

Safety

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Driving

Safe driving for teens is an important topic that affects the lives of many young people and their families.

- Always wear your seatbelt.
- Never be on your phone – **do not text and drive.**
- Never get behind the wheel of a car under any influence of drugs or alcohol.
- Never get in a car with a driver that is under the influence.

[Distracted Driving](#)

[Driving Safety](#)

[Teen Drivers - CDC](#)

Digital

Digital safety is a hot topic as you want to protect your children from the potential harms and risks of various digital technologies. It is recommended that teens have no more than 2 hours of appropriate digital content daily.

[Family Social Media Plan](#)

[Setting Parental Controls](#)

[Talking About Social Media](#)

[Staying Safe Online](#)

[A Teen's Guide to Social Media Safety](#)

Gun safety

Firearms are now the leading cause of death among children in the United States. That's why it's more important than ever for parents and caregivers to know how secure firearm storage works. It's simple. To help keep your family safe and prevent tragedies, it's crucial to secure your firearm. Firearms should be unloaded and locked separately from ammunition.

[Secure Gun Storage](#)

[Injury Protection](#)

[Effective Methods for Safe Firearm Storage](#)

Bullying

[What is Bullying?](#)



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Substance use

Have honest conversations around substances. Negative effects of using substances can include difficulty concentrating and problem solving, potential for addiction, impaired driving which can result in legal repercussions, and/or restrictions at school such as being unable to participate in any extracurricular activities. If friends/peers are pressuring, below are some ideas of how to say no:

1. "I already feel good. I don't want to mess that up."
2. "I really like you, but I just don't like drugs. If you're my friend, you'll respect my choice."
3. "I'm not taking any chances. I know someone who got really sick from that. That's not cool."
4. "Plenty of people AREN'T doing drugs. It's not for me."

[Substance Use – HealthyChildren.gov](https://www.healthychildren.org/)
[Teen Corner \(Alateen\) - Al-Anon Family Groups](#)



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