

COMMON MYTHS

- ✗ “I don’t need one for short rides.”
- ✓ Head injuries can happen anywhere—even in the school parking lot.
- ✗ “Helmets aren’t cool.”
- ✓ Concussions definitely aren’t either. Customize your helmet with stickers or paint!
- ✗ “I’m a good rider.”
- ✓ Accidents are usually caused by others or unexpected conditions.



LAWS, POLICIES, & CALL TO ACTION

California Law:

Anyone under 18 is required to wear a helmet while biking, skating, or scootering.

Our School Policy:

We're proposing a new helmet initiative this year—stay tuned for incentives, pledges, and enforcement for safer student riding.

Take the Pledge!

“Protect Your Brain – Wear a Helmet!”



HELMET SAFETY AT BULLARD HIGH SCHOOL

“One Fall. One Helmet.
One Life Saved.”

**PROTECT YOUR BRAIN:
HELMET SAFETY STARTS
NOW**



WHEN AND HOW TO WEAR A HELMET

WHEN TO WEAR A HELMET

1. Riding a bike, scooter, skateboard, or rollerblades
2. Even short rides on campus or around the block

HOW TO WEAR IT RIGHT

1. Helmet sits flat on your head—not tilted
2. Straps form a “V” shape under ears
3. Buckled snugly under chin
4. Follow the 2-finger rule above your eyebrows

CHOOSING THE RIGHT HELMET

Pick Smart Stay Safe.

- LOOK FOR THE CPSC-CERTIFIED LABEL
- HELMET SHOULD BE SNUG—NOT LOOSE OR WOBBLY
- ADJUST FIT EVERY TIME YOU RIDE

Reminder: A \$25 helmet can save you a \$25,000 medical bill—or more.



Bullard Biomedicine Safety Ambassadors



HELMETS REDUCE THE RISK OF HEAD INJURY BY UP TO 85%

Your brain is irreplaceable. Helmets help absorb the shock from falls or collisions and protect against traumatic brain injuries.

Real Stories: “I fell off my scooter—cracked my helmet, but I walked away okay.” – Anonymous High School Student

