

---

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 life-long 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.**

# ThinkFirst!

## For Teens

### Curriculum:

- **Informational Video-** "Think About Your Choices"
- **\*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. Signs and symptoms of concussion and what to be aware of are also discussed. The spine model has different colors to differentiate four sections of the spine.
- **\*Injury Prevention Discussion & Powerpoint:** Topics covered include roadway safety, texting and driving, drunk and drugged driving, drowsy driving, pedestrian safety, wheeled sport safety, water safety, violence, team sports, as well as helmet and seat belt use.
- **\*Voice of Injury Prevention:** ThinkFirst VIP speakers share their personal stories to convey the message of injury prevention. They create a forum for open and frank dialogue by discussing how they were injured, how they could have prevented the injury and how they deal with life after paralysis or brain injury.
- **\*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 public policy.



**For further information contact:**

**ThinkFirst Boston**  
**(617) 355-7332**

[injurypreventionprogram@childrens.harvard.edu](mailto:injurypreventionprogram@childrens.harvard.edu)

---

# 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”

# ThinkFirst

National Injury Prevention Foundation



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

ThinkFirstBoston

Boston Children's Hospital

Injury Prevention Program

300 Longwood Avenue,

Boston, MA 02115