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.

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

WEARING A HELMET PROTECTS YOUR BRAIN AS IT GROWS.

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.
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

THE ONLY MEDICINES THAT ARE OK FOR MY BRAIN COME FROM A DOCTOR OR PARENT.
Unsafe drivers are a "No-Go"

If you don’t feel safe getting in a car with someone, it’s ok to say no.

When is it ok for me to tell someone that I don’t want to get a ride with them?
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.

Driving a car requires all your brain power.
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.

I know how to ride on a bus to get where I’m going safely.