



CONVERSATION TIPS FOR CAMP STAFF ON TEEN CAMPERS

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NOTE: Camp staff should adapt these messages to the age and maturity of the campers, the specific camp setting and the professed values of the camp. If campers will be disciplined or expelled for some behaviors, make that clear during this conversation. In addition, make certain that all camp staff model healthy behaviors and reinforce expectations appropriately.

Explaining health guidelines to adolescent campers may be challenging. Make sure your spokesperson has credibility with teen campers. Some camps may designate reliable teens (peer leaders) to explain the rules. These teens can explain the messages in a humorous or creative way and keep everyone's attention.

Talking points for teen campers:

1. If you are not feeling well at any time, please tell your counselor. If we can take care of the problem right away, you can get back to having fun. Also, you don't want any of your friends to catch what you have. So, let somebody know if you are not feeling well.
2. Use your own water bottle, your own plate, knife, fork and spoon. Never drink from the same water bottle or share spoons or forks with somebody else. Germs in saliva can spread and make you or other people ill. Germs in saliva can cause colds or flu or even meningitis.
3. Don't share towels or wash cloths or clothing with other people. This can spread skin bacteria and cause rashes or sores and other skin problems. Sometimes these infections can be very serious.
4. Shower regularly. If you are clean, your skin will be healthier – you won't be as likely to get a skin infection, and you won't spread your skin infection to anybody else.
5. Always remember to cough or sneeze into the sleeve of your shirt and not your hands. Or, use a tissue. If you use tissues, throw them away when done. You have germs in your nose and throat. Don't share your germs with your friends.
6. Remember to wash or sanitize your hands frequently, especially before eating and after using the restroom. You have germs in your 'poop.' Don't share germs with your friends.
7. Make sure you drink plenty of water. Carry a water bottle or a canteen with you during the day.
8. Don't go anywhere without checking with your counselor first. Don't leave the camp. The camp is responsible for you. We want to make sure you are safe at all times.
9. Drugs and alcohol are dangerous to your health and dangerous to the camp community. People get hurt by drugs and they are illegal and put everybody in the camp at risk. Alcohol is illegal because you are underage. If you use or supply any of these substances, you are risking all the good things this camp community has to offer. Enjoy this wonderful camp community the way it really is.
10. Tobacco is not allowed. This camp is tobacco-free.
11. Don't have sex. Sex carries all sorts of risks, including pregnancy, sexually transmitted diseases and other complications. Also, it is extremely disruptive to the camping community if you are doing this.
12. "No means no." If someone asks you to stop, stop. Everyone has a right to their own space. If someone starts being mean to you or hurting you or harming you, even if it is only words, tell them to stop. If they don't stop, tell someone. If you see someone else getting hurt, even if it is only words, tell the person to stop: "No means no." If they don't stop, tell someone.



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13. Camp is supposed to be fun; but to have fun everybody needs to stay healthy and safe. Good health means that you take care of yourself and you take care of your camp community, including your friends.

See additional information on mosquitoes; ticks; and food and water safety for additional safety messages that may be appropriate to your camp setting.