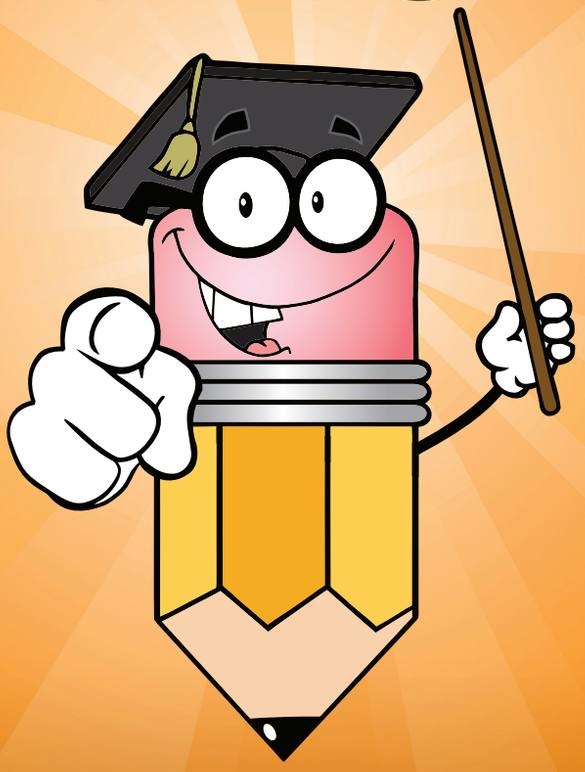
BRAIN POWER

BRAIN-Y CHOICES



ACTIVITY BOOK

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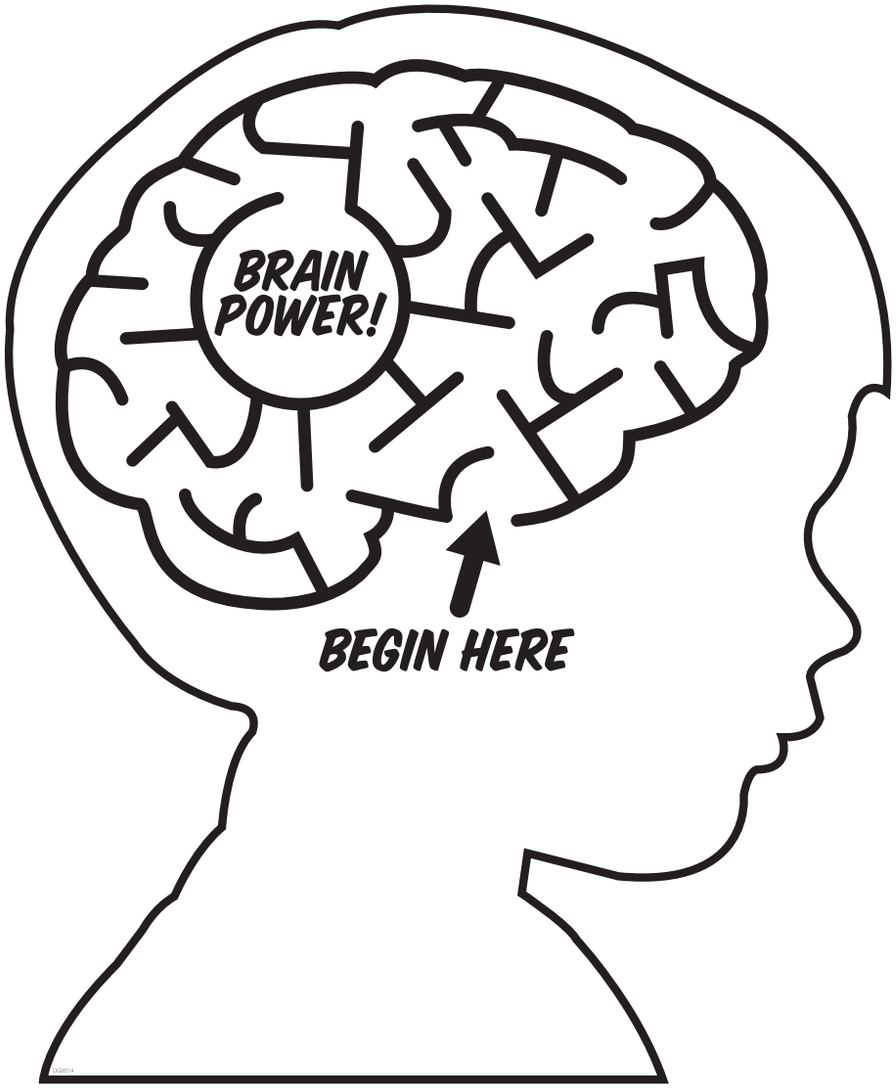
YOUR BRAIN IS A-MAZE-ING!

