



Research. Use the Google search engine to search “helmet safety for kids” to find the link titled, Bike Safety – KidsHealth. Read through the sections titled, “Why is Bicycle Safety So Important,” “A Helmet How-To,” and “Helmet On, Now What” to learn important facts about wearing a helmet. Next, watch the YouTube video titled, “NHTSA’s Ride Smart” to learn more about wearing helmets.

Reflect. Think back on what you learned about helmet safety. What was most important to you?

Name and Grade Level



Did you know?
Wearing a bicycle helmet
can lower the risk of head
injuries by up to 88%?