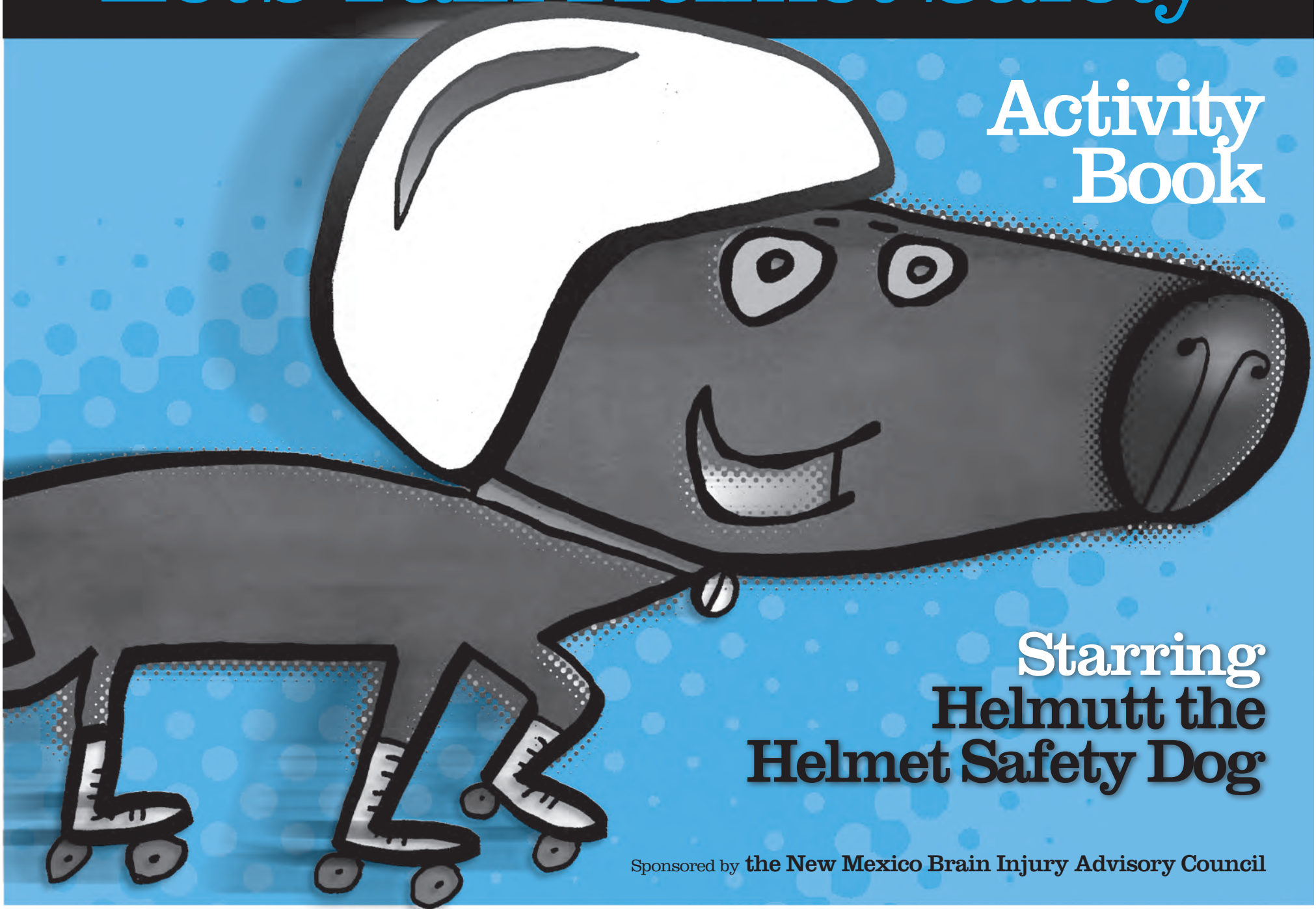


Let's Talk Helmet Safety

Activity
Book



Starring
Helmutt the
Helmet Safety Dog

Sponsored by the New Mexico Brain Injury Advisory Council

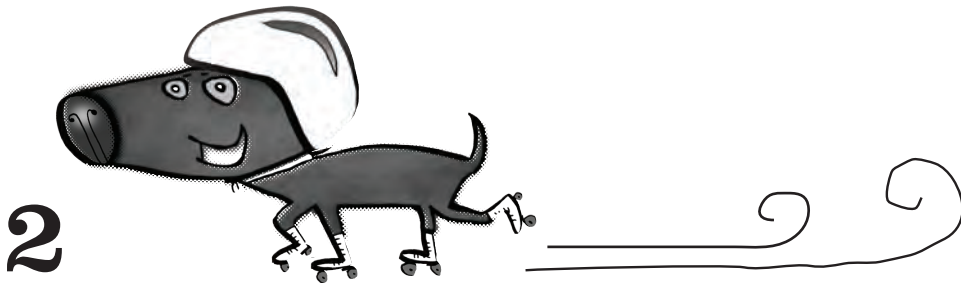
Welcome to the Let's Talk Helmet Safety Activity Book!

Join Helmutt the Helmet Safety Dog in a variety of activities to learn about having fun and helmet safety.

This booklet is sponsored by the New Mexico Brain Injury Advisory Council. *Our goal is to keep children healthy and safe from brain injury.* We do this by helping parents, guardians and teachers to begin the conversation with children about using helmets during recreational activities. We also make sure that adults and children know when helmets should not be worn and might cause injury.

It is the law in New Mexico that every child under the age of 18 wear a helmet when riding a tricycle, bike, scooter, skateboard or skates on public property. In addition we encourage helmet use when engaging in the above activities on private property as well as wearing a helmet while horseback riding, skiing and snow boarding on the slopes.

The *Let's Talk Helmet Safety Activity Booklet* is filled with family-tested activities that get conversations about helmet use and safety started early. We hope you enjoy these fill-in-the-bubble activities with your children, grandchildren, nephews, nieces or students. And you can also have fun coloring the helmets to reinforce the message that helmets keep everyone safe.



Let's Talk Helmet Safety Tricycle Riding

Most children start out riding a tricycle. Using the *Let's Talk Helmet Safety* activities can help children think about wearing a helmet and riding safely.

The activities can be used in a way that is easy and fun, leading to all kinds of interesting talks about bike riding and keeping safe. You and your child can work together on filling in the cartoon characters' thinking and speaking bubbles.

There are no right or wrong answers, just lots of opportunities to discuss the issues. It just takes a few minutes to chat about how the bubbles were filled in and to explore the situation that is illustrated in the activity.

Let's Talk Activity: Tricycle Riding

The boy is wearing a helmet while riding his tricycle on the sidewalk. Does he feel safe from the car on the street?

- What is he thinking?
- What is Helmutt the dog thinking?

