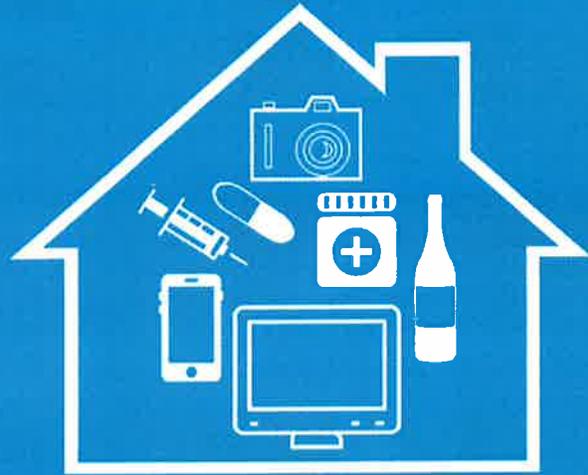


"Teen-Proof" Your Home



For More Information



www.preventionlane.org/teen-proof



www.preventionlane.org/contact



PreventionLane at Lane County Public Health
151 W. 7th Avenue, Room 410
Eugene, OR 97401

"Teen Proof Your Home" concept adapted from the
Southern Rockingham Coalition for Healthy Youth.

Teen (and 'tween) - Proofing Tips

When they were little, you locked cabinets, covered outlets, & taught them to use seat belts. They need a helping hand now more than ever.

It's not about trust--
it's about keeping teens and 'tweens safe!



PUBLIC HEALTH
Prevent. Promote. Protect.

preventionlane
www.preventionlane.org

Monitor and Keep Track of Use

To prevent youth from experimenting.



COMMON HOUSEHOLD CLEANERS

Including: cleaners, solvents, and aerosols.



MEDICINE

Only buy what you need.



ALCOHOLIC BEVERAGES

Keep track of how much is on hand.

Internet / Social Media

To prevent access and long-term consequences by knowing who your teens know.



PICTURES ARE PERMANENT

What is posted online stays there.



MONITOR CELL PHONE USE

Including: texting, pictures, applications.



HAVE THEIR PASSWORDS

Be more than just "friends" or "followers."

Lock Up When Not Using

To prevent youth use and accidental overdose.



ALCOHOL

Keep in locked cabinet or use bottle locks.



MARIJUANA

Both medical & recreational.



MEDICINE

Both over-the-counter & prescribed.



CHECK SOCIAL MEDIA

Be sure there is no identifying info (school name, birthday, etc.)

MONITOR ONLINE USE

Monitor use, including gambling sites. Avoid saving payment info.

Store and Safely Dispose

To prevent self-harm.



UNUSED & OUTDATED MEDICINE

Take to a drop box near you:
www.preventionlane.org/rx-dropboxes



FIREARMS

Store in a locked safe; keep ammunition separate; use trigger locks.



"SHARPS"

Including: razors, exacto-knives, pocket knives, & syringes.
www.preventionlane.org/sharps-disposal



SET CLEAR RULES

Such as no alcohol, tobacco, or other drugs.



IF ATTENDING A PARTY

Check in with the host / parents / guardians.

KEEP PARTY IN AN EASY TO MONITOR AREA

Make regular unobtrusive checks.

Teen Parties

To keep youth safe by knowing where they are, who they are with, and what they are doing.