MY BRAIN IS STILL GROWING. I CAN HELP IT ON ITS JOURNEY TO BECOME THE VERY BEST IT CAN BE.



MADD CANADA Tell a grown up MADD CANADA

MY BRAIN IS STILL GROWING – JUST LIKE THE REST OF MY BODY.

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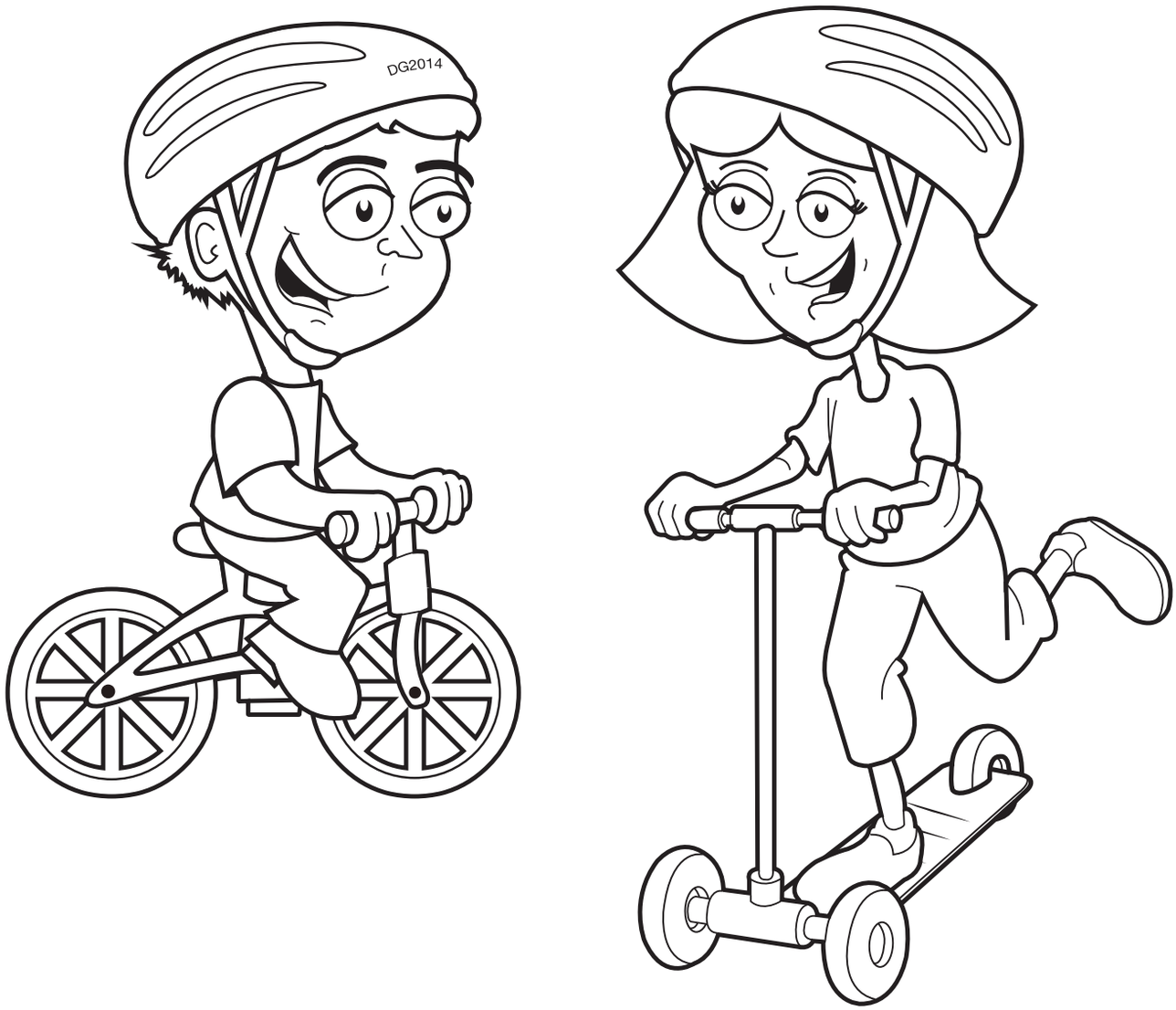
PROTECT YOUR BRAIN

