People driving cars and riding bikes all have to follow the rules of the road — and additional bike laws also help keep bicyclists safe. These activities will help your students learn how to avoid injuries when they’re riding bikes.

Related KidsHealth Links

Articles for Teens:

- **Bike Safety**
  TeensHealth.org/en/teens/bike-safety.html
- **Texting on the Move**
  TeensHealth.org/en/teens/texting.html
- **Concussions minisite**
  TeensHealth.org/en/teens/center/concussions-ctr.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?

2. What’s a concussion? What are the symptoms of a concussion? What are the effects on the brain? What should you do if you think you might have had a concussion?

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?

4. Did you ever text while riding a bike? Why is this unsafe? What’s likely to happen to bike riders who text?

5. Do you know some of the bicycle laws in our community?
Activities for Students

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

Dos and Don’ts

Objectives:
Students will:
• Identify bike safety rules teens need to follow
• Consider the consequences of not following bike safety rules

Materials:
• “Dos and Don’ts” handout
• Computer with Internet access
• TeensHealth articles on bike safety

Class Time:
• 45 minutes

Activity:
To help bike riders stay safe and avoid dangerous habits, use the “Dos and Don’ts” handout to list some of the things bicyclists need to remember when hitting the trails, sidewalks, or streets. Make sure to read the TeensHealth.org articles before starting your handout.

Extensions:
1. For each don’t area on the “Dos and Don’ts” handout, list some of the consequences that bicyclists can face if they do the don’ts.

2. Many communities have laws about bicycling, including helmet use, times to ride, and bike routes. Research and list the bike laws in your community. Make a poster of the most important local rules to remember.

3. Have a local police officer visit the class to present information on bike theft prevention.

4. Present bike safety information to an elementary school class.
Handy Signaling Tips

Objectives:
Students will:
- Learn and demonstrate bicyclists’ hand signals
- Collect data on the use of hand signals by bicyclists

Materials:
- Computer with Internet access
- TeensHealth.org article on bike safety, “Handy Signaling Tips” handout
- Optional: A few bicycles for demonstration purposes (ask students who ride their bikes to school to volunteer the use of their bikes)

Class Time:
- 1 hour

Activity:
Each year, more than 300,000 kids and teens go to emergency rooms for bike injuries. But following bike safety rules and using proper hand signals can help bike riders stay safe. Today, we’ll read the TeensHealth.org articles related to bike safety and pay special attention to the “Handy Signaling Tips” handout. Practice calling out turns and using the hand signals with a partner. [Note to instructor: Students can also be tested riding bikes in the gym or on school grounds.]

Extensions:
1. Biking is a common way to get around in many countries, in both cities and rural areas. How can biking help improve our health and reduce our carbon footprints?
2. Send a correctly filled out version of the bike safety quiz to the school newspaper to print as a safety message.

Reproducible Materials
- Handout: Dos and Don’ts
  KidsHealth.org/classroom/9to12/personal/safety/bike_safety_handout1.pdf
- Handout: Handy Signaling Tips
  KidsHealth.org/classroom/9to12/personal/safety/bike_safety_handout2.pdf
- Quiz: Bike Safety
  KidsHealth.org/classroom/9to12/personal/safety/bike_safety_quiz.pdf
- Answer Key: Bike Safety
  KidsHealth.org/classroom/9to12/personal/safety/bike_safety_quiz_answers.pdf
Dos and Don’ts

Instructions: Write two things that bike riders should do and two things bike riders should not do in each of the areas listed.

<table>
<thead>
<tr>
<th>Helmets</th>
<th>DO</th>
<th>DON’T</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clothes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where to ride</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Street signs and lights</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hand signals</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Handy Signaling Tips

Left turn

Stop

Right turn

Also means right turn

Biking is great for getting around, and it’s also great _____________________________. Because it burns ____________________________ instead of fuel and doesn’t ____________________________ our air, riding bikes is also great for the _____________________________.

But bike ____________________________ are common, so it’s important to follow the rules of the ____________________________ and bike ____________________________ set by your community. Smart 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 appropriate ____________________________ and never change directions or lanes without looking behind themselves.

Smart 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

<table>
<thead>
<tr>
<th>bright</th>
<th>hand signals</th>
<th>right</th>
</tr>
</thead>
<tbody>
<tr>
<td>calories</td>
<td>helmets</td>
<td>road</td>
</tr>
<tr>
<td>CPSC</td>
<td>injuries</td>
<td>stop signs</td>
</tr>
<tr>
<td>direction</td>
<td>laws</td>
<td>sneakers</td>
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<tr>
<td>environment</td>
<td>music</td>
<td>text</td>
</tr>
<tr>
<td>exercise</td>
<td>pollute</td>
<td>tightly</td>
</tr>
</tbody>
</table>

Biking is great for getting around, and it's also great ________ exercise ________. Because it burns ________ calories ________ instead of fuel and doesn’t ________ pollute ________ our air, riding bikes is also great for the ________ environment ________.

But bike ________ injuries ________ are common, so it's important to follow the rules of the ________ road ________ and bike ________ laws ________ set by your community. Smart 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 appropriate ________ hand signals ________ and never change directions or lanes without looking behind themselves.

Smart teens never ________ text ________ or listen to ________ music ________ while they’re riding bikes so they don’t get distracted.