

Pre-teens/Teens

High 5

a safety checklist



- Review your child's sports schedule for the year. Make sure they have at least one or two days off each week from any particular sport and a two month break between seasons.
- Take the **pledge** to put phones, headphones and devices down when crossing the street.
- Make sure your young athlete has a water bottle to bring to practices and games. For every 20 minutes of play, a young athlete should drink about 10 gulps of water.
- Talk to your teen about turning phones on and keeping attention on the road while driving, or being a passenger.
- Talk to your teen about buckling up every ride, every time, every car, every driver.

Resources listed above in blue can be found at:

www.safekids.org/safekidsday/resources

Use #myhigh5 to let us know when you've finished!

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