WEARING A HELMET PROTECTS YOUR BRAIN AS IT GROWS.



MADD CANADA
Tell a grown up
MADD CANADA

I WANT TO PROTECT MY BRAIN. IF YOU EVER SEE ME WITHOUT MY HELMET WHEN I NEED IT, PLEASE REMIND ME TO PUT IT ON.

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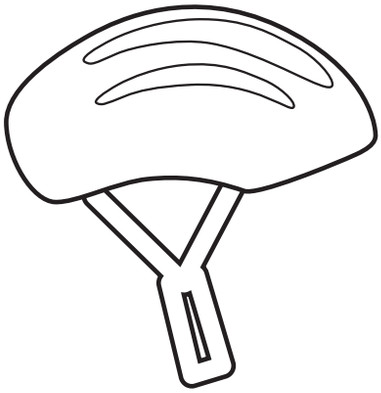
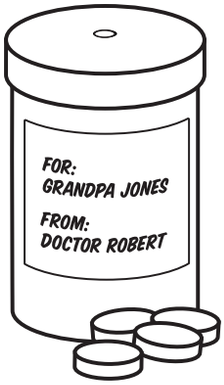
MAKE WISE
CHOICES
TO PROTECT YOUR BRAIN WHILE IT GROWS.

COLOUR IN THE SMART CHOICES FOR YOUR BRAIN. PUT AN "X" THROUGH THE THINGS THAT CAN HARM YOUR BRAIN.



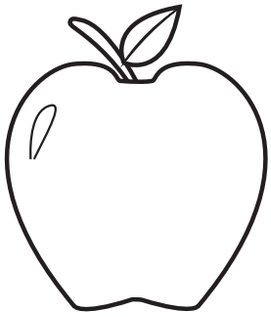
WEARING A HELMET



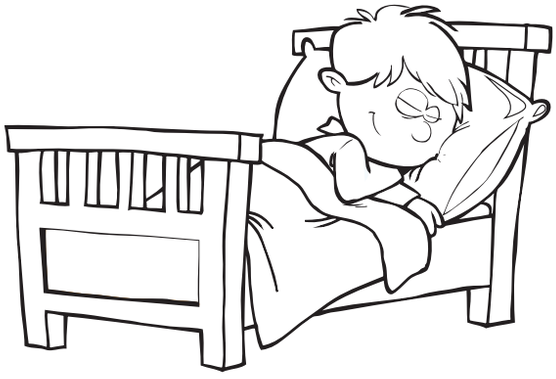
TAKING MEDICINE THAT ISN'T GIVEN TO YOU BY YOUR DOCTOR OR PARENTS

EXERCISING YOUR MIND

DRINKING ADULT BEVERAGES BEFORE YOU'RE AN ADULT



EATING A HEALTHY DIET



GETTING PLENTY OF REST

MADD CANADA
Tell a grown up
MADD CANADA

THE ONLY MEDICINES THAT ARE OK FOR MY BRAIN COME FROM A DOCTOR OR PARENT.

