

Safety Tips for Teenagers & Young Adults:

Be Aware, Trust Your Gut and Speak Up



Risk exists everywhere—every day. In today's world, being aware of potential hazards is critical, especially for teens and young adults. Recognising risks before they escalate can save lives and prevent injuries.

At dss⁺, we believe open communication about safety creates stronger communities. Safety starts at home: regular conversations with family and friends about emergency responses help build quick instincts during a crisis. Recognising the risks that exist in everyday life empowers teens and young adults to make informed decisions.

We encourage you to engage in open dialogue, facilitated by these safety tips, to help you and your family identify risks and avoid safety incidents.



Keep Your Head Up

- Be aware of your surrounding environment and situation.
- Don't walk around with your eyes glued to your phone—look up and know what's happening around you.
- Avoid sketchy or isolated spots, especially after dark.
- Stick with your friends—there's safety in numbers.
- Share your location with someone you trust.



Technology = Your Safety Sidekick

- In an emergency, your first move is get to a safe place—not record it for TikTok.
- Turn on emergency features like SOS or location sharing.
- Don't overshare your location on social media—no need to give strangers a map to you.
- If you're using rideshare, check the license plate and driver info before getting in.



Trust Your Gut

- If something feels off, it probably is. Leave. No explanation needed.
- Always have an exit plan—know how to leave fast.
- Keep your essentials (phone, ID, keys) where you can grab them quickly—or leave them behind if you have to exit quickly.



Speak Up

- If you're worried about something, tell someone you trust—a friend, parent, teacher. Keeping it to yourself can make things worse.
- Know who to call in an emergency (save important numbers in your phone).

Being aware of everyday risks and engaging in open communication about safety empowers teens and young adults to make informed decisions, ultimately preventing injuries and saving lives. #dss⁺Cares



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