



# Gateway to Success Teens' Newsletter

## Playing it Safe

Any sport can be played extremely. From soccer to skateboarding, teens are stretching the limits of what their bodies can do. However, it's very important to play it safe and to take precautions in whatever it is you are doing.

- Stay safe while driving. Wear your seatbelt, don't use your cell phone, text or eat while you drive.
- Wear safety gear like helmets and pads if you are playing sports.
- Don't stay out late. Stick to the curfew that your parents set.
- Always let someone know where you will be and what time they should expect you to be home.
- If you're going to a party or a new place, go with a group of friends that you trust and leave with that same group.

If you are engaging in risky behavior, really think about why you are doing it. Sometimes, when a person feels an overwhelming sense of sadness, depression or anxiety, he or she may engage in risky behavior to feel other emotions that will mask those negative emotions. That adrenaline that comes with risky behavior may feel good in the moment but probably signifies a very real problem that should be addressed in healthier, safer ways. Talk to someone like a friend or parent who can help you. You might also want to consider seeing a therapist so that you can better understand why you are engaging in such risky behaviors.



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For more information contact the Director of Pupil Services (626) 943-3410

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