Help your teen get water smart

For teachers, camps, parents, faith communities

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What this infographic says

Teens may overestimate their skills. These habits help.

- Learn to swim from a certified instructor.
- Choose safe places to swim, with lifeguards when possible.
- Learn to spot hidden hazards and rip currents.
- Never go in the water after drinking alcohol.
- Never swim alone.

Sources

1. AAP Releases Updated Drowning Prevention Recommendations, American Academy of Pediatrics (HealthyChildren.org). https://www.healthychildren.org/English/news/Pages/AAP-releases-updated-drowning-prevention-recommendations.aspx
2. Swim Lessons for Children: When to Start and What to Consider, American Academy of Pediatrics (HealthyChildren.org). https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Swim-Lessons.aspx
3. Preventing Drowning, CDC. https://www.cdc.gov/drowning/prevention/index.html
4. Risk Factors for Drowning, CDC. https://www.cdc.gov/drowning/risk-factors/index.html
5. Rip Currents and Beach Hazards, National Weather Service. https://www.weather.gov/wrn/rip-currents-sm
6. National Water Safety Month reminds families: Drowning is preventable, American Red Cross. https://www.redcross.org/about-us/news-and-events/press-release/2026/national-water-safety-month--drowning-is-preventable-.html

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