



Service Learning Worksheet

Lesson Topic: *The Importance of Helmet Use*

What's the Point?

This lesson is designed to be used by high school students to educate middle school children and their parents about the dangers of riding a bicycle without a helmet or a helmet that doesn't fit properly.

Objectives

- Students will learn how to properly fit a bicycle helmet.
- Students will learn about traumatic brain injuries and how lives change as a result of those injuries.
- Students will share what they learn with middle school students and their parents.
- Middle school students and parents will learn how to properly fit bicycle helmets.
- Students and parents will commit to wearing helmets when out bicycling and make sure that their children wear helmets that fit them correctly.

Brainstorm Session

Determine the main points you want the audience to walk away with. Develop a question or activity to grab their attention. Remember to tailor your messages to the audience. Messages for peers are likely to be different than those for younger teens and parents.

Action

Use ideas developed in the brainstorming session and conduct research to determine your next steps. This includes setting a specific topic or topics on which to focus your activities. You should also determine whether this is a short term or long term project (like a campaign).

Research

Activity

Evaluation

Personal Reflection
