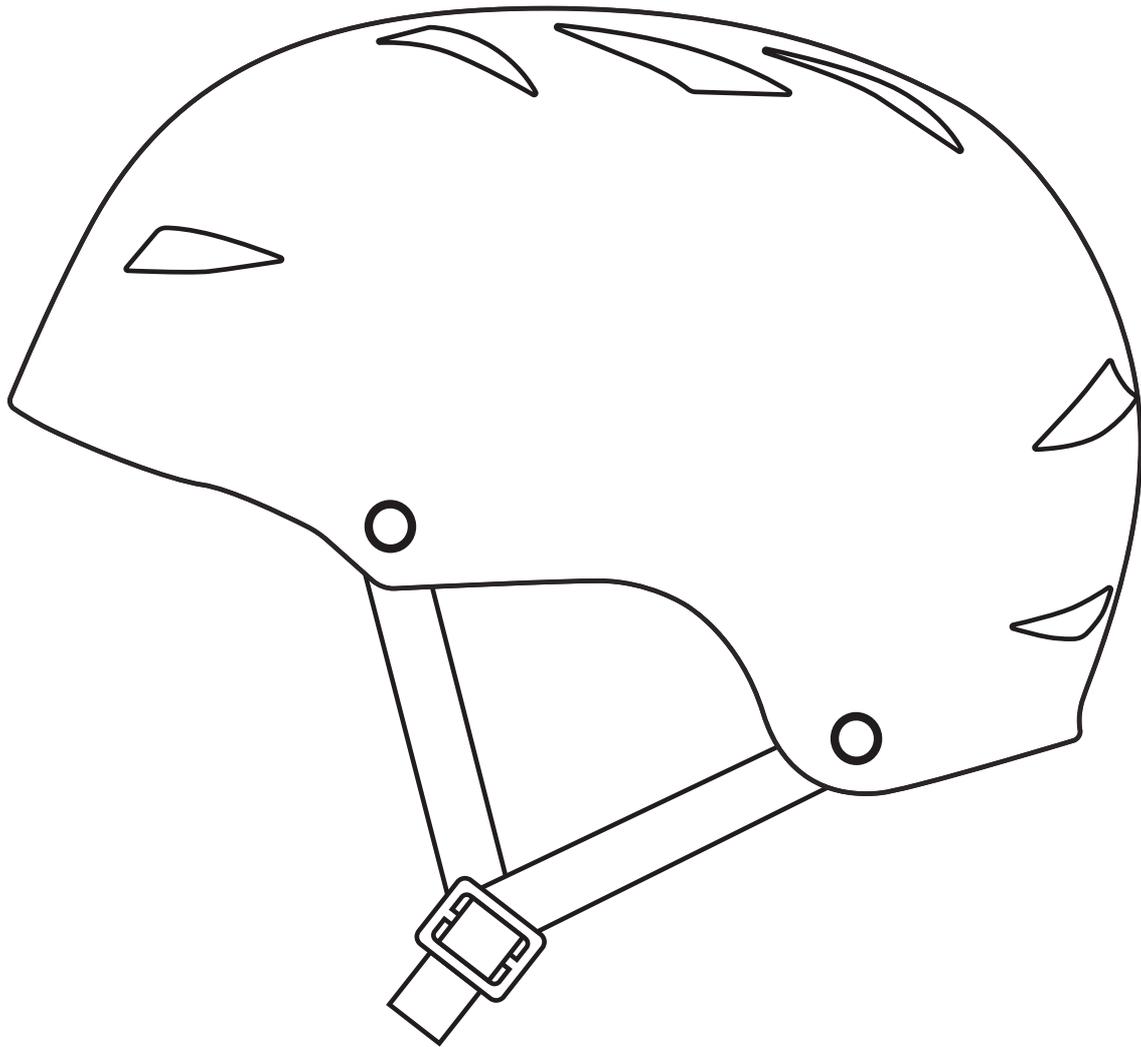


# Design your helmet

A helmet protects your head. Add your own design and colours to the helmet.



Always wear a helmet when you ride or skate.  
Ride your bike away from the road.



Please do not use in schools. The Road Safety Education Program uses specific resources for education purposes.

# For families

Adults are always responsible for the safety of the young children in their lives.

Keep children safe by ensuring an adult is always there to actively supervise them and check that they are wearing a standards approved helmet whenever they are playing or riding on wheels.

Although children quickly learn to pedal, steer and brake, they aren't ready to cycle near traffic or on the road.

Until they are at least 10 years old, your child should ride off-road away from vehicles and driveways.

The safest places to ride bikes, scooters and skateboards are within fenced areas. This helps your child from riding or falling onto the footpath or the road.

For more information about safe travel visit:

[safetytown.com.au](http://safetytown.com.au) and [kidsandtraffic.mq.edu.au](http://kidsandtraffic.mq.edu.au)

