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Each year an estimated 500,000 persons sustain a brain or spinal cord injury and it is the leading cause of death for teens and children. **ThinkFirst** is a national Injury Prevention Program focusing on the prevention of brain and spinal cord injury in children and teenagers.

This comprehensive injury prevention program targets children of all ages with age appropriate educational material that includes:

- A one-hour curriculum which: Introduces the brain and spinal cord structure and function
- Discusses vehicle, water, bike, sports and recreational safety

**ThinkFirst Boston**, the local chapter established by **Boston Children's Hospital** is committed to providing the program at **no cost** to help young children and teenagers develop lifelong safety habits. The objective of **ThinkFirst Boston** is to decrease the incidence of brain and spinal cord injuries through increasing the public's knowledge around brain and spinal cord injury prevention.

\*The program can be delivered to both classroom and large groups and length of program can be altered to the schools needs and availability.



#### Curriculum:

##### ◦12 Minute Introduction Video

- Animated Street-smart character describes safety habits to his friends
- Modules Reviewed- Helmet Safety, Passenger Restraint Safety, Water Safety, Sports Safety, Playground Safety, Pedestrian Safety, Violence Safety, Hands On Demonstration

◦**Skull with Brain Model & Flexible Spine Model:** This model includes a skull that can be disassembled, and a four-part brain to illustrate areas of the brain that control speech, movement, hearing, vision and balance areas that an injury may result in permanent damage and/or disability should they be injured. The spine model has different colors to differentiate four sections of the spine

◦**Interactive session:** Through question/answer and a game students reinforce what safety habits they learned throughout the presentation.



##### Informational Video

- "Think About Your Choices"
- Skull with Brain Model & Flexible Spine Model**
- Voice of Injury Prevention:** Individuals who have sustained a traumatic brain or spinal cord injury & share their personal testimony with students.
- Question/answer session:** Students will have the opportunity to ask questions they have about the issues discussed.

## Think First Foundation's Mission

The Mission of ThinkFirst National Injury Prevention Foundation is to prevent brain, spinal cord, and other traumatic injuries through the education of individuals, community leaders, and the creators of



For further information contact:

**ThinkFirst Boston**

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# ThinkFirst Boston Team

- Professional nurses, child life specialists and physicians trained in **ThinkFirst** curriculum
- *Voices of Injury Prevention* (VIP's): Individuals who have suffered a traumatic injury or have been affected by a life-changing event.



“Only through Educational programs targeted to the youth population can we make an impact and decrease the number of catastrophic injuries in Massachusetts”

**ThinkFirstBoston**  
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# ThinkFirst Boston



**Boston Children's Hospital**  
Injury Prevention Program