



# JUNIOR SAFETY OFFICERS

# December Bulletin



## SAFETY HELMETS AND SAFETY GEAR

Have you ever fallen over and banged your head?  
Did it hurt?

Now imagine going fast on your bike, skateboard or scooter, falling off and banging your head. That's going to be a lot worse, right?

Your head is like a melon. Hard on the outside and squishy on the inside. If it falls on the floor it may get bruised or it may crack.



Banging your head could affect your brain. We need our brains in everything we do, from eating, drinking, playing, learning... A helmet can help protect your head, one of the most important parts of your body.

Now you can get some really nice helmets. They come in all different styles. All the professional cyclists wear them to protect their head as they know what could happen.

Do you have a helmet that fits properly? If not maybe you could put one on your Christmas list? You could also think about knee pads, bright clothes, reflectors and lights.



## PERSONAL AND COMMUNITY SAFETY

We have some tips on how you can keep yourself and those around you safe:

Practice keeping your possessions safe. Starting with the things you take to school. Write your name on everything or stick a label on, so that if lost they can be returned to you.

Check adults have locked all doors and windows whenever you leave the house. Maybe leave a light on if it's dark.

Remind everyone at home to be careful about who they allow to come into the house. Always let an adult answer the door.

Don't leave your bags in a car where they can be seen, a thief may break a window to see what's in the bag.

If you have a mobile phone keep it hidden away unless you are making a call. Never use a phone near the road, you need to concentrate on the road and what's around you.

### OTHER WAYS TO STAY SAFE ARE

**MAKE SURE SOMEONE KNOWS WHERE YOU ARE GOING AND WHEN YOU'LL BE BACK**

**NEVER THROW THINGS AT CARS. THIS INCLUDES SNOWBALLS. IT COULD CAUSE THE DRIVER TO CRASH**

**NEVER TALK TO STRANGERS OUTSIDE OR ONLINE**

# BE SAFE, BE SEEN, BE SECURE