

SCHOOL SAFETY (HIGH SCHOOL)

CAR SAFETY

- Never ride in a vehicle with a driver who has consumed alcohol or taken other drugs-*Call a friend, parent, other family member or a taxi to take you home.*
- Always wear a lap/shoulder belt every time you ride in a vehicle.
- Remember California Law makes it illegal for a driver under the age of 18 years to use any wireless device/cell phone or even a hands-free or mobile service device, except during an emergency.

DATING SAFETY

- If you or a friend are in a dating relationship and have the following characteristics, these are unhealthy and may become abusive. In this case you should call the Domestic Violence Hotline for more information 1-800-978-3600:

- Controlling behavior
- **Extreme jealousy**
- **Blames you for their anger**
- Threatens violence
- Verbally abusive
- Uses alcohol and drugs
- **Isolates you** from your family and friends
- Cruel to animal or children
- Uses physical force during an argument, such as grabbing and holding tight with their hands

For more teen dating information visit www.loveisrespect.org

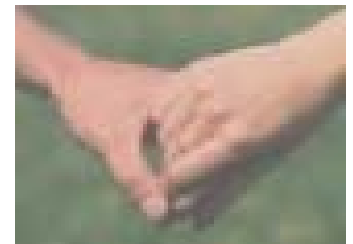


SPORT/PHYSICAL ACTIVITY SAFETY

- Prior to participating in a sports program, ensure:
 - Appropriate safety equipment, safe playing environment
 - Proper conditioning
 - Drink adequate water or hydration drinks that replace electrolytes-no caffeine, alcohol, or sweetened drinks.
 - Adequate supervision and enforcement of rules

SUICIDE/DEPRESSION AWARENESS

- If you or a friend have the following signs, contact the California Youth Crisis Line at (800) 843-5200:
 - Signs of prolonged helplessness, sadness, and hopelessness
 - Loss of energy
 - Feeling of guilt and worthlessness
 - Becoming withdrawn and isolated from others
 - Not able to take pleasure in things once enjoyed
 - Considering suicide or making threats of suicide
 - If you feel you are suicidal, talk with a parent, family member, school faculty such as a teacher, counselor, principal, or friend



PERSONAL SAFETY

- Do not consume alcohol or take drugs
- Never carry a weapon
- Try not to walk alone
- Plan a safe walking route to school or bus stop. Use the most direct way to the school or bus stop that has the least street crossings and be sure to cross at intersections with crossing guards.
- Avoid vacant lots, parks, or other places where few people are around.
- If an older child is left alone at home for a short time after school, ensure that:
 - Rules are in-place for locking the doors and windows as well as answering the phone and door.
 - Have a trusted neighbor agree to have the child check in with them after they return home. Provide the neighbor with your contact number in case the child does not check-in as scheduled. Ensure the child has the neighbor's phone number to check-in in case of a delay at school.
 - Provide rules to not allow friends to visit without an adult in the home.
- Never talk to strangers or accept rides or gifts of any kind.

BULLYING PREVENTION

- For students, if bullied:
 - Do not retaliate
 - Respond firmly or say nothing and walk away
 - Act confident
 - Talk with your parents. Telling is not tattling.
 - Talk with a trusted teacher, faculty, counselor, principal or have your parent talk with your school.
 - Have friends that stick up for each other
 - Take a different route, whether around or to and from school. Avoid unsupervised areas.
 - Avoid taking expensive items to school
- For parents, if your child is bullied:
 - Encourage your child to develop new friends
 - Maintain contact with your child's school.
 - Maintain a record of bullying incidents, such as date, time, location, individuals, etc.
 - Encourage your child to share problems with you
 - Provide support for your child through positive compliments
 - Encourage your child to participate in physical activities and sports at school



For more information, visit kidshealth.org/teen

BICYCLE SAFETY

- California Law requires anyone under the age of 18 to wear a helmet that meets safety standards of the U.S. Consumer Product Safety Commission (CSPC), Snell, ANSI, or ASTM, every time they ride their bicycle
- Make sure the helmet fits snugly, flat across your head, and is fastened
- Ride same direction as traffic & follow traffic laws



FOR MORE INFORMATION ON THESE TOPICS VISIT:

<http://lapublichealth.org/ivpp/InjTopicsHome.htm>