
Use Your Head. Wear a Helmet!

What kids should know about helmet safety from the National SAFE KIDS Campaign:

You may think, "It's not going to happen to me," but think again. Bike, skate, scooter and skateboard crashes happen ALL THE TIME!

Falls don't mean just cuts and broken bones – you could injure your brain and never recover.

Crashes can be out of your control. Even if you are a great skilled rider, a car or another rider can crash into you.

The sidewalks and streets are not any safer near your home. Wear a helmet even if you're just going around the block.

Remember, brain injuries can last forever and limit your ability to walk, talk, think, see and play sports.

Parents, set an example. Whenever you ride, wear a helmet!

