- Make sure your child has engaging and safe afterschool activities.

## 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 a child wanders into the pool area.
- Teach children to swim with a partner, whether it is in a home pool, the ocean, or a lake.



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