

Box 15-3

Injury Prevention During Adolescence

Developmental Abilities Related to Risk of Injury

Need for independence and freedom

Testing independence

Age permitted to drive a motor vehicle (varies from state to state)

Inclination for risk taking

Feeling of indestructibility

Need for discharging energy, often at expense of logical thinking and other control mechanisms

Strong need for peer approval

Attempting hazardous maneuvers

Peak incidence for practice and participation in sports

Access to more complex tools, objects, and locations

Can assume responsibility for own actions

Injury Prevention

Motor or Nonmotor Vehicles

Pedestrian

Emphasize and encourage safe pedestrian behavior.

- Use cross-walks.
- At night, walk with a friend.
- If someone is following you, go to nearest public