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.