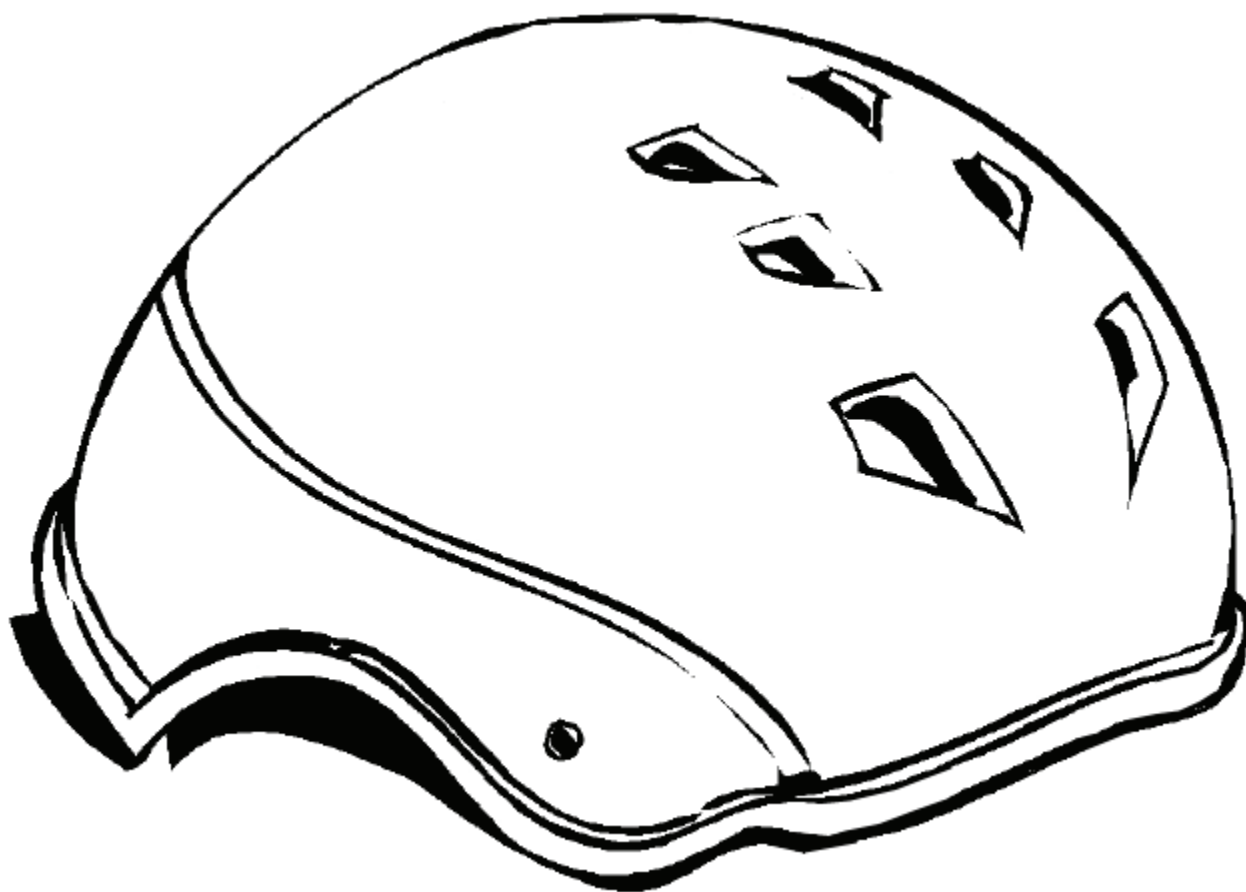


Wear a Helmet

When? Every time you ride a bike, scooter, skateboard or in-line skates.

- Follow your parents' safety rules.
- Stop before you enter a driveway, path or sidewalk. Look for bikes, cars or people. Look left, right, and left again.
- Walk your bike across the street. Cross only with a grown-up.

Draw a fun design on this helmet.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Revised 2017