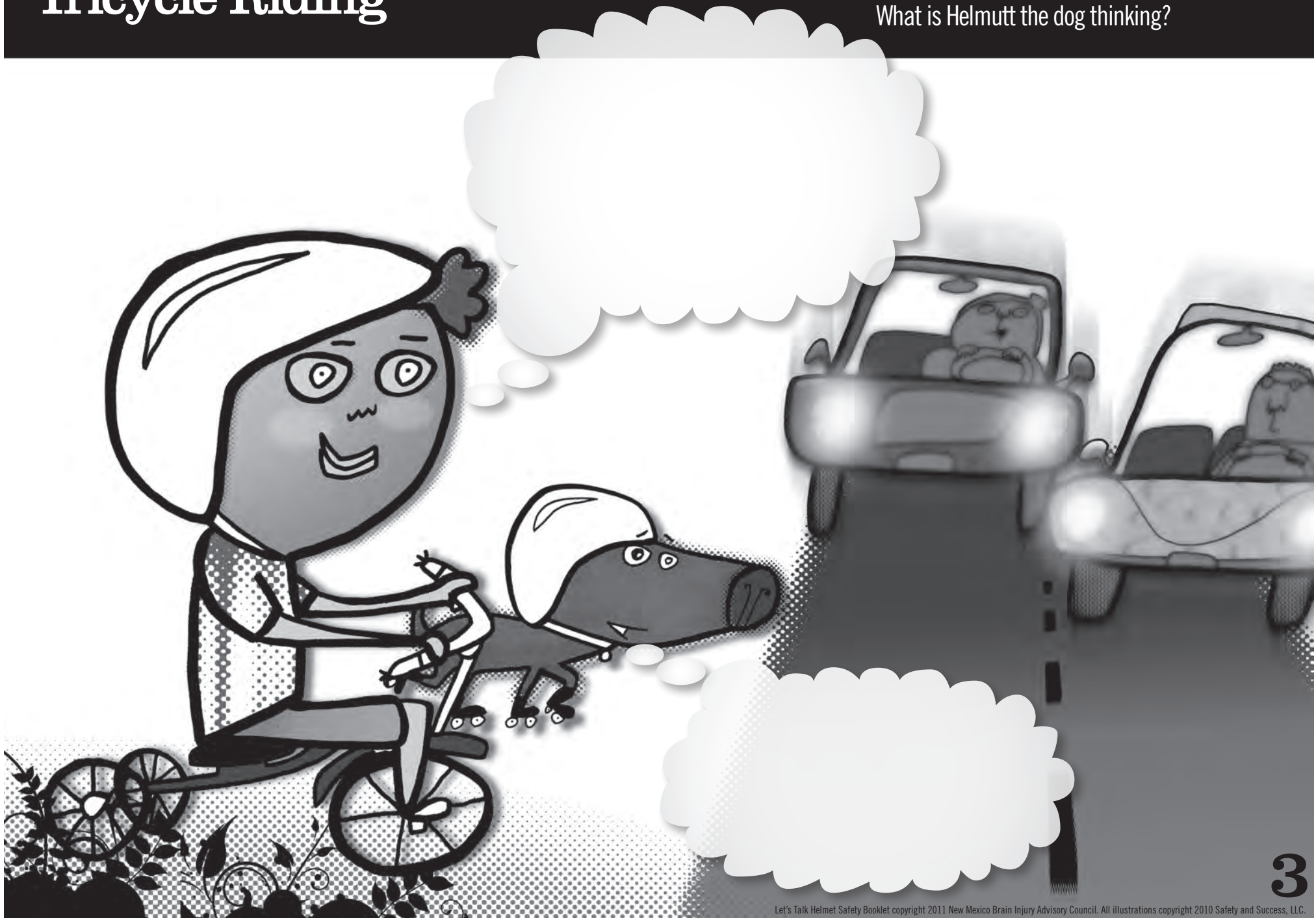
? After the child completes the activity you can ask:

- Have you or your friends ever experienced problems riding a bike or hurting your head when bike riding?
- What are the family rules about wearing a helmet when riding a bike?

Let's Talk Helmet Safety

Tricycle Riding

The boy is wearing a helmet while riding his tricycle on the sidewalk. Does he feel safe from the car on the street? What is he thinking? What is Helmutt the dog thinking?



Let's Talk Helmet Safety Bike Riding

Most children enjoy riding a bike, first with training wheels and slowly progressing to faster bikes. Using the *Let's Talk Helmet Safety* activities can help children think about the benefits of wearing a helmet and riding safely.

The activities can be used in a way that is easy and fun, leading to all kinds of interesting talks about bike riding and keeping safe. You and your child can work together on filling in the cartoon characters' thinking and speaking bubbles.

There are no right or wrong answers, just lots of opportunities to discuss the issues. It just takes a few minutes to chat about how the bubbles were filled in and to explore the situation that is illustrated in the activity.

