



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.

Some children think it's not cool to wear a helmet but you can get some really nice ones. All the professional cyclists wear helmets as they know what can happen.

Do you have a helmet that fits correctly? 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

As Junior Safety Officers we want to help keep everyone safe at all times, not just out on the road.

Some adults don't know this, so you can help us spread the message. Anyone with a mobile phone should have an

ICE Telephone Number

This is an **In Case of Emergency** telephone number saved as a contact in a person's phone in case anything should happen and they need help. The emergency services can check their phone and ring this number to let someone know where they are and what has happened.

If you have a mobile phone your **ICE** contact would be whoever looks after you.

When you go home please check your whole family have this.

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