



SUN, FUN, AND SAFETY

Tips for helping your teen have
a safe and healthy summer.

SWIMMING

Alcohol impairs judgement and increases risks like misjudging strength, water temperature, or diving into shallow water. Staying alcohol-free around water helps keep everyone safe.



BOATING

Boating under the influence is risky, as alcohol impairs judgment, balance, and reaction time, putting both operators and passengers at greater risk of accidents.



DRIVING

During the summer, more teens are on the road and while it's an exciting time, staying focused is key. Drinking impairs judgment and reaction time, so encouraging safe, sober driving helps keep everyone safe, even with the added distractions of summer fun.

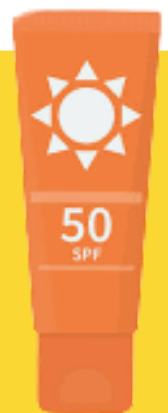


HYDRATE

Staying hydrated is important for safe summer fun. Avoiding alcohol helps prevent dehydration and keeps you cool and healthy in the heat.

FUN IN THE SUN

Alcohol can make sunburns worse by lowering your chance of wearing sunscreen and speeding up burns. To stay safe and enjoy summer, always stay alcohol-free and use sunscreen!



LESSEN RISKS

Teens are more likely to engage in risky behaviors, like binge drinking, during the summer. Staying alcohol-free helps reduce risks, promoting safer, healthier choices and more fun-filled summer activities.

