

Teen Safety

PRECAUTIONS AT HOME

When they were little you covered outlets and locked cabinets. Now that your kids are teens, it's still important to keep them safe from everyday things that could pose a danger. Although it is not possible to make a home completely safe, you can take steps to make it safer for children and teens.

TALK, LISTEN & SUPPORT

Have you talked to your teen today? Only 42% of youth report having a conversation with an adult about tobacco, alcohol or other drug use.

-What was your favorite thing you did today?

-If a friend offered you alcohol, how could you respond?

-Who is your best friend? What are they like?

-When you feel down, stressed, lonely or bored, what do you do to feel better?

-Tell me something about yourself that you think I might not know.

-Name two things you would like to accomplish before you graduate high school.

If you have questions or need support, we are here for you. Call our **24/7 crisis line at 913-268-0156** for support and resources.

For More Information

Means restriction devices are available at JCMHC including medication lock boxes, gun locks and medication deactivation kits.

Visit: jocogov.org/departments/mental-health or contact Prevention Services at 913-715-7880.

MONITOR AND KEEP TRACK OF USE

Common household cleaners

Including: cleaners, solvents and aerosols

Medicine

Only buy what you need



"Sharps"

Including: razors, pocketknives exacto-knives & syringes

Alcoholic beverages & Tobacco

LOCKUP WHEN NOT USING

Medicine

Both over-the-counter and prescribed

Alcohol

Keep in locked cabinet or use bottle locks

Firearms

Store in a locked safe; keep ammunition separate; use trigger locks



INTERNET USE

Check social media

Make sure there is no identifying information

Monitor cell phone use

Including: texting, pictures and applications

Know their passwords

Not just being "friends" or "followers"

Pictures are permanent

What is posted online stays online

Keep online use in the open

Easier to monitor use



TEEN PARTIES

Set clear rules

Such as no alcohol, tobacco or other drugs

Keep party in easy to monitor area

Check area regularly

If attending a party

Don't hesitate to check in with parents/guardians

