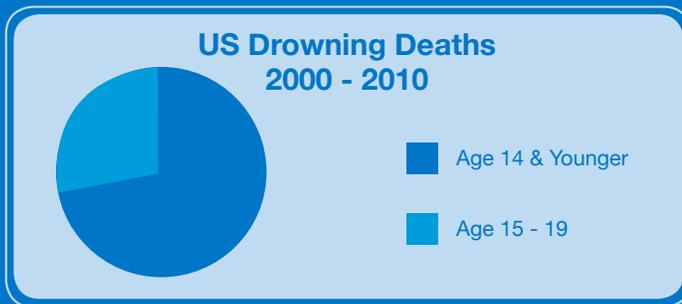


Water Safety for Teens

As you leave grade school and middle school behind you, you're taking on exciting new freedom and adventures. But you're still at risk for drowning. In fact, 28% of the drownings in the US between 2000 and 2010 involved teens between the ages of 15 and 19. The American Academy of Pediatrics says that male teens are the second highest-risk age group for drowning. In Arizona during the same period, 63 teens ages 15 – 19 drowned, and 93% of them were males.



When you head to the water, you can make a few important choices to be safer. Try to:



Use the “buddy system.”

Have a friend who is your age or older with you at the pool, river, or lake, so you can help each other if a rescue is needed.



Avoid alcohol and marijuana use.

Among teens and adults, alcohol was involved in 70% of deaths associated with water recreation.



Use Life Jackets

When you go to open a river or lake, bring a life jacket you like and will wear. Using a life jacket reduces risk of drowning by 49%.



Share your “float plan” with others.

Telling someone where you are going and when you will return gives them a way to get help for you if you need it.



Be Aware of Dangers.

Be aware of the dangers where you swim. Fast-moving currents at the river & debris at the lake can put even strong swimmers at risk.



Learn to Swim.

If you don't know how to swim, or need to improve your skills, tell your friends. Back home, sign up for classes for swimmers your age.

Have you seen headlines with celebrities involved in dangerous situations by the water? Think about the things they did right and wrong, so you can make your own plan to be safe.



PHOENIX CHILDREN'S
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