



THE AMERICAN ACADEMY OF PEDIATRICS
NEW YORK CHAPTER 2
COMMITTEE ON CHILDHOOD INJURY PREVENTION

UNINTENTIONAL CHILDHOOD INJURY PREVENTION COUNSELING TIP SHEET

Adolescents

1. TRAFFIC SAFETY

- a. Encourage seat belt use
- b. Discuss the role of alcohol and drugs in teenage motor vehicle crashes
- c. Talk about minimizing distracted driving, cell phones, computers, etc.
- d. Alert parents and teens to the dangers of speeding and reckless driving
- e. Strict rules about nighttime driving and overcrowding in a car
- f. Helmets when riding a bicycle, motorcycle or ATV. **No ATV use under 16 years**

2. WATER SAFETY

- a. Discuss risk of swimming alone or in remote sites not designated for swimming
- b. Discuss the dangers of alcohol and drug use when engaging in aquatic activities
- c. Know water's depth before diving and always go in feet first on first entry
- d. Always use an approved personal flotation device when boating or fishing

3. SPORTS SAFETY

- a. Appropriate safety equipment, protective eyewear, etc., must be emphasized
- b. Appropriate physical conditioning for a particular sport should be encouraged
- c. Protective equipment for skateboarding and in-line skating is mandatory

4. FIREARM SAFETY

- a. Extra care required due to the potential for impulsive behavior, suicide, homicide, etc.
- b. Handguns should not be in the home
- c. If gun present in home, must be kept unloaded with ammunition in a separate, locked area