

Water Safety for Teens



Take steps to protect your teen, anytime he or she is near water.

infant



crawler



toddler



child



teen



Every year, about **370** children and teens ages 10 to 19 drown. Many of these deaths happen in lakes or rivers, but teens can also drown in a pool – even teens who have learned how to swim.



In a boat, all adults and all children should wear life jackets.

Help your teen get water smart:

- Learn to swim from a qualified instructor.
- Choose safe places to swim.
- Learn to recognize hidden obstacles and rip currents.
- Never go in the water after drinking alcohol.



Most drownings occur when children swim without **adult supervision**. Never allow your teen to swim alone or hang out by the water without an **adult watching**.



Be prepared to help. Teens should **learn CPR**. Water safety is a family affair.



Do not allow your teen to rely on inflatable rafts as life preservers.

Do not swim at beaches with **large waves**, a powerful **undertow**, or **no lifeguards**. Follow swim warnings posted at public beaches.



Teach your teen to always enter shallow and unknown water **feet first**.



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