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KEEP WATCH

11 TO 16 YEARS
PREVENT YOUR CHILD FROM DROWNING

Prevent drowning of 11 to 16 year olds:
ESTABLISH RULES AROUND WATER
**STRENGTHEN SURVIVAL
& RESCUE SKILLS**
DISCOURAGE RISK TAKING
TEENAGERS LEARN CPR

EVERYONE CAN BE A LIFESAVER



Royal Life Saving
ROYAL LIFE SAVING SOCIETY - AUSTRALIA





Every year nine teenagers between the ages of 11 and 16 years drown in Australia. Over half occur in inland waterways such as rivers, lakes and dams. Over two thirds are male.

In this age group, teenagers become more independent and supervision may also be provided by peers and lifeguards. A strong urge to comply with the morals and behaviours of their peer group can lead to risk taking behaviour. The influence of drugs and alcohol can also increase a teenager's risk of drowning during these years.

ACTIONS TO PREVENT YOUR 11-16 YEAR OLD FROM DROWNING INCLUDE: (✓)

- Parents to discourage risk taking behaviour around water
- Teenagers to learn survival and rescue skills
- Parents to discuss dangers of alcohol and drugs with aquatic activity
- Parents to continue to model and reinforce safe behaviours around water
- Teenagers to learn CPR and emergency skills

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