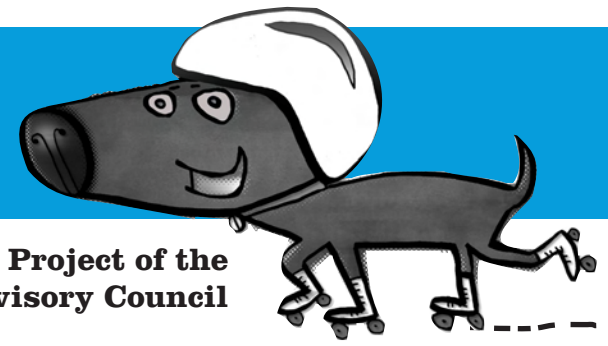


Workshop Facilitator's Guide

Let's Talk Helmet Safety



A Project of the
NM Brain Injury Advisory Council

About Community Education and the Let's Talk Activities

The following instructional guide provides *Let's Talk Helmet Safety* workshop facilitators with the tools to lead a workshop with educators and young people in schools and child care centers. Each workshop can be easily modified to fit into a 30-minute "lunch and learn" presentation or staff meeting in a school or child care center (if educators want a preview of the program), or lengthened to an extended hour workshop in a school-based or community-based environment (if you are invited to work with young people directly).

Objectives of the Workshop

When presenting to adults working in schools or childcare centers:

To encourage workshop attendees to use the *Let's Talk Helmet Safety* activities with the children attending school or childcare programs or other community-based early childhood development programs and encourage children to wear properly fitted helmets.

When presenting to parents of young children:

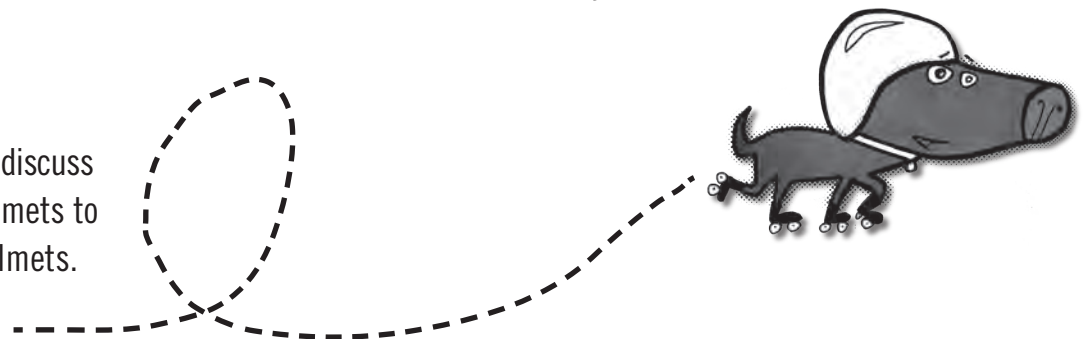
To encourage parents, guardians, grandparents, aunts and uncles to discuss with the young children in their lives the importance of using helmets to avoid injury, and to encourage children to wear properly fitted helmets.

When presenting to young children:

To introduce the importance of wearing helmets to avoid injury and how to wear a helmet correctly.

Tips for Trainers

- Make sure you have confirmed your training site by calling the facility the morning of the training.
- Make sure you have enough *Let's Talk Helmet Safety* Activity Books for attendees.
- Arrange the room in a way that facilitates group discussion.
- Bring crayons or markers for attendees to use when filling in the activity book.
- If fitting helmets on children make sure that you have the correct number of helmets available for your audience.



FACILITATING A WORKSHOP

Step 1: Welcome everyone to workshop.

Introduce yourself and ask attendees to introduce themselves.

Hello, my name is Rick and I work with the NM Brain Injury Advisory Council.

Note: Record the number of adults and children in the workshop, the date and location to provide to the Brain Injury Advisory Council after the workshop is over.

Step 2: Share the goals of the workshop.