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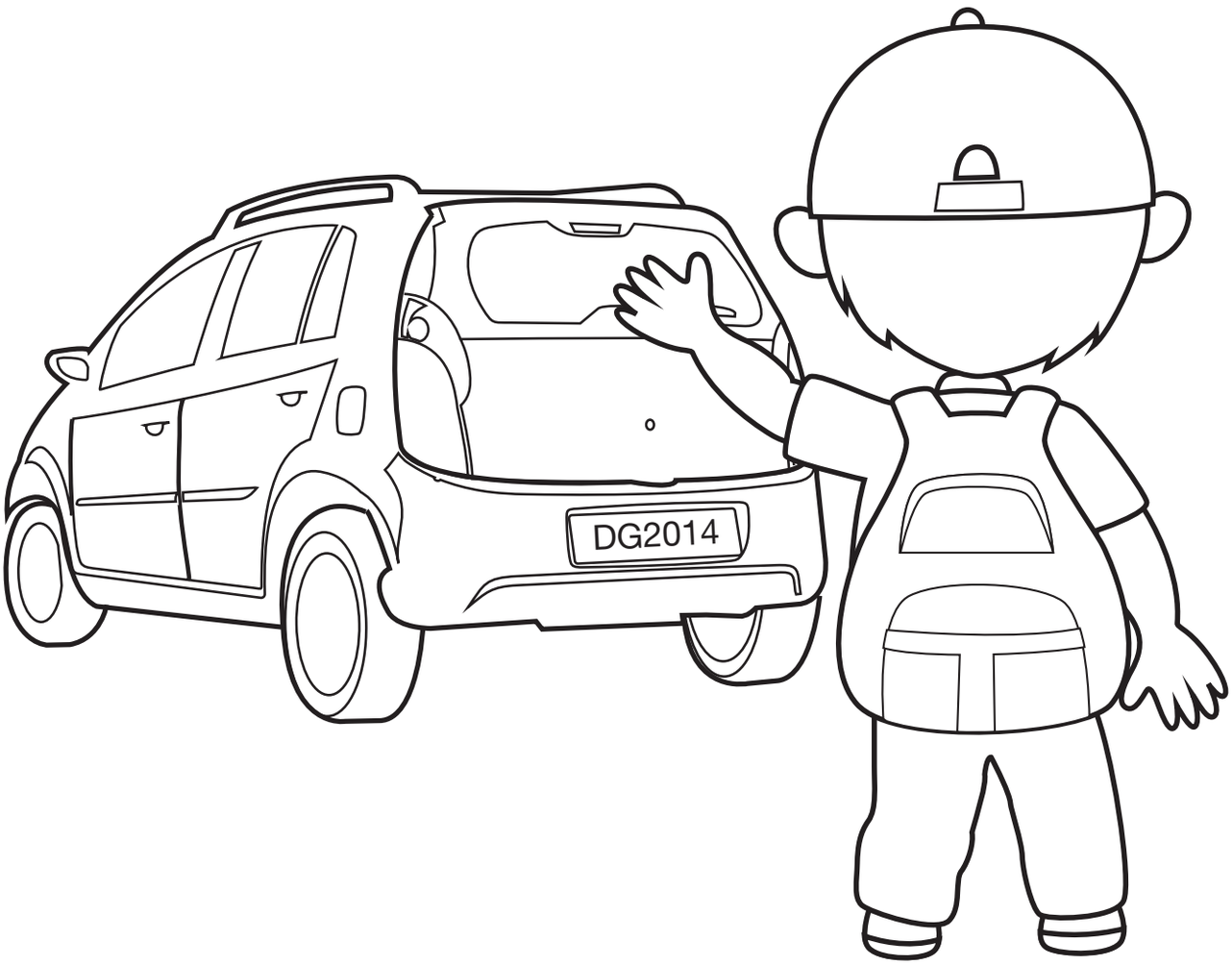
UNSAFE DRIVERS ARE A "NO-GO"

IF YOU DON'T FEEL SAFE GETTING IN A CAR WITH SOMEONE, IT'S OK TO SAY NO.



MADD CANADA
Ask a grown up
MADD CANADA

WHEN IS IT OK FOR ME TO TELL SOMEONE THAT I DON'T WANT TO GET A RIDE WITH THEM?