Let's Talk Activity: Bike Riding

The girl is wearing a helmet while riding her bike to school on the sidewalk. Her mother is walking beside her. Does the girl feel safe from the big truck on the street?

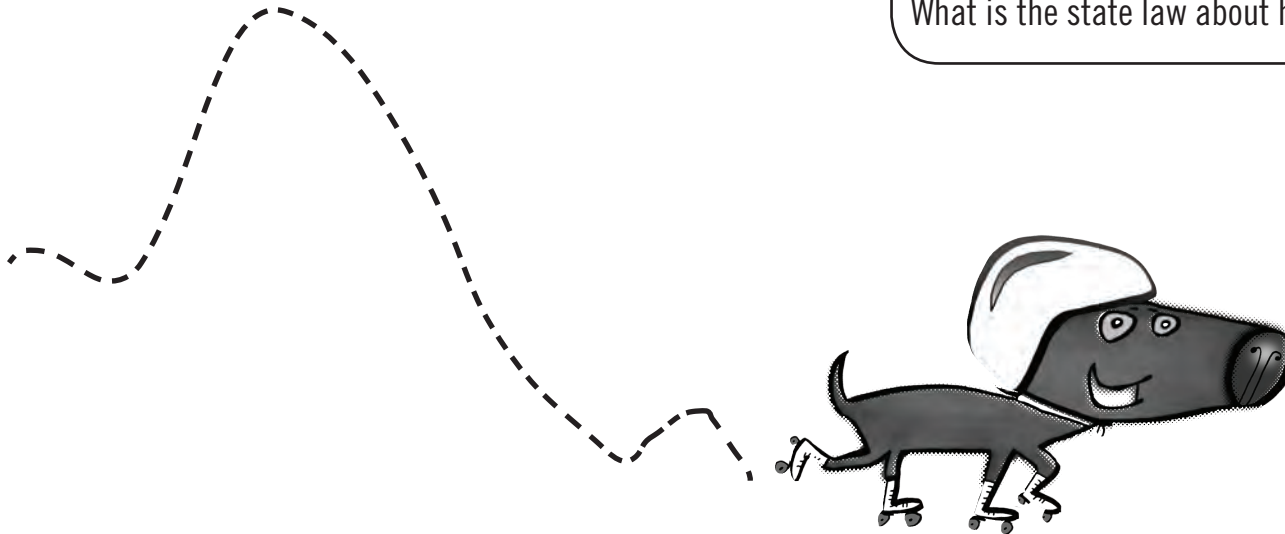
- What is she thinking?
- What is her mom saying?
- What is Helmutt the dog thinking?

? After the child completes the activity you can ask:

- Have you or your friends ever experienced problems riding a bike or hurting your head when bike riding?
- What are the family rules about wearing a helmet when riding a bike?

If talking with an older child:

What is the state law about helmet use when riding your bike?



Let's Talk Helmet Safety Bike Riding

The girl is wearing a helmet while riding her bike to school. Her mom is walking beside her on the sidewalk. Does the girl feel safe from the big truck on the street? What is the girl thinking? What is the mom saying? What is Helmutt the dog thinking?



Let's Talk Helmet Safety Skateboard Riding

Many children enjoy using skates, riding skateboards or a scooter. These activities can be a lot of fun but also present real danger if done without a helmet. Using the *Let's Talk Helmet Safety* activities can help children think about the benefits of wearing a helmet while skating or using a skateboard and scooter safely.

The activities can be used in a way that is easy and fun, leading to all kinds of interesting talks about skateboard riding and keeping safe. You and your child can work together on filling in the cartoon characters' thinking and speaking bubbles.

There are no right or wrong answers, just lots of opportunities to discuss the issues. It just takes a few minutes to chat about how the bubbles were filled in and to explore the situation that is illustrated in the activity.



