



Brain Injury Alliance

NEW JERSEY

The Voice of Brain Injury in New Jersey Since 1981

www.bianj.org

GR 4-5

Dear Educator,

Today your students attended a Helmet, Bike and Pedestrian Safety Program presented by *Safe Kids of Southern New Jersey* and the *Brain Injury Alliance of New Jersey*. We hope that they found the presentation interesting and engaging and that they learned some important tips on how to be safe when riding and walking.

We would appreciate your assistance in helping us to evaluate our programs. We are gathering feedback from students who have attended our presentations. Please complete the attached student survey with your class after they have attended our presentation. **Please read each question aloud** for your students and ask them to circle the letter of the correct answer.

After your class has completed the survey, please clip your surveys together and return them to your principal. Thank you for helping us to evaluate the effectiveness of our programs. We look forward to partnering with you in the future.

Best regards,

Maureen Donnelly
Coordinator
Safe Kids Southern NJ

Susan Quick
Public Education Coordinator
Brain Injury Alliance of New Jersey

ADVOCACY ■

SUPPORT ■

EDUCATION ■

OUTREACH ■

PREVENTION

WALLACE McD. KYLE
CHAIRPERSON

825 Georges Road | Second Floor | North Brunswick, NJ 08902
Phone 732.745.0200 | Fax 732.745.0211 | Helpline 800.669.4323 | info@bianj.org

BARBARA GEIGER-PARKER
PRESIDENT & CEO

Brain Injury Awareness; Helmet, Bike and Pedestrian Safety (30-45 minutes)

4th-5th grades

Key Points:

Helmet/Bike Safety:

- You should always wear a properly-fitted helmet when you are riding your bike or any wheeled-sport
- In NJ, it is the law that everyone under the age of 17 must wear a helmet when riding a bike, skateboard, scooter, or inline skates.
- You should keep your bike in good working order and check the air and brakes before riding.
- You should always wear bright, reflective clothing when riding a bike so that drivers can see you.
- A bicyclist has to follow all of the same rules of the road as drivers of cars.
- When cycling, you need to stop at stop signs and ride on the same side of the road as cars (Ride on the Right)
- Cyclists should learn and use hand signals so that they can communicate with other roadway users.

Pedestrian Safety

- Definitions of pedestrian, reflective, intersection and jaywalking
- Walking is a fun, healthy activity that is great for us and the environment.
- To be safe pedestrians, we want to make sure that drivers can see us:
 - Wear bright or reflective clothing.
 - Walk on sidewalks. When there are no sidewalks, walk on the side of the road facing traffic (Left side of the road)
 - Cross at crosswalks or intersections. Make eye contact with drivers before crossing
 - Stop at the curb and look left, right and left again before crossing. Look over shoulders to watch for drivers making right hand turn at intersection.
- To be a safe pedestrian, pay attention to your surroundings and don't walk distracted.

Materials:

- Chalkboard or whiteboard with chalk or markers set up as Jeopardy Game board
- Jeopardy Questions and point values for each category
- Brain helmet and model of brain
- Reflective Vest or Brightly colored shirt

Directions:

1. Have the teachers arrange students into two teams. If doing a large assembly, have ½ students sit on one side of room and the other ½ on the other side of a room with an aisle between them.
2. Begin by telling the students that today we are going to talk about ways to keep our head and brain safe when we are out walking or riding bikes. Explain that instead of talking to them about

how to be safe, we are going to play a game. Ask them if they know how to play the game *Jeopardy*. Point to the Chalkboard or Whiteboard set up as the Jeopardy Game board.

3. Read aloud the categories and a brief description of each: **Brainstorming:** These are questions about the brain and brain injury prevention. **Head Smart:** These are questions about helmet safety. **Safe Cycling:** These are questions about bike safety and **Walk Smart:** These are questions about pedestrian safety.
4. Tell the students that you are dividing the group into two teams, with each half of the room being on one team. Explain that you are going to take turns asking each team a question from one of the categories. If they know the answer, students from the team can raise their hands and you will call on someone to answer the question. If they answer correctly, their team will get the corresponding point value added to their score. If they do not answer correctly, the other team will have a chance to steal the question.
5. Begin with one team and take turns asking teams a question from each category (we find it easier to work across the board, asking the same value point question from each category and then moving on to the next highest point value question from each category). Keep a running tally of the score on the board.
6. As you ask each question, use the talking points and the props to teach the students the key safety points of the lesson. Continue asking questions until you have either finished with the board, or you run out of time.
7. Tally the points and then announce the winning team. Thank the group for being such good sports and then tell them that today they are all winners because they learned some simple tips to help keep their head and brain safe. Tell them to go home and share what they learned with their families and friends.

Name _____

Helmet/Bike Safety-Circle the Correct Answer

1. How do you know if your helmet is on correctly?
 - a. It sits evenly between your ears and rests low on your forehead
 - b. It feels loose on your head and moves from side to side as you ride
 - c. Your chin strap is buckled and you can only fit one finger between the strap and your chin
 - d. Both A and C
2. According to NJ law, everyone under the age of ___ must wear a helmet when riding on a bike, skateboard, inline skates, or scooter:
 - a. 12
 - b. 14
 - c. 17
3. How is riding a bike similar to driving a car?
 - a. You must obey all traffic signals including stop signs and lights
 - b. You have to wear a helmet
 - c. You must ride on the right side of the road
 - d. Both A and C

Pedestrian Safety

4. Which side of the street should you walk on when there is no sidewalk?
 - a. On the right (with the flow of traffic)
 - b. On the left (facing traffic)
5. Which person is being safe while crossing the street?
 - a. Brad is crossing the street at an intersection. He is looking and listening for traffic
 - b. David is running across the street. He is looking and listening for traffic
 - c. Lisa is walking across the street at a diagonal. She is looking at her feet.
6. Which person is not a distracted walker?
 - a. Brianna is walking and listening to her iPod
 - b. Mike is walking and texting on his cell phone
 - c. Katie is walking and paying attention to cars, bikers and other walkers.
 - d. Brendan is walking and talking with friends.

