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
- Dealing With Falls
  TeensHealth.org/en/teens/falls-sheet.html
- Concussions minisite
  TeensHealth.org/en/teens/center/concussions-ctr.html

Resources for educators:

- Concussions Special Needs Factsheet
  KidsHealth.org/en/parents/concussions-factsheet.html
- Concussions: What Parents and Coaches Say

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

- bright
- hand signals
- right
- calories
- helmets
- road
- CPSC
- injuries
- stop signs
- direction
- laws
- sneakers
- environment
- music
- text
- exercise
- pollute
- tightly

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.