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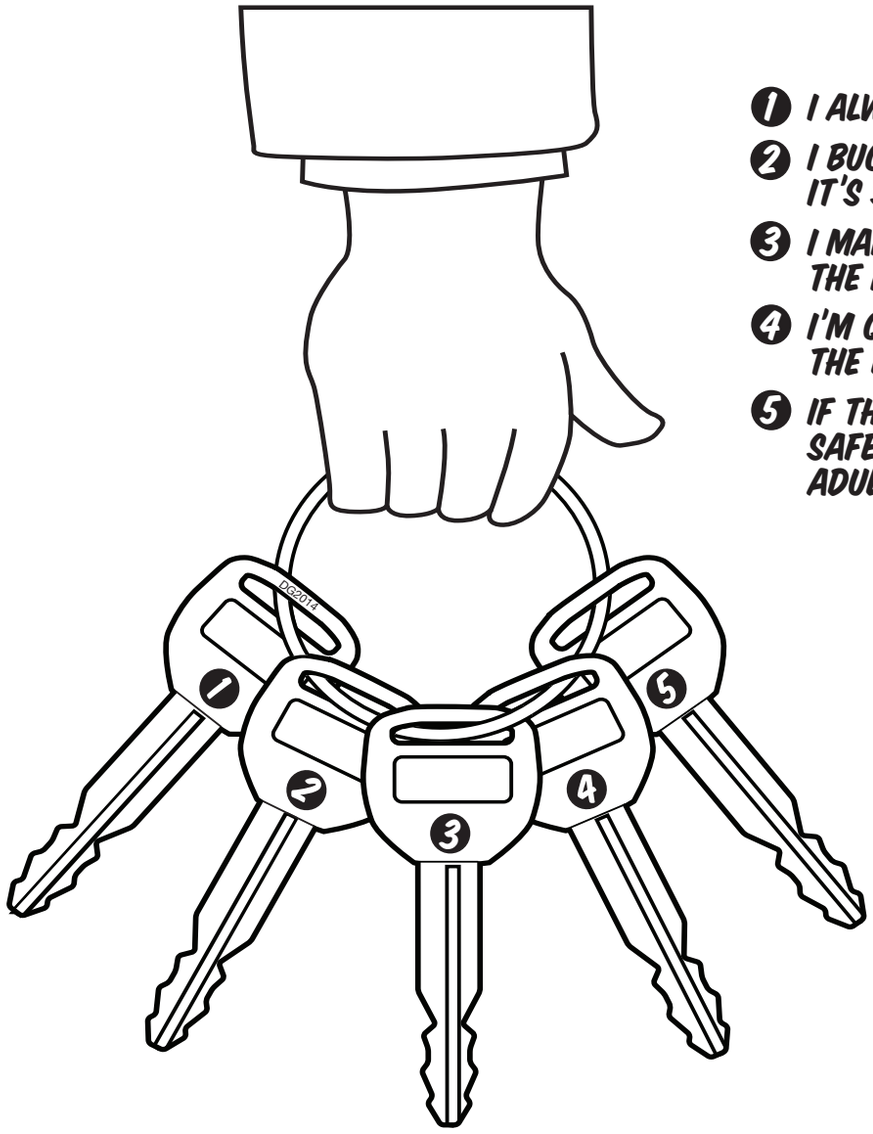
KNOW THE
5 KEYS
TO SAFE CAR CRUISING



1. I ALWAYS SIT IN THE BACK SEAT.
2. I BUCKLE UP MY SEAT BELT SO IT'S SNUG.
3. I MAKE SURE LOOSE ITEMS ARE ON THE FLOOR OR UNDER THE SEAT.
4. I'M QUIET AND DON'T DISTRACT THE DRIVER.
5. IF THE DRIVER ISN'T MAKING SAFE CHOICES, I TELL ANOTHER ADULT I TRUST.

MADD CANADA Tell a grown up MADD CANADA

DRIVING A CAR REQUIRES ALL YOUR BRAIN POWER.