Let's Talk Activity: Skateboard Riding

Two boys are skateboarding and wearing helmets.

- Do the boys feel safe?
- What are both boys saying?
- What is Helmutt the dog thinking?

? After the child completes the activity you can ask:

- Have you or your friends ever experienced problems using skates or skateboarding? Have you ever seen someone fall and hurt his or her head when skateboarding?
- What are the family rules about wearing a helmet when skating or skateboarding?

If talking with an older child:

What is the state law about helmet use when skating or skateboarding at a local park?

Let's Talk Helmet Safety

Skateboard Riding

Two boys are skateboarding and wearing helmets.
What are they saying? What is Helmutt the dog thinking?



Let's Talk Helmet Safety Horseback Riding

Riding horses is a part of New Mexican life. Ranches and rodeos have children interested and on horseback at an early age. Wearing a helmet is not always considered part of the western culture, however we know that wearing a helmet will decrease the likelihood of injury and long term disability.

The activities can be used in a way that is easy and fun, leading to all kinds of interesting talks about correct helmet use and keeping safe. You and your child can work together on filling in the cartoon characters' thinking and speaking bubbles.

There are no right or wrong answers, just lots of opportunities to discuss the issues. It just takes a few minutes to chat about how the bubbles were filled in and to explore the situation that is illustrated in the activity.

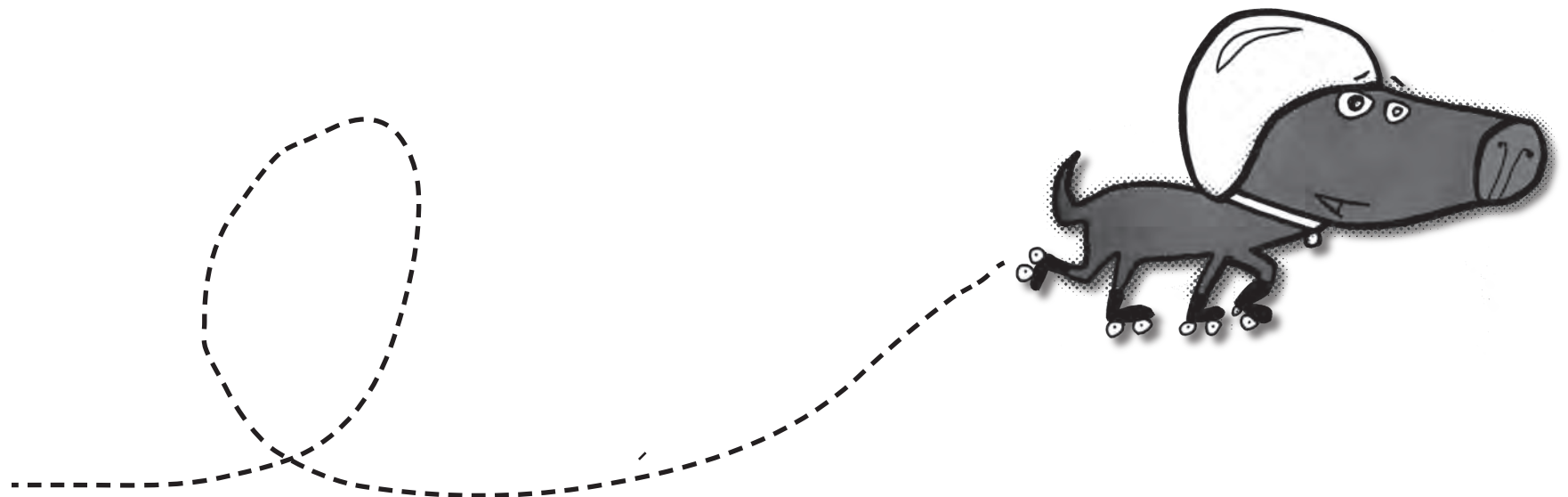
Let's Talk Activity: Horseback Riding

The girl is wearing a helmet while riding her big horse.
Does she feel safe?

