Helmet Safety

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All riders should wear a helmet. No matter how old they are. In Ontario, it is required by law that **cyclists under the age of 18 must wear an approved bicycle helmet**. For children age 16 and under, a parent or guardian must make sure they wear a helmet. Children must wear an approved bicycle helmet when riding in a child carrier or a bicycle trailer.

Problem Solving:

To learn about the importance of helmet safety, students will break into small groups to work on various problem-solving scenarios.

Instructions:

1) Teachers print out and cut out the problem scenario cards (appendix 7).

2) Teachers explain to students the four step process to becoming a social problem solver.

- **Identify the problem.**
  First, students identify the problem.

- **Create three solutions.**
  Then, students create three different solutions that they could use to solve the problem that they identified.

- **Identify the consequences.**
  Next, students identify the consequences for each individual solution.

- **Pick the best solution.**
  Finally, students identify which of their three solutions is the best choice.
  Then, students explain why they think their solution is the best solution.

3) Teacher divide students into small groups and provide them with a copy of the problem-solving map (appendix #6).

4) Teachers should model the problem-solving skills. Select a card and model the process. Teachers can state the problem, then come up with possible solutions, then identify the possible consequences to each solution, then pick and explain why a solution is the best option. Modeling the problem-solving process will assist students to use the systematic approach and proper vocabulary.

5) Hand each group one or two problem scenarios to work on.

6) After a predetermined time, have the class regroup and have each group share their problem and the solutions they developed.

7) Have class discuss each group's problem and the solution they came up with. They can discuss whether the group's solution is most effective or if there are solutions or problems to their solution they may not have thought of.