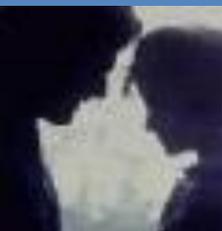


Safety in High School

Friends, Boyfriends & Girlfriends



If you or a friend are in relationship and have the following characteristics, these are unhealthy and are abusive. Contact the Domestic Violence Hotline at 1-800-978-3600

- Isolates you from family & friends
- Cruel to animals, children
- Uses physical force (grabbing & holding tight with their hands)
- Sweet when others are around but not when alone
- Controlling behavior
- Extreme jealousy
- Blames you for their anger
- Threatens violence
- Verbally abusive
- Uses alcohol and drugs
- Discourages you from doing the things you enjoy

More dating information visit www.loveisrespect.org

Riding in Cars



- ✓ Never ride in a vehicle with a driver who has been drinking alcohol or using drugs-*Call a taxi, friend, parent, or other family member for a ride home.*
- ✓ Always wear a lap/shoulder belt every time you ride in a vehicle.
- ✓ Remember California Law makes it illegal for a driver under the age of 18 years to use any wireless device/cell phone or even a hands-free or mobile service device, when operating a motor vehicle except during an emergency.

Bicycles & Helmets

1. Every time you ride wear a helmet flat on your head with the straps fastened snugly. It's the Law!
2. Ride same direction as traffic & follow traffic laws
3. Walk bike at intersections



FLAT on HEAD



Fastened SNUGLY



Depression & Suicide

If you or a friend has any of the following call California Youth Crisis Line at (800) 843-5200:

- Loss of energy
- Becoming withdrawn & isolated from others
- Signs of prolonged helplessness, sadness, and hopelessness
- Feeling of guilt and worthlessness
- Not liking things you once liked
- Thinking of suicide or threats of suicide
- If you feel suicidal, talk with a parent, family member, school faculty such as a teacher, counselor, principal, or friend



Help here to

Continued other side...

Bullying

KidsHealth®

kidshealth.org/teen



STUDENTS, if bullied:

- ✓ Do not retaliate
- ✓ Respond firmly or say nothing, walk away
- ✓ Act confident
- ✓ Talk with adults. Telling is not tattling
- ✓ Talk with a trusted teacher, faculty, counselor, principal
- ✓ Have friends that support each other
- ✓ Take a different route & avoid unsupervised areas.
- ✓ Don't take expensive items to school

PARENTS, if your child is bullied:

- ✓ Encourage children to make new friends
- ✓ Maintain contact with your child's school
- ✓ Keep track of bullying incidents (date, time, location, names)
- ✓ Encourage your child to discuss problems with you
- ✓ Provide support for your child through positive compliments
- ✓ Have your child participate in physical activities & sports
- ✓ Visit www.kidshealth.org/teen

Safety at Home

If home alone after school:

- ✓ Lock the doors and windows not to answer the door
- ✓ Have a trusted neighbor agree to have the child check in with them
- ✓ Provide the neighbor with your contact number in case the child does not check-in as scheduled.
- ✓ Make sure the child has the neighbor's phone number to check-in in case of a delay at school.
- ✓ Do not allow friends to visit without an adult in the home.



Safety in School

- ✓ Never carry a weapon
- ✓ Try not to walk alone
- ✓ Do not consume alcohol or take drugs
- ✓ Plan a safe walking route to school or bus stop. Use the most direct way that has the least street crossings. Cross at intersections with crossing guards. Walk the route with a parent.
- ✓ Avoid vacant lots, parks, and places where no people are around.
- ✓ Never walk to or from school alone, always stay with a school friend, family member, or trusted neighbor.
- ✓ Never talk to strangers or accept rides or gifts of any kind.



Visit "Parent Central" at
www.ProCarSeatSafety.com

