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.

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.

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

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

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

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.

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

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