

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