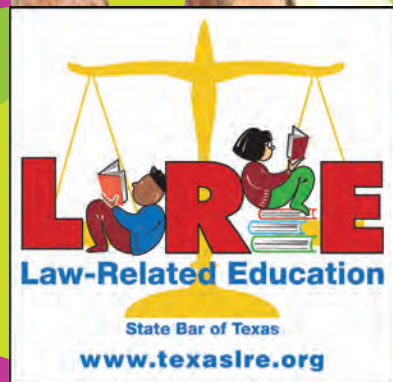


Don't Forget To
Wear Your helmet

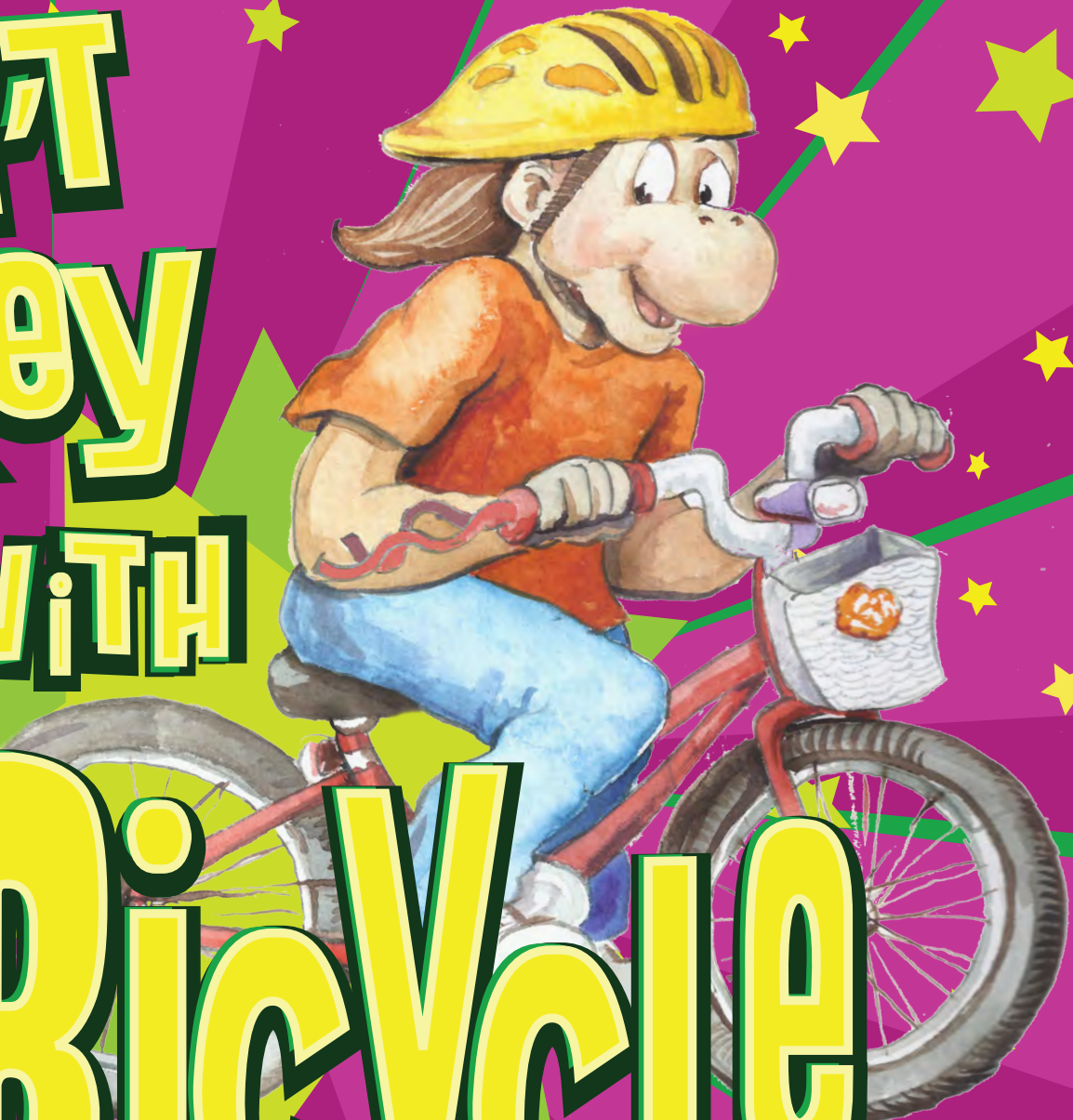


For more information on traffic safety:

www.drsr.info
www.tmcec.com
www.texaslre.org



Don't Monkey Around with SAfety On Your Bicycle



By
Dawn Fielder



Illustrated by
Nathan Jensen

About Driving on the Right Side of the Road

This publication is a part of the Driving on the Right Side of the Road (DRSR) program, developed by the Law-Related Education Department of the State Bar of Texas, Law Focused Education, Inc., and the Texas Municipal Courts Education Center with funding from the Texas Court of Criminal Appeals and the Texas Department of Transportation. These organizations are very concerned about traffic safety in Texas communities. Motor vehicle crashes are the leading cause of death for 5-20 year olds in the United States. Young children are often hurt if they do not sit in a booster seat, do not wear their safety belt, do not obey traffic signals, or fail to wear protective equipment when bicycling, rollerblading, or skateboarding. The purpose of the DRSR program is to offer a preventive educational resource to encourage responsible decision-making and adherence to safe practices when children are in a car, on the street, or out in public.

DRSR has created a series of lessons for social studies classes at the elementary and secondary levels on citizenship education and traffic safety. The program is aligned with the TEKS (Texas Essential Knowledge and Skills), which all students are tested on in Texas public schools. Upper grade level lessons use student-centered, interactive strategies to teach traffic safety while studying city, state, and national government, the three branches of government, and the responsibilities of citizenship. Elementary lessons also use traffic safety content to teach language arts and math skills. Traffic safety games and information are also available on the DRSR website.

DRSR's Information Sheets provide teachers with background information about traffic laws and municipal court. DRSR can assist teachers in contacting local municipal judges, court support personnel, and city prosecutors to ask them to serve as resource persons in the classroom. Resource persons can bring the lessons alive by providing real life or hypothetical examples, accurate descriptions of what the law requires, and serve as positive role models for students.

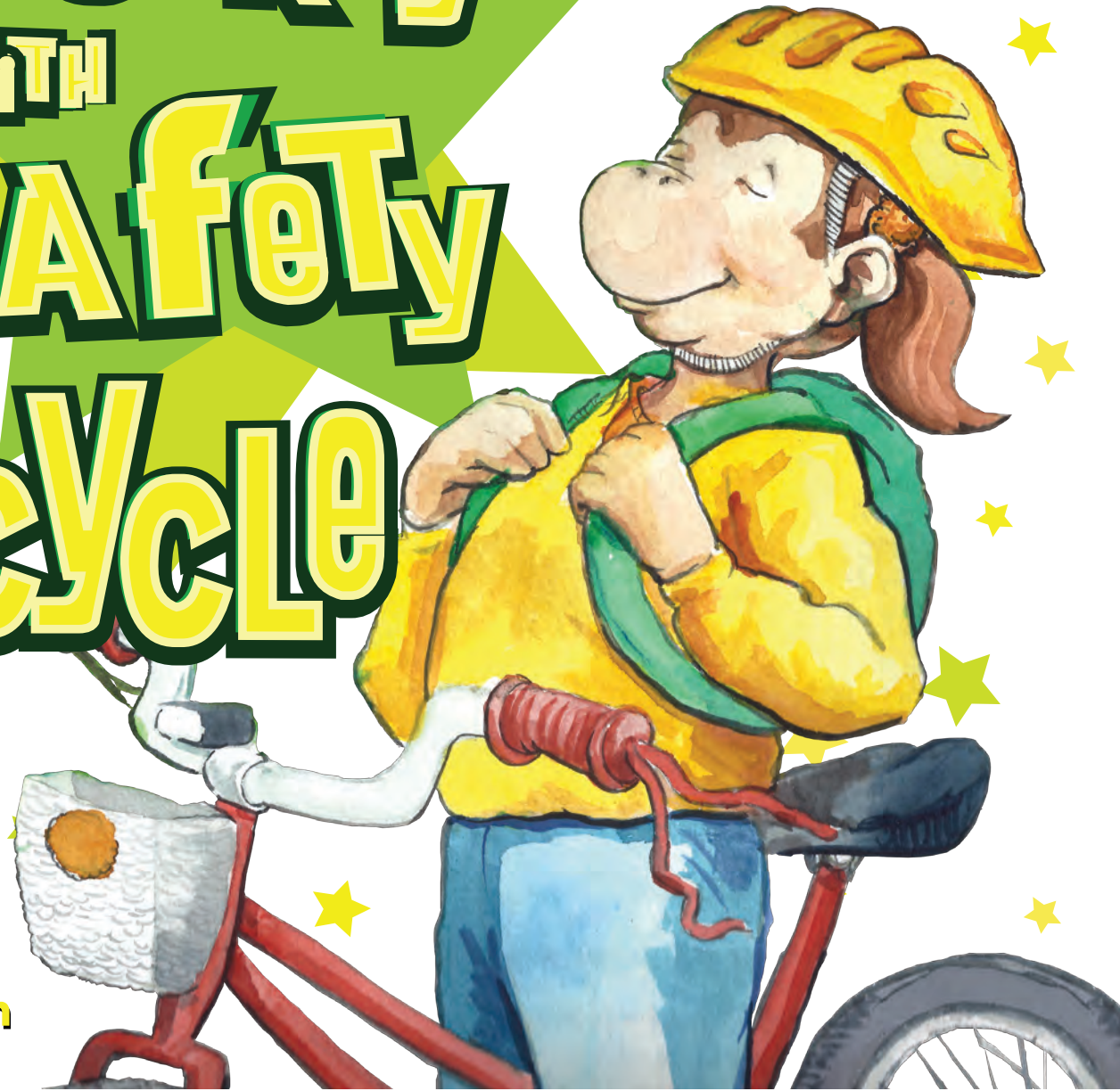
We thank you for using these materials in your classrooms.

