

# GOT RISK?

## District *Safety* Gram PEOPLE-MISSION-SAFETY

### School is Out!



It's that time of the year again; when school is out, kids, teenagers as well as young adults will have more free time for other activities.

Summer can be a fun and exciting time for a young person, as they have those few months of long awaited freedom from schoolwork and other obligations, but one should never forget one's ongoing obligation to safety. Personal safety, as well as the safety of others, is paramount to having a fun and enjoyable summer vacation.

#### *Here are a few tips to help keep teens safe:*

- **Outdoors:** The summer heat may be a nice change from the cold of winter, but it is also a factor in one's personal safety. Advise your teens to use sunscreen and to reapply it regularly to avoid sunburn. Make sure anyone who is outside is regularly hydrated. Sports as well as other recreational activities can wear down the body and lead to dehydration and heat stroke. One does not need to play sports in order to feel the effects of the sun. It is important that sunbathers exercise the same cautions outdoors as those participating in other activities. This is especially important during the midday hours, when the sun's effect is at its strongest point of the day.
- **On the Road:** The road presents many hazards, and it is important that teens and adults are responsible drivers. Teens are new drivers, and as such, lack the experience that most well seasoned adult drivers have. Talk to you teens about driving and the responsibilities associated with getting behind the wheel. Set limits on the number of people your teen is allowed to drive, and find out who they will be driving. This will help to cut down on the driver distractions that numerous passengers can cause. With so much to do over the summer, teens may be constantly rushing or absent minded while out having fun. It is important to slow down and be safe. Know what is happening on the road and anticipate what other drivers may do. This is the key to safe driving.
- **With Friends:** Almost half of all teens have tried alcohol, and almost a quarter are considered to binge drink. Aside from the legal ramifications of underage drinking, the use of alcohol impairs your teen's ability to make sound judgments and the ability to operate a motor vehicle, much sooner than with an adult. It is important that your teen know the consequences of their actions, as well as those of the people around them. Talk to your teen and know what their plans are and who they will be with. Maintaining good communication with your teen will make it much easier to help keep them safe this summer.
- **At Home:** Make an emergency plan and make sure that everyone in the house has an idea of what to do if such an emergency arises. Make sure there is a clear list of contacts that would be necessary in case an emergency situation was to arise while you are out of the house.

*They may be on a break from school, but no one can take a break from safety*

