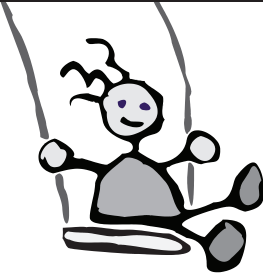


# Play it Safe With Your Teeth



It is important to protect your teeth when you're playing and having fun. It's not fun to chip a tooth, or lose a tooth. It's even worse to chip or lose more than one tooth.

Everyone knows we use our teeth for chewing food. We also use teeth to speak clearly. Our smile makes us special so we need to protect it. Don't take any risks playing when it is unsafe.

The best way to protect your teeth when playing sports is to use a mouthguard. Protect your face and head with a helmet.

Stop and think before you do something that might injure you or someone else. Don't take a chance and spoil the fun with an injury.

## Stop and Think - Always or Never?

Read the sentences below and ask: "What would be the safest thing to do?"  
Fill in the blank to begin each sentence with either "Always" or "Never"

1. \_\_\_\_\_ push or trip anyone on the steps.
2. \_\_\_\_\_ ride your bicycle on wet leaves or slippery roads.
3. \_\_\_\_\_ control your speed on skates, rollerblades, or bicycles.
4. \_\_\_\_\_ trip or push anyone when they are running.
5. \_\_\_\_\_ run or chase anyone near the swimming pool.
6. \_\_\_\_\_ remain seated while swinging - NO standing or jumping.
7. \_\_\_\_\_ walk near or under a moving swing.
8. \_\_\_\_\_ push someone when they are drinking at a water fountain.
9. \_\_\_\_\_ be sure there is an adult nearby when climbing trees.
10. \_\_\_\_\_ rollerblade or skateboard on busy streets or sidewalks.
11. \_\_\_\_\_ use the ladder when climbing out of a swimming pool.
12. \_\_\_\_\_ wear a helmet and mouthguard when playing sports.
13. \_\_\_\_\_ wear a helmet and obey traffic laws when riding your bicycle.
14. \_\_\_\_\_ wear your lap belt and shoulder belt in the car.

KEY:  
1. Never  
2. Never  
3. Always  
4. Never  
5. Never  
6. Always  
7. Never  
8. Never  
9. Always  
10. Never  
11. Always  
12. Always  
13. Always  
14. Always