For more information and resources, please visit:
www.drsr.info www.texaslre.org www.tmcec.com

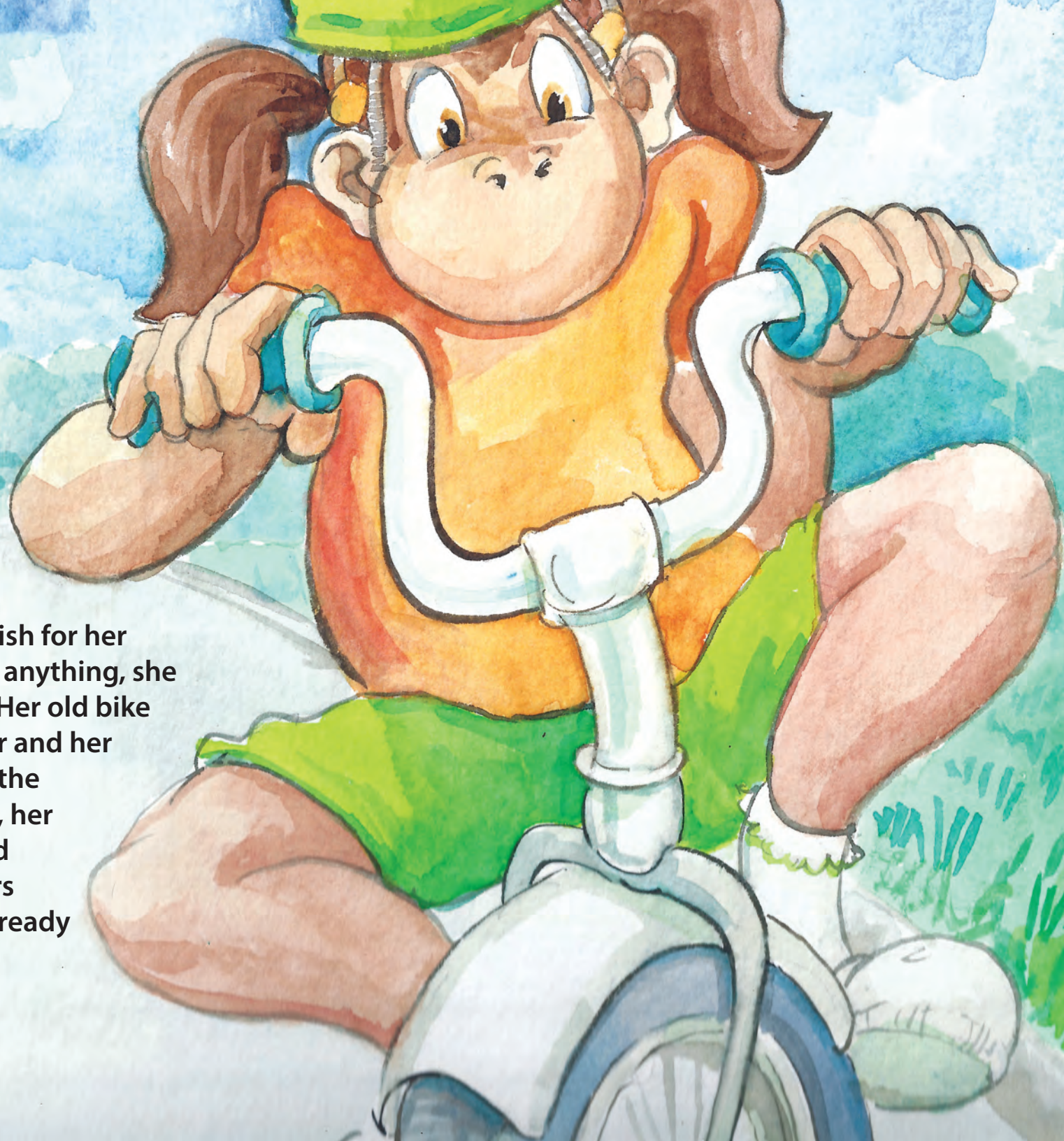
**Don't Monkey
Around with
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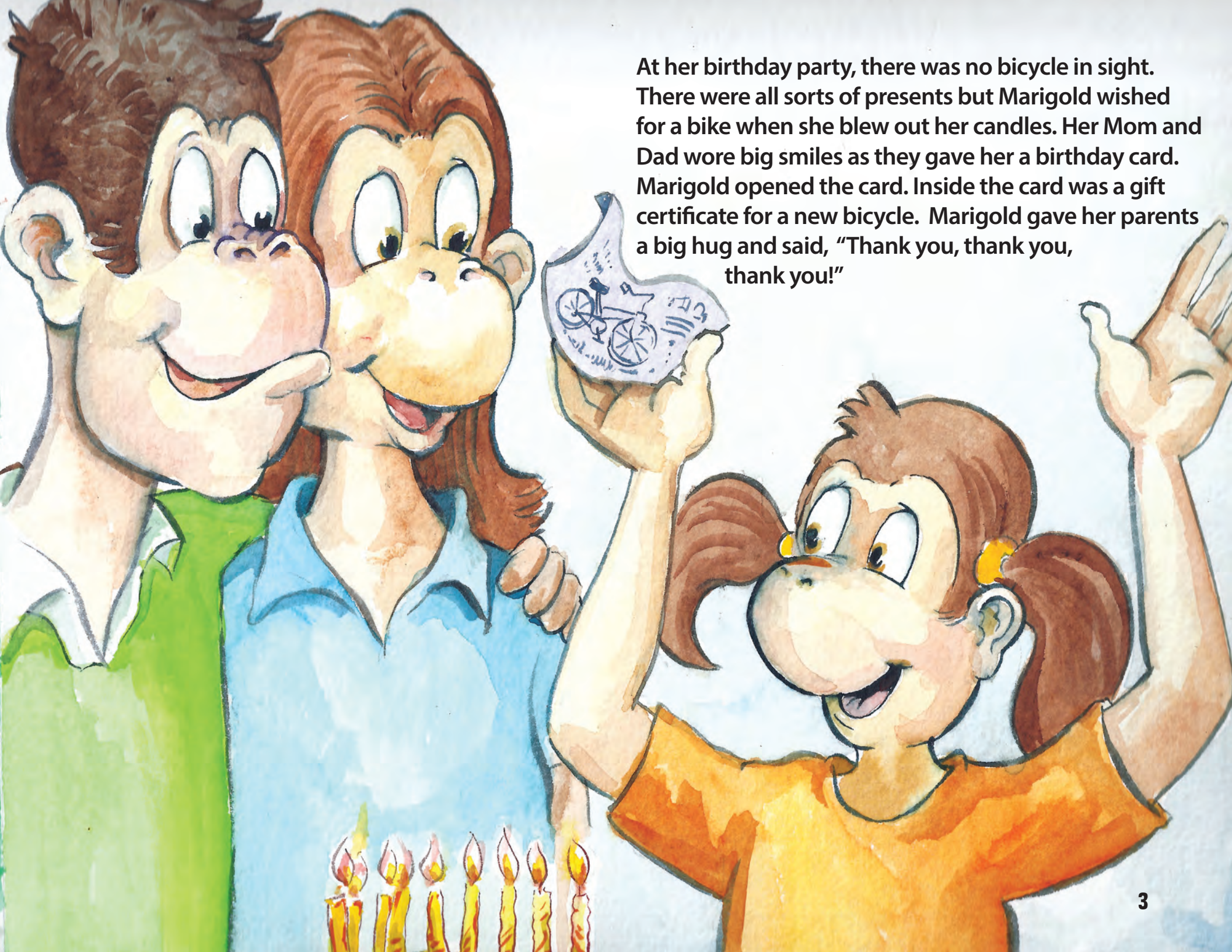
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Marigold had one wish for her birthday. More than anything, she wanted a new bike. Her old bike was too small for her and her knees bumped into the handlebars. Besides, her old bike was covered with princess stickers and glitter. She was ready for a new, more grown-up bicycle.



