

Teenagers & Young Adults

During the 1990s almost all of the teenagers and young adults who died had been injured.

People between the ages of 15 and 24 are most likely to die from suicide, car and truck crashes, and drowning. They are most likely to go to the hospital with injuries from purposely hurting themselves, being beaten up, car crashes, or falling.

NWT teens and young adults go to the hospital after hurting themselves three times more often than other Canadians of the same age, most often by poisoning. People in this age group are more likely than other NWT residents to commit suicide, usually using a gun.

Teens and young adults are more likely than other residents to die in a car or truck crash. Males are more likely than females to die this way. People in this age group are more likely to go to the hospital with injuries from a snowmobile or ATV crash.

What can teens and young adults do to stay safe from injury?

- **If you think someone wants to hurt themselves, make sure they're safe.** Don't let them near guns, poisons or anything else they could use to hurt themselves. Call family, friends or your social worker to help.
- **Drive safely.** You're more likely to get in a car crash if you're distracted, especially at night. Never drink and drive. Don't ever get in a car with someone who has been drinking.
- **Be very careful when you're boating.** Wear a life jacket or PFD every time you're in a boat. Don't drink or get in a boat with anyone who is drunk.
- **If someone is hurting you or someone you love, get help.** It is wrong for anyone to hurt you, even someone who says they love you. Talk to your social worker to get help.
- **Be careful when you're walking on ice.** It's easy to slip and fall during the winter.

