

TEEN PROOF YOUR HOME

FIREWORKS

Tip: Do not use fireworks without professional supervision to avoid injury and/or arrest.

BULLYING

Tips: Monitor computer use, but respect privacy.

Discuss internet/social media safety. Images on the web are difficult to remove.

Cover cameras on all electronic devices when they are not in use.

DATING VIOLENCE

Tip: Discuss partner violence, help your teen understand the characteristics of healthy and unhealthy relationships.

SUBSTANCE ABUSE

Tips: Discuss health and legal outcomes related to drug and alcohol use.

Electronic vapor products are not safer to use than other tobacco products!

Be on the lookout for signs of alcohol, tobacco or drug use – breath mints, smelly clothes, erratic behavior, and avoidance.

Get to know your teen's friends and who they hang out with during and after school.

SEX

Tips: Talk with your teens about sex and your expectations about sexual behavior.

Make appointment for your teen to privately meet with primary care provider to discuss STI screening, personal health, abstinence, safer sex, contraception.

The HPV vaccine prevents HPV-related cancers and genital warts. It is recommended for all teens beginning at age 11-12.

MEDICATION

Tips: Supervise teens' medication use.

Encourage teens to read medication labels and check with an adult prior to use.

Lock-up or discard all medications and inhalers that are not being used.

CHEMICALS

Tips: Learn about and educate your teen the dangers of inhaling (huffing) household chemicals.

Remove hazardous chemicals if possible.

DROWNING

Tip: Make sure your teen learns to swim and understands pool safety - never swim alone, never dive into shallow or murky water; keep emergency equipment poolside.

SUICIDE

Tips: Know the common signs of adolescent depression: changes in behavior (grades, sleep, appetite, or activities), sadness, irritability, tiredness, hopelessness.

Get help from a health or mental health professional.

Call the National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255).

BURNS

Tips: Teach your teen how to properly use appliances and respond to kitchen fires.

Review how to call 911.

DRIVING

Tips: Buckle up. It's the law. Remind back seat riders to buckle up, too.

Discuss responsible driving that includes not driving under the influence of drugs or alcohol and to never use a handheld device while driving.

Discuss a plan to help teen avoid ever getting in a car with someone under the influence of alcohol or drugs. This may be really hard if the driver is a trusted adult or friend.

FIREARMS

Tips: Discuss gun/firearm safety if teens participate in supervised shooting sports.

Keep all weapons locked up in a safe or in a location that teens cannot access.

Store guns and ammunition separately.

FIRES

Tips: Place smoke and carbon monoxide detectors on every floor and in each sleeping area.

Check/change batteries regularly.

Have a family escape plan and practice twice a year.

Install fire ladders in every above ground level room.

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