- What is she thinking as she starts to ride faster?
- What is the horse thinking?
- What is Helmutt the dog thinking?

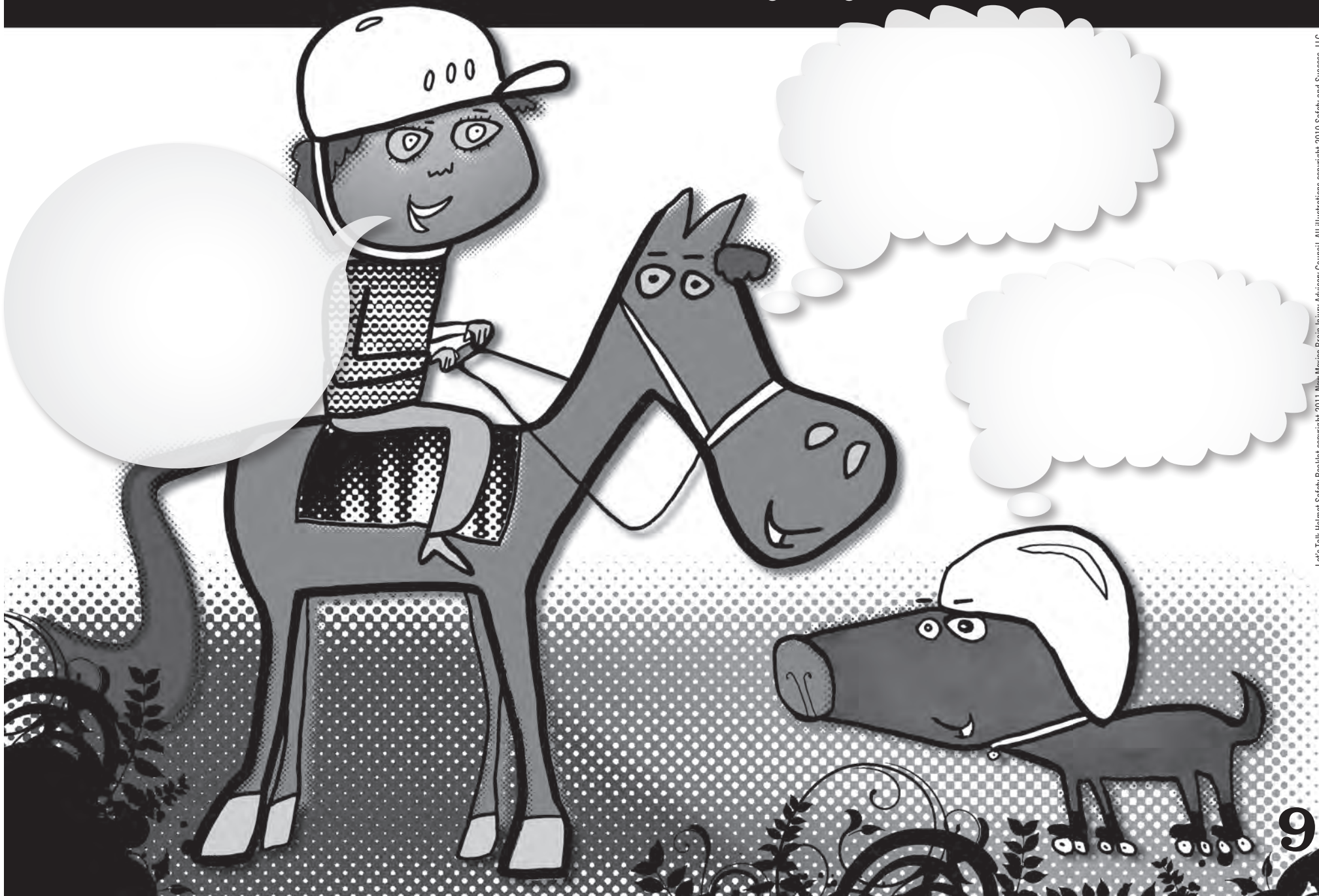
**? After the child completes
the activity you can ask:**

- Do you and your friends wear helmets when riding horses?
- What are the family rules about wearing a helmet when riding a horse?



