

Teen your proof

Home Teen & 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.

Lock & Monitor All of the Following:

Alcohol

- Keep track of any alcoholic beverages in your refrigerator.
- Keep other alcohol locked up.
- 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.
- Clear out your medicine cabinets and properly dispose unused/outdated portions.
- 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 lock, separate from ammunition. (Trigger locks are inexpensive; check with your local law enforcement agency which might provide them for free.)
- Keep keys and combinations with you.

Common Household Cleaners, Poisons, and Sharp Objects

- Look at 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, razorblades, exacto-knives, pocketknives, and syringes and dispose of 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 your teen.
- Insist on their passwords (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, make regular unobtrusive checks.
- If your teen is attending a party, don’t hesitate to stop by and check in with the parents.

For more information, visit www.preventionlane.org

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