



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.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

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

KidsHealth.org/en/parents/concussion-survey.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



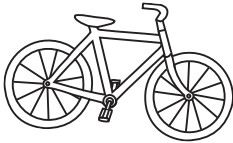
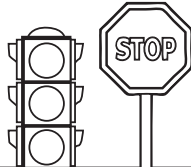



Name:

Date:

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.

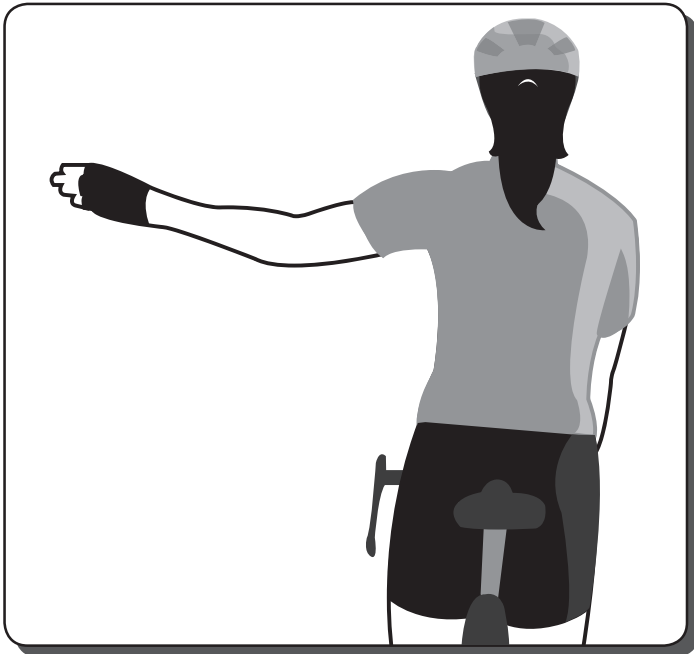
	DO	DON'T
 <p>Helmets</p>		
 <p>Clothes</p>		
 <p>Where to ride</p>		
 <p>Street signs and lights</p>		
 <p>Hand signals</p>		



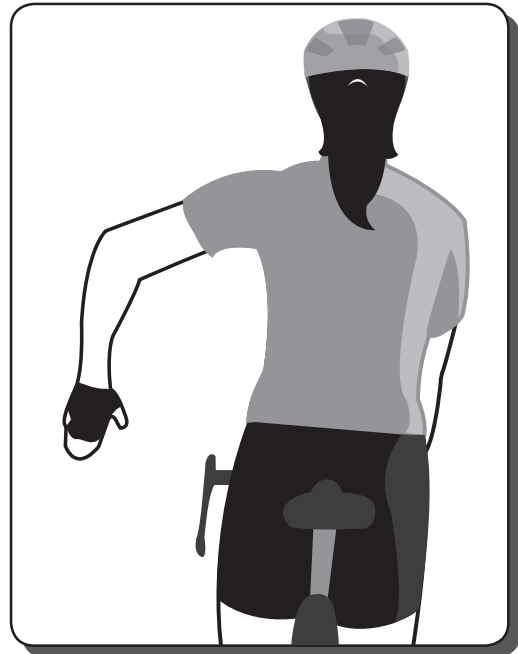
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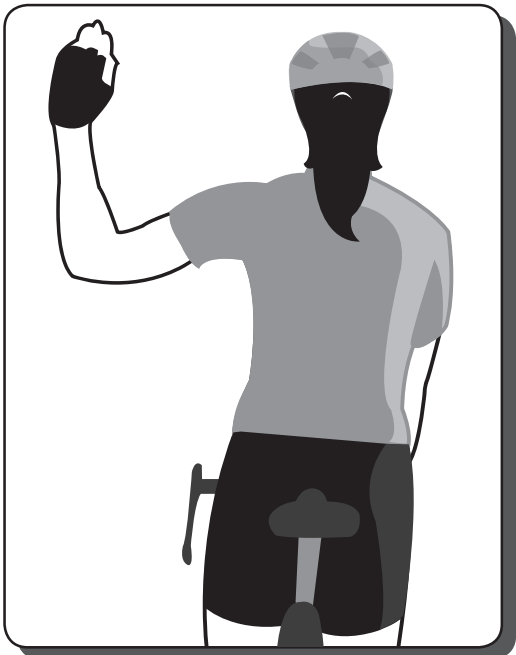
Handy Signaling Tips



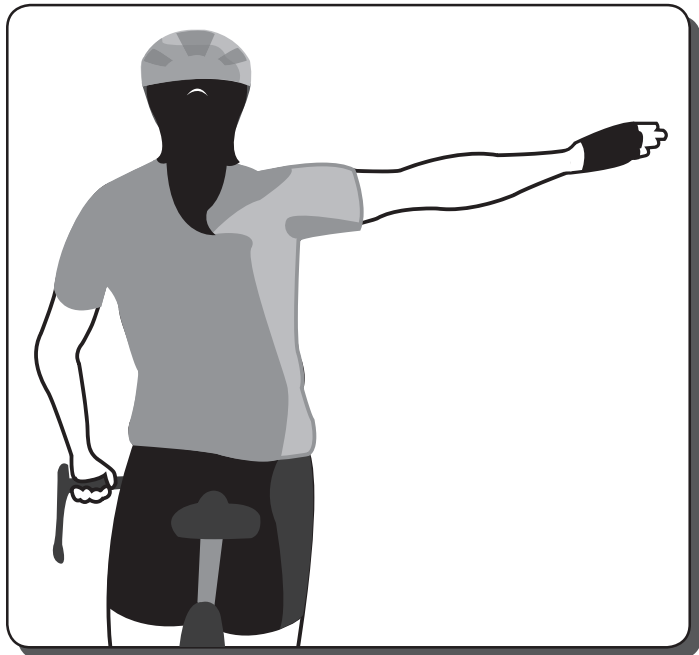
Left turn



Stop



Right turn



Also means right turn



Name: _____

Date: _____

Quiz

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 _____. 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

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calories

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CPSC

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direction

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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.