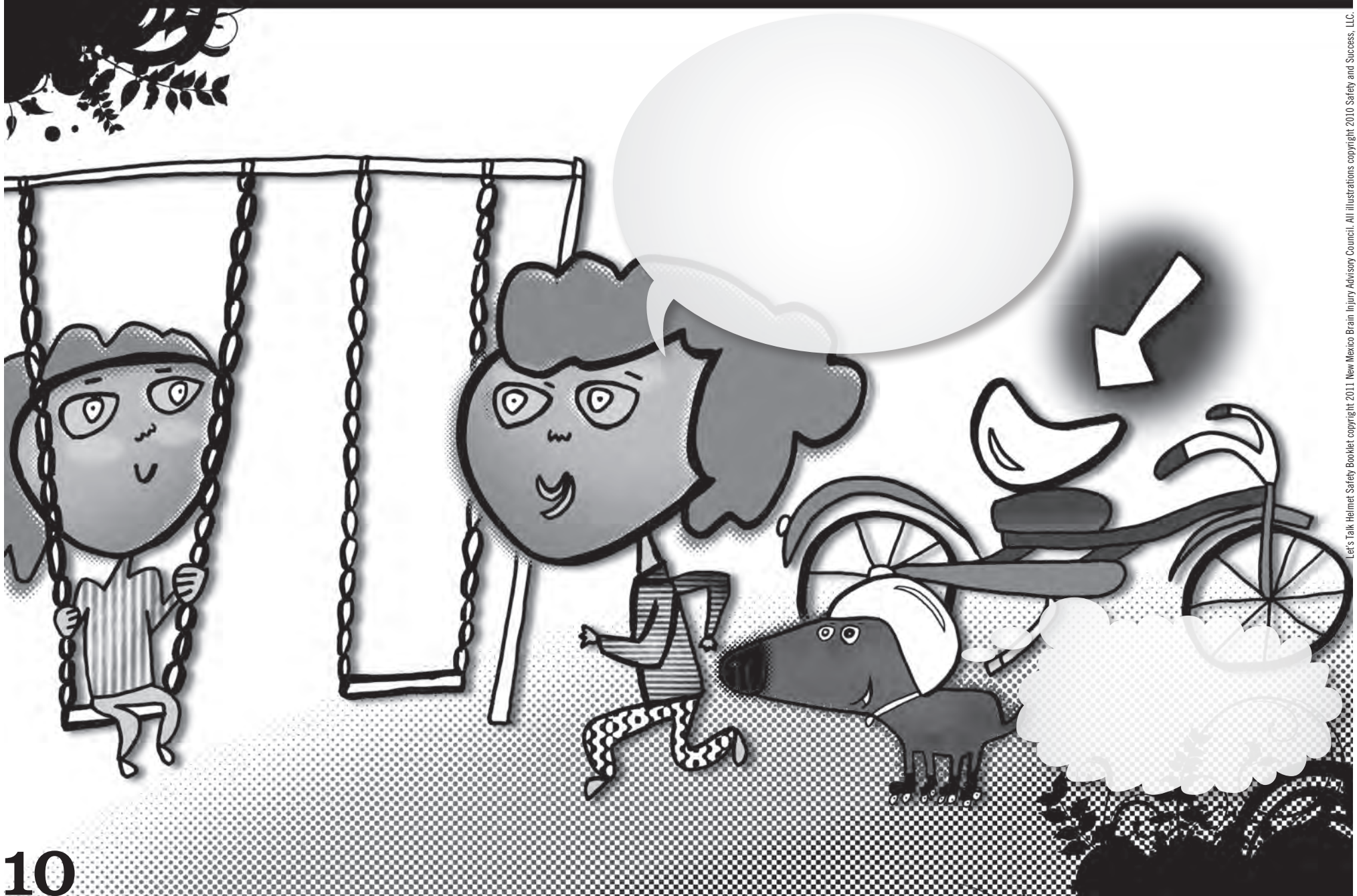
Let's Talk Helmet Safety Horseback Riding

The girl is wearing a helmet while riding her big horse. Does she feel safe?
What is she saying as she starts to ride faster?
What is the horse thinking?
What is Helmutt the dog thinking?