Head Smart (How to protect your head)

100. What should you wear on your head when riding on a bike, skateboard, inline skates, scooter or any wheeled sport?

- **A Helmet**

200. When do you need to wear your helmet?

- When riding down hill
- **Always wear it**
- When you're riding on a busy road
- When you are mountain biking

300. How do you know if your helmet fits right?

- **It sits evenly between your ears and rests low on your forehead**
- It covers your eyes
- It feels loose on your head and moves from side to side as you ride on your wheels
- It sits very high on your forehead

Talking Point: Show the brain helmet to the students and demonstrate how to properly fit the helmet. Show how the helmet has to sit straight on your head. The side straps should form a "V" around your ears. The chin strap should be buckled and you should be able to fit only one finger between your chin and the strap.

400. A properly worn helmet has been shown to reduce the risk of brain injury by as much as:

- 15%
- 25%
- 66%
- **almost 90%**

500. According to NJ law, everyone under the age of ___ must wear a helmet when riding on a bike, skateboard, inline skates, scooter or any wheeled sport

- 12
- 14
- 16
- **17**

Safe Cycling (How to “Drive” a Bike)

100. What is special about a lot of the clothing made for cyclists that helps to make riding a bike safer?

Answer: It is very bright and easy to see which makes it more visible.

Extra credit: (cannot get into the machinery of the bike) **“TIGHT & BRIGHT”**

Talking Point: We want to make sure that drivers can see us when we are out riding our bikes. Make sure to wear bright, reflective clothing (show the reflective vest). Make sure that your bike has reflectors and a light.

200. What should you always check before riding your bike?

Answer: Brakes and air in the tires

Talking Point: It is important to keep your bike in good working order. Make sure you check your brakes and put air in your tires before you ride.

300. At what time of day should you try not to ride a bike?

Answer: Night

400. How is riding a bike similar to driving a car?

- You must obey all traffic signals including stop signs and lights
- You have to wear a helmet
- You must ride on the right side of the road
- Both A and C

Talking Point: In NJ, a bicycle is considered a non-motorized vehicle and must follow the same rules of the road as drivers do. This includes stopping at stop signs, obeying traffic signals and riding on the right side of the road.

500. With your hands, demonstrate the hand signals for right, left and stop.

Use Your Left Arm to demonstrate: Left turn: Arm straight out. Right Turn: Hand out bending your elbow up (or hold your right arm straight out). Stop: Hand out bending your elbow down.

Brainstorming (Questions about the brain and brain injury prevention)

100. A brain injury can:
- a. change the way you look
 - b. change the way you walk
 - c. change the way you talk
 - d. **all of the above**

Talking Point: Show the model of the brain. Demonstrate how it is soft and squishy. Explain to the students that our brain is our most important organ. We only have one brain and it needs to last our whole life. Unlike bones, we cannot repair it by putting on a cast. **“Bones Heal. Brains Don’t”**

200. True or False. Your brain is more active when you are sleeping than watching TV.

300. A Traumatic Brain Injury occurs in the U.S. every:
- a. **21 seconds**
 - b. one minute
 - c. 2 hours
 - d. 24 hours

Talking Point: If we are with you for an hour today, that means that 180 people will have sustained a traumatic brain injury. It can happen to anyone, anywhere, anytime. Simple safety tips like always wearing a helmet when you are riding on your wheels and being a safe pedestrian will help to keep you safe.

400. True or False. Brain injury can occur even if there is no loss of consciousness.

Talking Point: A concussion is a brain injury and a brain injury can occur even if you do not lose consciousness. It is important to tell an adult (either your parent, or teacher or coach) if you hit your head.

500. How much does the human brain weigh?
- e. 8oz.
 - f. 1.5 lbs
 - g. **3 lbs**
 - h. 5 lbs

Walk This Way (How to Be a Safe Pedestrian)

100. Why is it dangerous to walk out from between parked cars?

A driver in a parked car could move and hit you; the cars are blocking you so that other drivers cannot see you.

200. What should you do if you are halfway across the street and the green WALK signal changes to the red DON'T WALK signal?

- a. **Keep walking at a normal pace**
- b. Turn around and go back
- c. Run the rest of the way across the street)

Talking Point: If you are halfway across the street, you should just keep walking at a normal pace to the other side of the street. It is just as far to turn around and go back. You should never run when crossing the street or you might trip and fall.

300. Which side of the street should you walk on when there is no sidewalk-on the side of the street that faces oncoming cars, or on the other side, in the same direction as the cars?

(Use props to demonstrate) When there is no sidewalk, we walk facing oncoming cars and as far to the left of the road as possible. (Walk on the left).

Talking point: When we bike, we ride on the other side of the street, in the same direction as cars. (Ride on the right).

400. What is the way to be sure the driver making a right hand turn has seen you?
Make eye contact

500. What is jaywalking?

Crossing the street at any point other than a crosswalk