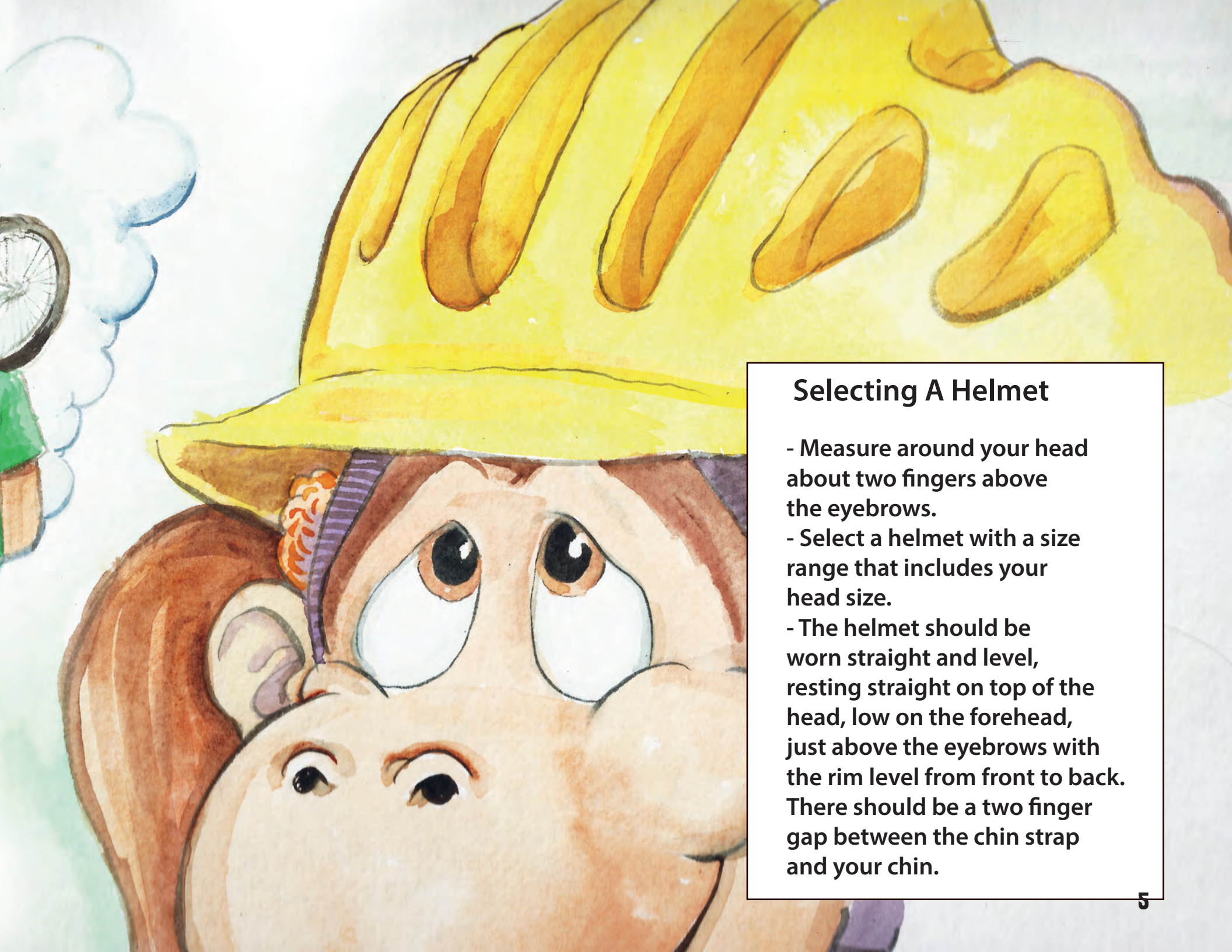


At her birthday party, there was no bicycle in sight. There were all sorts of presents but Marigold wished for a bike when she blew out her candles. Her Mom and Dad wore big smiles as they gave her a birthday card. Marigold opened the card. Inside the card was a gift certificate for a new bicycle. Marigold gave her parents a big hug and said, "Thank you, thank you, thank you!"