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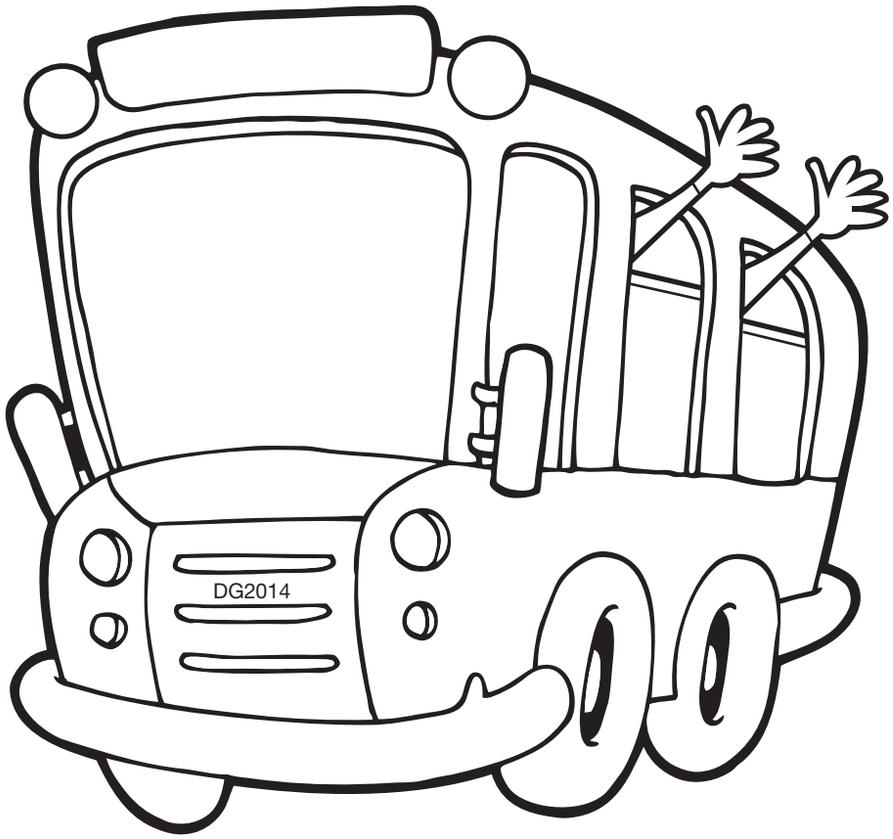
GIVE
BUS SAFETY
A DOUBLE HIGH 5



1. GET TO THE BUS STOP ON TIME.
2. WAIT A SAFE DISTANCE FROM THE CURB.
3. USE THE HANDRAIL.
4. STAY SEATED AND QUIET.
5. KEEP THE AISLES CLEAR.
6. KEEP YOUR HEAD AND ARMS INSIDE.
7. DON'T THROW ANYTHING.
8. STAY WHERE THE DRIVER CAN SEE YOU.
9. OBEY THE DRIVER.
10. ONLY CROSS THE STREET WHEN IT'S SAFE.

MADD CANADA Tell a grown up MADD CANADA

I KNOW HOW TO RIDE ON A BUS TO GET WHERE I'M GOING SAFELY.

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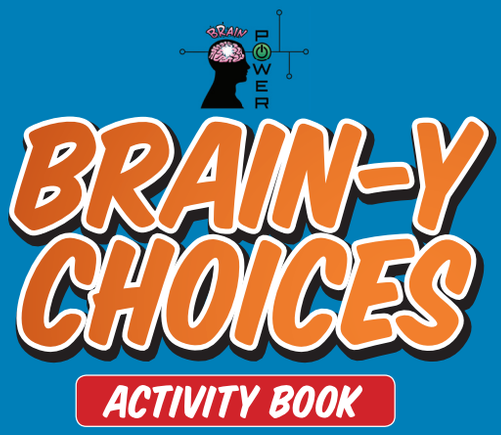

At **MADD Canada,** we believe it's never too early to start the conversation about the dangers of impaired driving.

This activity book has been designed to encourage a conversation with young children about making smart choices to protect their brains.

While your children are too young to drive and are likely not yet experimenting with alcohol or drugs, now is the time to arm them with the confidence to say no to getting in a vehicle with a driver that could put their safety at risk.

Take this opportunity to talk with your children about when it is ok to refuse a ride with someone and how they should go about saying no to the driver. A simple role-playing exercise can help them understand what they should do if they ever find themselves in this situation. Have them practice refusal lines, such as "No, thank you." "I have to call my parents," and "I promised I would call my parents," when you make the following statements:

- "I'll take you home – you don't want to be late."
- "Don't bother your parents. It's no trouble for me to drive you home."
- "We're ready to go – are you coming?"

If you have older children, **MADD Canada,** has developed a Brain Power video for students in grades four to six.

For more information or to order this video, go to **www.madd.ca**

Sincerely,

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