



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

You're too young to drive, but you want to get around without asking a parent to take you everywhere. A bike can be the solution. It makes you more independent and biking is great exercise, too. But before you pedal to a friend's house, school, or the local pizzeria, be sure to follow the rules of the road for bikers and wear a helmet to stay safe. The following discussion questions and activities will help your students learn about bike safety and how to stay injury-free while riding bikes.

## Related KidsHealth Links

### Articles for Kids:

#### **Bike Safety**

[KidsHealth.org/kid/watch/out/bike\\_safety.html](http://KidsHealth.org/kid/watch/out/bike_safety.html)

#### **Do You Know How to Be Street Smart?**

[KidsHealth.org/kid/watch/out/street\\_smart.html](http://KidsHealth.org/kid/watch/out/street_smart.html)

#### **Checking Out Cuts, Scratches, and Abrasions**

[KidsHealth.org/kid/ill\\_injure/aches/cuts.html](http://KidsHealth.org/kid/ill_injure/aches/cuts.html)

#### **Concussions**

[KidsHealth.org/kid/ill\\_injure/aches/concussion.html](http://KidsHealth.org/kid/ill_injure/aches/concussion.html)

### Articles for Teens:

#### **Bike Safety**

[KidsHealth.org/teen/safety/safebasics/bike\\_safety.html](http://KidsHealth.org/teen/safety/safebasics/bike_safety.html)

#### **Texting on the Move**

[KidsHealth.org/teen/safety/safebasics/texting.html](http://KidsHealth.org/teen/safety/safebasics/texting.html)

#### **Dealing With Falls**

[KidsHealth.org/teen/safety/first\\_aid/falls\\_sheet.html](http://KidsHealth.org/teen/safety/first_aid/falls_sheet.html)

#### **Concussions**

[KidsHealth.org/teen/safety/first\\_aid/concussions.html](http://KidsHealth.org/teen/safety/first_aid/concussions.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. The last time you rode a bike, did you ride on the sidewalk or in the street? Did you wear a helmet? Did you use hand signals before turning? Did you text?
2. What is a concussion? What are the symptoms of a concussion? What are the effects on the brain?
3. How can you alert others on the road that you're turning when you're riding a bike? What other signals can you use to stay safe?











Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Using the words below, fill in the blanks.

### WORD BANK

<i>bright</i>	<i>helmets</i>	<i>road</i>	<i>CPSC</i>	<i>injuries</i>
<i>stop signs</i>	<i>direction</i>	<i>laws</i>	<i>sneakers</i>	<i>exercise</i>
<i>music</i>	<i>text</i>	<i>hand signals</i>	<i>right</i>	<i>tightly</i>

Biking is great for getting around, and it's also great \_\_\_\_\_.

But bike \_\_\_\_\_ are common, so it's important to follow the rules of the \_\_\_\_\_ and bike \_\_\_\_\_ set by your community. Smart kids and teens wear \_\_\_\_\_ whenever they ride bikes. A bike helmet should fit \_\_\_\_\_ and should not be tilted. When you buy a bike helmet, you should make sure it has a \_\_\_\_\_ sticker.

Everyone should wear \_\_\_\_\_ clothes and \_\_\_\_\_ when they ride bicycles.

Bike riders should stay on the \_\_\_\_\_ side of the road and go the same \_\_\_\_\_ as traffic. Bike riders also need to stop at all \_\_\_\_\_ and obey traffic laws. Bike riders should use the correct \_\_\_\_\_ and never change directions or lanes without looking behind themselves.

Smart kids and teens never \_\_\_\_\_ or listen to \_\_\_\_\_ while they're riding bikes so they don't get distracted.



## Quiz Answer Key

Using the words below, fill in the blanks.

### WORD BANK

<i>bright</i>	<i>helmets</i>	<i>road</i>	<i>CPSC</i>	<i>injuries</i>
<i>stop signs</i>	<i>direction</i>	<i>laws</i>	<i>sneakers</i>	<i>exercise</i>
<i>music</i>	<i>text</i>	<i>hand signals</i>	<i>right</i>	<i>tightly</i>

Biking is great for getting around, and it's also great exercise.

But bike injuries are common, so it's important to follow the rules of the road and bike laws set by your community. Smart kids and teens wear helmets whenever they ride bikes. A bike helmet should fit tightly and should not be tilted. When you buy a bike helmet, you should make sure it has a CPSC sticker.

Everyone should wear bright clothes and sneakers when they ride bicycles.

Bike riders should stay on the right side of the road and go the same direction as traffic. Bike riders also need to stop at all stop signs and obey traffic laws. Bike riders should use the correct hand signals and never change directions or lanes without looking behind themselves.

Smart kids and teens never text or listen to music while they're riding bikes so they don't get distracted.