

# “TEEN-PROOF” your

## Teen (and 'tween) -Proofing Checklist



When they were little you covered outlets, locked cabinets, and taught them the importance of seatbelts. They need that helping hand now, more than ever. **It's not about trust; it's about keeping teens and 'tweens safe!**

### Alcohol

- Keep track of any alcoholic beverages in your refrigerator.
- Keep other alcohol in a locked cabinet or use bottle locks.
- Talk to friends and relatives about doing the same.

### Over-the-Counter (OTC) and Prescription Medications

- Only buy the medicines you need (preferably in limited amounts) and keep track of what you use.
- Clean out your medicine cabinets regularly and take unused and/or outdated medicine to a drop box near you.
- Lock up medications when possible.
- Talk to friends and relatives about doing the same.

### Firearms

- Make sure all firearms are stored unloaded in a locked safe and/or with trigger locks, separate from ammunition, in a secure location.
- Keep keys and combinations with you.
- Talk to friends and relatives about doing the same.

### Common Household Cleaners, Poisons, and Sharp Objects

- Monitor the contents of your kitchen cabinets, garage, office, or anywhere in the house where cleaners, solvents and aerosols are stored. Keep track of the amounts.
- Keep track of “sharps” such as razors, exacto-knives, pocketknives, and syringes and dispose of them safely.

### Internet Use

- Teens can order prescription medications online, meet adults posing as teens, and get information about dangerous misuse of over the counter medications as well as other “legal” substances.
- Check your teen’s social networking page (Facebook, Instagram, Twitter, etc.), to make sure there is no identifying information that could endanger them.
- Monitor your teen’s cell phone use, including texting, pictures, and applications (WhatsApp, Snapchat, Kik etc.).
- Insist on their passwords for their cell phones, social networking pages, and applications (not just being “friends” or “followers”), so you’re able to really monitor use.
- Ensure online use is in open areas of your home, if possible, so internet use can be better monitored.

### Teen Parties

- Set clear rules ahead of time, such as no alcohol, tobacco or other drugs.
- Keep the party in an easily monitored area of the house and make regular unobtrusive checks.
- If your teen is attending a party, don’t hesitate to call/and or to stop by and check in with the parents.

**For more information, visit [www.preventionlane.org](http://www.preventionlane.org)**

*“Teen Proof Your Home” concept adapted from the Southern Rockingham Coalition for Healthy Youth.*