

Safe Summer Fun

After a long, cold winter we all look forward to the warming rays of the summer sun! Summer-time means exciting festivals, celebrations, attractions and outdoor fun. It also is a time for potential health risks, and in some cases less supervision of children and teens. Less supervision can lead to unhealthy or potentially dangerous choices. Here are just a few safety summer tips to ensure you enjoy the fun and sun!

Physical Activity:

- Visit a pool, a park, garden center or a community center.
- Set a positive example by limiting your own daily TV viewing, aiming to exercise every day, making healthy food choices and encouraging your child/teen to do the same.
- Set reasonable rules and guidelines for

computer use and Internet safety.

- Consider registering your child for an organized summer sports league or active day camp

Sun & Heat Safety: Protect your skin from sun damage

- Use sunscreen with SPF (sun protection factor) 15 or higher
- Look for shaded areas to enjoy outdoor activities
- Reduce the time you spend in the sun, especially between 11:00 a.m. – 4:00 p.m.
- Wear sunglasses with UV (ultraviolet) protection.

Protect against accidents and insect bites

- Use insect repellent containing 10% DEET or less.
- Be sure the beach or pool has a lifeguard.
- Never leave children or young teens unattended by water and always secure home pools.

- Insist on everyone wearing a life jacket while boating. Follow the strict rules of boating as in any motor vehicle operation....Do not drink and drive!!
- Teach your child/teen to swim and to recognize his or her ability and limits.
- Teach your child to dial 911 in an emergency.
- Remind your child/teen never to give out personal information or photographs to a stranger in-person or on the Internet.
- Young people prepare for summertime parties and celebrations with great expectations. Sometimes the pressure to have the "best time ever" is so strong that alcohol and drugs get in the way and injuries, assaults, or motor vehicle collisions occur.
- As an adult, model appropriate safety practices and behavior.

your summer fun is just that.....funand filled with many happy memories, just play safe!!

This article is one of a series by the Strathcona County Community Drug



and Alcohol Strategy Committee addressing information about drug and alcohol issues. In the next article: **Leisure and Youth.**

For a complete listing of resources available, pick up the *Drug/Alcohol Resource Directory* at the Strathcona County Health Centre located at 2 Brower Drive or at Strathcona County Family and Community Services located at 2755 Broadmoor Boulevard (2nd Floor) in Sherwood Park. Residents with questions about the strategy can call Strathcona County Family and Community Services at 464-4044



Encourage your child to talk openly with you about his or her daily experiences and come to you with any communications or situations that make them feel scared or uncomfortable. Ensure