

# Activities

1. In groups, brainstorm why you think accidents are so common among teenagers. Share your thoughts with other groups.

2. In groups, create a skit that illustrates how someone can avoid an accident. Use some examples from the article or develop your own. Act out the skit for the rest of the class.



3. Make a poster that illustrates ways people can be prepared to respond to accidents if necessary. Use examples from the article and come up with your own. Use pictures from magazines and the Internet and hang them up in the classroom.



4. Automobile accidents and drowning are some of the most common accidents among teenagers. What advice would you give teenagers that might help them prevent these types of accidents?

**Home Connection** Household accidents are common and can be very dangerous. What are some ways to accident proof your home? Brainstorm some ideas with your family. Bring your ideas to school to share with your classmates.

## CAUTION:



## Discussion Questions

What kinds of accidents are most common at school?

Have you ever been in an accident that could have been prevented?

# ADOLESCENTS and ACCIDENTS



Accidents are very common among adolescents and one of the leading causes of death. Most accidents are preventable. Adolescents that are aware of their surroundings and use common sense can avoid most accidents.

Some of the most common types of accidents among adolescents are motor vehicle accidents, poisoning, drowning, and choking.



## Ways to PREVENT ACCIDENTS



- ⇒ Wear a seat belt.
- ⇒ Never get into a car with someone that has been drinking or using drugs.
- ⇒ Always wear a helmet when you ride your bike, roller blade, skateboard, or play certain sports where a helmet is required.
- ⇒ Always swim in the presence of a lifeguard or adult.
- ⇒ Always let adults handle household chemicals used for cleaning or the lawn.



- ⇒ Never drink anything when you do not know what it is.
- ⇒ Never play with or handle knives and guns.
- ⇒ **Do not** play dangerous or deadly games. Kids are dying from playing the Choking Game (a.k.a. pass-out or blackout game).
- ⇒ **Do not** put anything in your mouth that is not edible, especially small items that could pose a choking hazard.
- ⇒ Protect your skin by wearing the proper clothing and applying sunscreen lotion.
- ⇒ **Don't** use fireworks without adult supervision.

## ACCIDENT PREPAREDNESS



- ✓ Talk to your family and devise a plan to follow should an accident happen.
- ✓ Familiarize yourself with the 911 **Emergency Response System** so that, should a serious accident occur, you are prepared.
- ✓ Take a **Cardiopulmonary Resuscitation (CPR)** class (most classes are reasonably priced) so you can help someone who stops breathing.
- ✓ Learn basic first-aid, including the **Heimlich Maneuver**, should you need to help a choking victim.
- ✓ Always be aware of your environment and the people around you.
- ✓ **Don't** hesitate to ask for help from an adult if an accident occurs.

