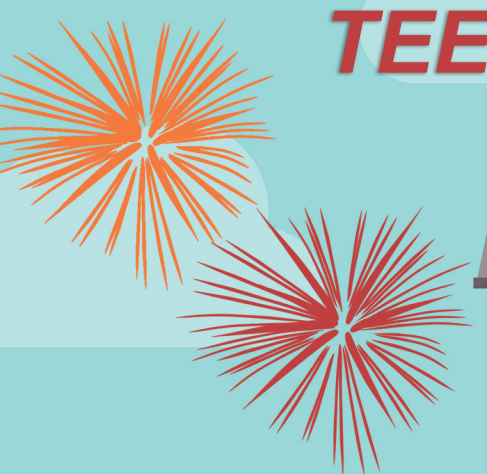
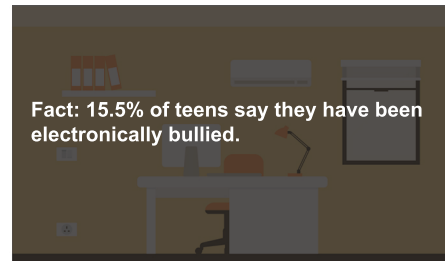


# TEEN PROOF YOUR HOME: FACTS



Fact: Nearly 50% of people injured from fireworks and treated in the emergency were younger than 20 years old.

Fact: Drowning accounts for 9% of unintentional injury deaths among children 0 to 19 years old.



Fact: 15.5% of teens say they have been electronically bullied.

Fact: 44% female and 47% male 15-19 are sexually active.

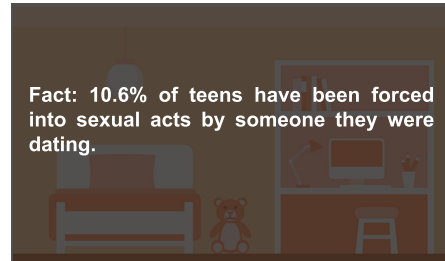
75% of teen pregnancies are unintended

50% of all diagnosed sexually transmitted infections occur in teens, 80% of teens report no signs or symptoms of infection.

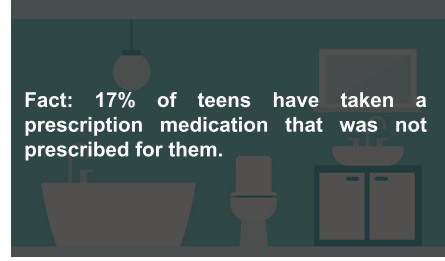
Fact: Suicide is the 2nd leading cause of death in adolescents.

30% of high school students report feeling sad or hopeless almost every day.

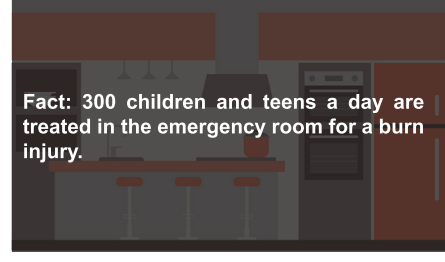
17.7% considered suicide, 14.6% made a plan, and 8.6% attempted suicide once in the past year.




Fact: 10.6% of teens have been forced into sexual acts by someone they were dating.



Fact: 17% of teens have taken a prescription medication that was not prescribed for them.

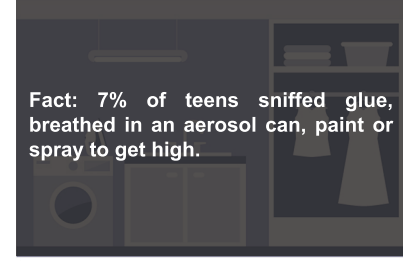


Fact: 300 children and teens a day are treated in the emergency room for a burn injury.




Fact: 45% of teens report the use of an electronic vapor product; 38.6% used marijuana one or more times; 7.5% before age 13; 63.2% consumed alcohol; 32.3% smoked cigarettes.

90% of adult smokers began smoking as teens.



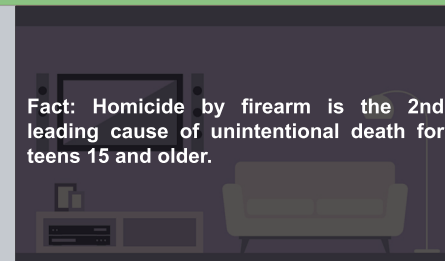
Fact: 7% of teens sniffed glue, breathed in an aerosol can, paint or spray to get high.



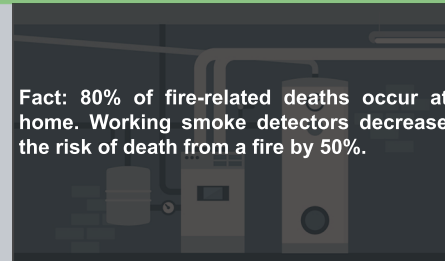
Fact: Motor vehicle accidents are the leading cause of death for teens. Every day, 6 teens are killed in a motor vehicle crash in the U.S.

41.5% report texting or emailing while driving.

20% had ridden in a car with someone who was drinking alcohol. 7.8% of teen drivers reported driving after drinking



Fact: Homicide by firearm is the 2nd leading cause of unintentional death for teens 15 and older.



Fact: 80% of fire-related deaths occur at home. Working smoke detectors decrease the risk of death from a fire by 50%.

The most common dangers to teens' health and safety are largely preventable! Injuries (poisoning, drowning, motor vehicle accidents, fire), suicide and homicide are the leading causes of injury and death. Risk-taking behaviors including unprotected sex and substance use can also negatively impact your teen's health.

Our homes are safe spaces for our families, however potential hazards exist. Now that your child is older, it is time to address potential dangers. Follow this room-by-room guide to identify potential hazards and tips for you to make your teen safer at home.

Developed by:



National Association of  
Pediatric Nurse Practitioners™  
Adolescent Health  
Care SIG



National Association of  
Pediatric Nurse Practitioners™  
Pediatric Emergency  
Care SIG

# TEEN PROOF YOUR HOME: TIPS

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

**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.**

**Tip: 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.

**Tip: 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.

**Tip: 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).

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

**Tip: 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.

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

Review how to call 911.

**Tip: 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.

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

Remove hazardous chemicals if possible.

**Tip: 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.

**Tip: 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.**

**Tip: 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.

**Tip: 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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