

Summer Safety Blog 2020:

Summer break is a time that is often challenging for our parents and their children. Although youth may engage in activities, this is often time that is less structured. It is important to remember that we, here at Arlington County Public Schools, are committed to your student(s) is making smart and healthy decisions. The 100 days between Memorial Day and Labor Day are known as a very busy time due to summer travel, vacations, and a variety of celebrations.

Here are some important points to remember:

Heat Safety:

- Wear light clothing
- Drink plenty of fluids.
- Avoid strenuous activities.

Water Safety:

- If you are unable to swim, wear a life jacket.
- Encourage your teen to swim with a buddy.
- Encourage them to take a water safety course
- Discourage them from using substances and swimming.

Substance Abuse Prevention:

- Pay attention to sweet smells, blood shot eyes, frequent trips to the bathroom, irritability.
- Look for vape related paraphernalia, such as: Juul pod, caps, pods, vape juice bottles, and empty vape devices.

Violence Prevention:

Teens can be heavily influenced by social media, which is often used as an avenue to bully, threaten, or harass others.

- 75 percent of American teenagers have social media profiles.
- 51 percent of teens visit social networking sites daily.

[\(https://www.justsayyes.org/topics/how-social-media-affects-teens/\)](https://www.justsayyes.org/topics/how-social-media-affects-teens/)

Excessive social media use can lead to:

- Anxiety
- Low self-esteem
- Depression
- Sadness
- Loneliness