PROTECT YOUR HEAD

Whether you are biking, skating or skateboarding, your helmet will protect your head if you fall.

LOOK BOTH WAYS BEFORE CROSSING THE STREET

Accidents do happen and you can’t be wearing your helmet all the time.

WEAR YOUR SEAT BELT

In a car, truck or airplane, your seat belt will help protect your head and brain from injury.

STAY AWAY FROM ILLEGAL DRUGS

Although damage done by some drugs can be reversed, some drugs may change brain function permanently.

KNOW THE RISKS INVOLVED WITH SPORTS

Always wear your safety equipment properly and be in good physical condition for your sport.

EAT RIGHT

Your brain needs energy to work its best.

GET ENOUGH SLEEP

Sleep is essential for your overall health.

NEUROSCIENCE FOR KIDS: HTTP://FACULTY.WASHINGTON.EDU/CHUDLER/NEUROK.HTML