Let attendees know that the goal of the workshop is to learn about keeping safe and correct helmet use.

The goal of our talk is to discuss how to keep safe by wearing a helmet when biking, skating, skateboarding and horseback riding.

Step 3: Introduce the first activity *Tricycle Riding in the Let's Talk Helmet Safety Book.*

In this activity you can see how the child is wearing a helmet and looking out at the street and a car. Above the heads of the child and the dog are thinking bubbles. What do you think the child and dog are thinking? Do they feel safe or scared? There are no right or wrong answers. The goal of the activity is to start conversations about helmet use and safety.

Step 4: Exploring Thoughts About Safety and Helmet Use

(depending on the writing skills of the attendees)

You may offer your group the following options:

- We can talk about what the child and dog feel.
- We can work in teams to write in their thinking bubbles. (Just a word or two.)
- We can draw a picture in the bubbles which shows what the child and dog are thinking. (for example: a smiley face, a frown, a question mark)
- You can also color in the helmet that the child and dog are wearing.

Note: You may wish to have people work in teams of one or two, or at a table of 4 or 5, or as one large group.

DISCUSSION QUESTIONS

Attendees can share their thoughts about the activity.

Discussion questions could include:

- What is the child thinking?
- What is the dog thinking?
- What are the family rules about wearing a helmet?
- What is the law regarding wearing a helmet?
- How do helmets keep people safe?



Step 5: Facilitating Other Activities

Depending on the time given to you, you may be able to do a number of activities available in the activity book. You may ask the attendees which activities they might wish to do. Each activity is the same in terms of instructions. The focus is on stressing the importance of helmet use and how it saves lives and keeps people from being hurt. Share the law with attendees.

We also need to stress that any child under the age of 18 must wear a helmet while bike and tricycle riding, skating, using a skate board or scooter on public property. It is the law in New Mexico. Helmet use on private property is just as important as wearing a helmet while horseback riding, skiing and snowboarding on the slopes.

Step 6: Helmet Distribution and Fitting

If helmets are available for distribution, spend time with each child to fit the helmet onto their head. Encourage them to decorate their helmets with stickers and drawings to personalize their helmets. You may also bring a helmet to demonstrate proper use.

How to Properly Fit a Helmet

- The helmet should sit level on the child's head.
- It should be worn low on the forehead, two fingers above the eyebrows.
- Adjust the plastic slider on both straps to form a "V" shape under the child's ears.
- Tighten the chin strap and adjust the pads inside so the helmet doesn't move.
- The helmet should fit snugly and must always be buckled EVERY time the child wears it.

Step 7: Ending the Workshop Presentation

Thank all the participants including the staff person who helped you make arrangements to present. Let attendees know that the NM Brain Injury Advisory Council is a resource.

Thank you all for participating. For those of you seeking more information please visit the NM Brain Injury Advisory Council at www.nmbiac.com or call 505.476.7328.

Make sure that each attendee has an activity book and point out the contact information for the Brain Injury Advisory Council for those that seek more information about prevention, diagnosis and services for brain injury.

AFTER THE PRESENTATION



Checking in the with Council

After the workshop is over, please send an email or call the Brain Injury Advisory Council to share how many people you presented to, whether they were children and/or adults, or school or day care personnel, the date, location and how the workshop went. We look forward to hearing your success stories. For any support with workshops or to provide information on trainings held, please contact the NM Brain Injury Advisory Council at www.nmbiac.com or 505.476.7328.



About the back cover: The back cover has an activity called *Time for Helmet Use*. This is an activity for times when you are presenting to parents or educators of older children (or directly to older children). It can lead to conversations about what older children and teens think about wearing a helmet when they are skating or skateboarding.

Let's Talk Helmet Safety

Time for Helmet Use

In this activity a mom hands her son a helmet so he can skateboard safely.
A father hands his daughter a helmet so she can skate safely.
What are the parents and kids saying?

