

lifesavers

Not scared of anything?

Here's a scary fact: Injuries such as car crashes, drowning, and bicycle-related head injuries, are one of the biggest killers and disablers of teens today. That means you—or your friends—could end up dead or in wheel chairs for the rest of your lives.

The good news? These injuries are preventable. That means you have the power to make decisions that will get you through your teen years alive, and able to walk and talk. You may know how to protect yourself, but some people still believe ...

“Bike helmets aren't cool.”

Helmets prevent injuries to your skull and your brain. A serious fall or crash can cause permanent brain damage or death. Now, that's definitely not cool! The pros wear helmets. The color and styles are endless. When choosing a bike helmet, just make sure to look for a ASTM or CPSC safety standard sticker on the inside of the helmet.

“Wearing my seatbelt wrinkles my clothes.”

It's a known fact that seatbelts save lives. So, it's your choice, would you rather have wrinkled clothes or would you rather fly through the windshield of the car?

“I know how to swim, so I don't need a life jacket anymore.”

Water conditions, alcohol or drugs, and how tired you are can affect the way you swim. The safest thing to do is wear a life jacket whenever you are in a boat or swimming in a lake or river.

“This lake is 6 feet deep, that's plenty deep enough for diving.”

Actually, the water should be at least nine to 12 feet deep to dive or jump in safely. Always make sure to check how deep the water is before diving in.



“Getting a license means that my friends and I are expert drivers.”

No way! Even with a driver's license, studies show that teens get in more car crashes than older drivers. Most teens don't have enough driving experience, and they may take more risks while driving. Never ride with someone who has had any alcohol to drink. Alcohol isn't the only risk to driving. Driving when you're short on sleep is extremely dangerous.

Texting and talking on a cell phone without a hands-free device are both illegal and dangerous. Pull over if you need to use your cell phone.

“Helmets just aren't comfortable.”

Helmets today are lightweight and keep you cool. They're more comfortable than they have ever been, and some even have a hole in back for a ponytail.

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