



BEING A SAFE RIDER – HELMETS AND OTHER SAFETY EQUIPMENT

Discussion questions:

- What do you notice in these pictures?
- Why is everyone wearing a helmet?
- Do you wear a helmet when you go for a ride?
Straps should not be twisted, the buckle must be done up, the helmet won't move, sits two fingers above the eyebrows.
- How do you know your helmet is on right?
Straps should not be twisted, the buckle must be done up, the helmet won't move, sits two fingers above the eyebrows.
- Who can help you check your helmet? What colour is your helmet?
- Why is everyone wearing closed in shoes?
- What else do you wear when you go for a ride?
Elbow and knee pads.
- Why are there different types of bikes? Big, smaller, with trainer wheels?

Key messages:

- **Always wear a helmet** when using any wheeled device.
- **Be seen:** wear reflective clothing and use lights.
- **Always ride with an adult present** in case you need help.
- **Protect yourself** and choose enclosed shoes, long sleeves, long pants, and knee and elbow pads.

- Share — copy and redistribute the material in any medium or format, for non-commercial purposes providing you do not modify, adapt, transform or remix the material; and you attribute the Department of Education, Western Australia as the source of the copyright material and retain all acknowledgements associated with the material and attach the above Creative Commons logo.

The Western Australian Government and Department of Education logos, other logos, student images and work examples, Microsoft content, third party works and trademark protected material are not licensed under a CC BY-NC-ND licence and may not be re-used without permission from the copyright owner.



BEING A SAFE RIDER – HELMETS AND OTHER SAFETY EQUIPMENT

Discussion questions:

- What do you notice in these pictures?
- Why is everyone wearing a helmet?
- Do you wear a helmet when you go for a ride?
Straps should not be twisted, the buckle must be done up, the helmet won't move, sits two fingers above the eyebrows.
- How do you know your helmet is on right?
Straps should not be twisted, the buckle must be done up, the helmet won't move, sits two fingers above the eyebrows.
- Who can help you check your helmet? What colour is your helmet?
- Why is everyone wearing closed in shoes?
- What else do you wear when you go for a ride?
Elbow and knee pads.
- Why are there different types of bikes? Big, smaller, with trainer wheels?

Key messages:

- **Always wear a helmet** when using any wheeled device.
- **Be seen:** wear reflective clothing and use lights.
- **Always ride with an adult present** in case you need help.
- **Protect yourself** and choose enclosed shoes, long sleeves, long pants, and knee and elbow pads.

- Share — copy and redistribute the material in any medium or format, for non-commercial purposes providing you do not modify, adapt, transform or remix the material; and you attribute the Department of Education, Western Australia as the source of the copyright material and retain all acknowledgements associated with the material and attach the above Creative Commons logo.

The Western Australian Government and Department of Education logos, other logos, student images and work examples, Microsoft content, third party works and trademark protected material are not licensed under a CC BY-NC-ND licence and may not be re-used without permission from the copyright owner.



BEING A SAFE RIDER – HELMETS AND OTHER SAFETY EQUIPMENT

Discussion questions:

- What do you notice in these pictures?
- Why is everyone wearing a helmet?
- Do you wear a helmet when you go for a ride?
Straps should not be twisted, the buckle must be done up, the helmet won't move, sits two fingers above the eyebrows.
- How do you know your helmet is on right?
Straps should not be twisted, the buckle must be done up, the helmet won't move, sits two fingers above the eyebrows.
- Who can help you check your helmet? What colour is your helmet?
- Why is everyone wearing closed in shoes?
- What else do you wear when you go for a ride?
Elbow and knee pads.
- Why are there different types of bikes? Big, smaller, with trainer wheels?

Key messages:

- **Always wear a helmet** when using any wheeled device.
- **Be seen:** wear reflective clothing and use lights.
- **Always ride with an adult present** in case you need help.
- **Protect yourself** and choose enclosed shoes, long sleeves, long pants, and knee and elbow pads.

- Share — copy and redistribute the material in any medium or format, for non-commercial purposes providing you do not modify, adapt, transform or remix the material; and you attribute the Department of Education, Western Australia as the source of the copyright material and retain all acknowledgements associated with the material and attach the above Creative Commons logo.

The Western Australian Government and Department of Education logos, other logos, student images and work examples, Microsoft content, third party works and trademark protected material are not licensed under a CC BY-NC-ND licence and may not be re-used without permission from the copyright owner.



BEING A SAFE RIDER – HELMETS AND OTHER SAFETY EQUIPMENT

Discussion questions:

- What do you notice in these pictures?
- Why is everyone wearing a helmet?
- Do you wear a helmet when you go for a ride?
Straps should not be twisted, the buckle must be done up, the helmet won't move, sits two fingers above the eyebrows.
- How do you know your helmet is on right?
Straps should not be twisted, the buckle must be done up, the helmet won't move, sits two fingers above the eyebrows.
- Who can help you check your helmet? What colour is your helmet?
- Why is everyone wearing closed in shoes?
- What else do you wear when you go for a ride?
Elbow and knee pads.
- Why are there different types of bikes? Big, smaller, with trainer wheels?

Key messages:

- **Always wear a helmet** when using any wheeled device.
- **Be seen:** wear reflective clothing and use lights.
- **Always ride with an adult present** in case you need help.
- **Protect yourself** and choose enclosed shoes, long sleeves, long pants, and knee and elbow pads.

- Share — copy and redistribute the material in any medium or format, for non-commercial purposes providing you do not modify, adapt, transform or remix the material; and you attribute the Department of Education, Western Australia as the source of the copyright material and retain all acknowledgements associated with the material and attach the above Creative Commons logo.

The Western Australian Government and Department of Education logos, other logos, student images and work examples, Microsoft content, third party works and trademark protected material are not licensed under a CC BY-NC-ND licence and may not be re-used without permission from the copyright owner.