Let's Talk Helmet Safety Is It Helmet Time?

The girl parks her bike and wants to go to the playground. She takes off her helmet before playing on the swings with a friend. The helmet is for bike riding. It is not for playing on the swings. What is the girl saying? What is Helmutt the dog thinking?



Let's Talk Helmet Safety Is It Helmet Time?

We want our children to wear helmets when they are at risk for brain injury. There are times when wearing a helmet can be harmful. For example, playing on swings, a jungle gym or a see saw in a playground are activities that do not require a helmet. On the playground there can be times when a helmet can get caught on chains or on playground equipment. Using the *Let's Talk Helmet Safety* activities can help children think about when to wear a helmet and when not to.

Let's Talk Activity: Is It Helmet Time?

The girl parks her bike and wants to go to the playground. She takes off her helmet before playing on the swings with a friend. The helmet is for bike riding. It is not for playing on the swings.

What is the girl saying?

What is Helmutt the dog thinking?

? After the child completes the activity you can ask:

- Have you or your friends ever experienced problems using helmets on the playground and having problems on the swings, monkey bars or slides? Have you ever seen someone get their helmet caught on something like a chain or part of a fence?
- What are the family rules about wearing a helmet when playing in the park or playground?

For More Information about Childhood Helmet Use

We know that helmets save lives. We also know that getting young people to wear them is a challenge. According to the YRRS (2009 Youth Risk and Resiliency Study) in New Mexico, 85.7% of high school students and 78.6% of middle school students reported never wearing a bicycle helmet. This indicates that we need to promote life-saving helmet use more often. We know that starting early in childhood will get young people used to helmet use, resulting in more children being protected from brain injury.

For more information about attending or sponsoring a *Let's Talk Helmet Safety* presentation, workshop or becoming a *Let's talk Helmet Safety* workshop trainer, contact the NM Brain Injury Advisory Council at 505.476.7328. We also welcome your support as we strengthen the system of bike helmet distribution in the state to make sure that those who might not be able to afford a helmet can gain access to one and assistance with efforts to increase public awareness about helmet laws and prevention of brain injury. For resources and additional information visit us at www.nmbiac.com.

Credits: Text by Elizabeth Peterson and Dominic Cappello. Graphic Design by Rachel Boothe and Peter Nam
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How to Fit a Bike Helmet Correctly:

- The helmet should sit level on your head.
- Wear it low on your forehead, two fingers above the eyebrows.
- Adjust the plastic slider on both straps to form a “V” shape under your 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 you ride.

Why Helmet Use Must Start Early

We know that helmets save people’s lives. They prevent death, disability, hospitalization, and all the worry that comes from having a child hit his or her head when falling off of a bike, skates, skateboard or horse. Preventing brain injury means saving millions of dollars and the immeasurable emotional stress when a child is hurt. Laws were passed in New Mexico to make sure that we protect our youngest residents—ensuring that every child wears a helmet when biking or engaged in activities where brain injury may occur.

The **Let’s Talk Helmet Safety Activity Booklet** is filled with family-tested activities that get conversations about helmet use and safety started early. We hope you enjoy these fill-in-the-bubble activities with your children, grandchildren, nieces and nephews or with children in a school or child care program you work with. And you can also have fun coloring the helmets to reinforce the message that helmets keep everyone safe.

For more information please visit: www.nmbiac.com or call **505-476-7328**