The next day Dad took Marigold to the store to pick out a new bike. She got to sit on the bikes to make sure to find the right size. Marigold liked trying out the different types of bikes and seeing the different colors. She thought about a sleek yellow bike but also looked at one decorated with black and white checks.



She chose a shiny red bike with streamers on the handlebars and a white wicker basket. Before they left the store, Dad had Marigold pick out a helmet. The man at the store helped Marigold find a helmet that fit just right. He buckled the chin strap and made sure the helmet didn't wiggle too much. He smiled at Marigold and said, "Be sure to wear your helmet because it keeps your brain protected."



Selecting A Helmet

- Measure around your head about two fingers above the eyebrows.
- Select a helmet with a size range that includes your head size.
- The helmet should be worn straight and level, resting straight on top of the head, low on the forehead, just above the eyebrows with the rim level from front to back. There should be a two finger gap between the chin strap and your chin.

Her Dad stowed Marigold's bike in the back of the van and they drove home. As they drove home, Dad talked to Marigold about her bike. He said, "Mom and I want you to be able to ride your bike to school this year. However, you have to follow the rules. Mom and I want you to wear your helmet. We also want you to follow all of the rules of the road you have learned about from us and at school."

Marigold promised to follow the rules. She was excited to get to ride her bike to school. Marigold began thinking about the rules as well as which outfit she was going to wear her first day to ride to school.

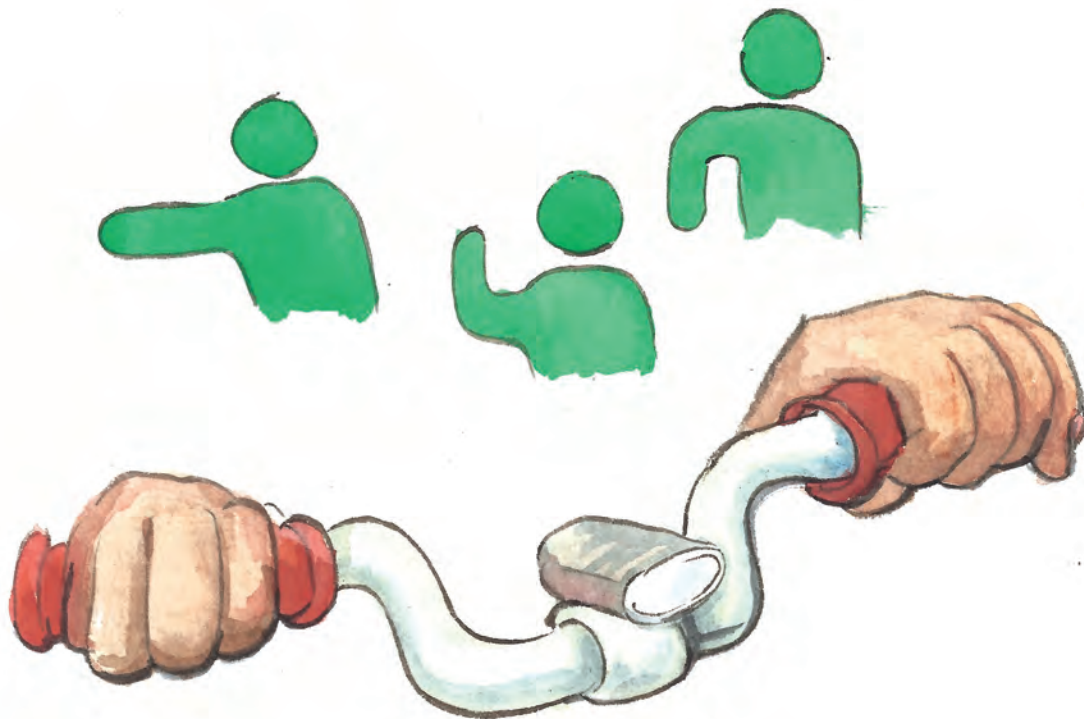
1. Obey all traffic signs and signals.

2. Always wear your helmet.

3. Ride near the curb and go in the same direction as other traffic.

4. Use crosswalks and bike lanes.





5. Be careful around parked cars.

6. Use hand and arm signals.

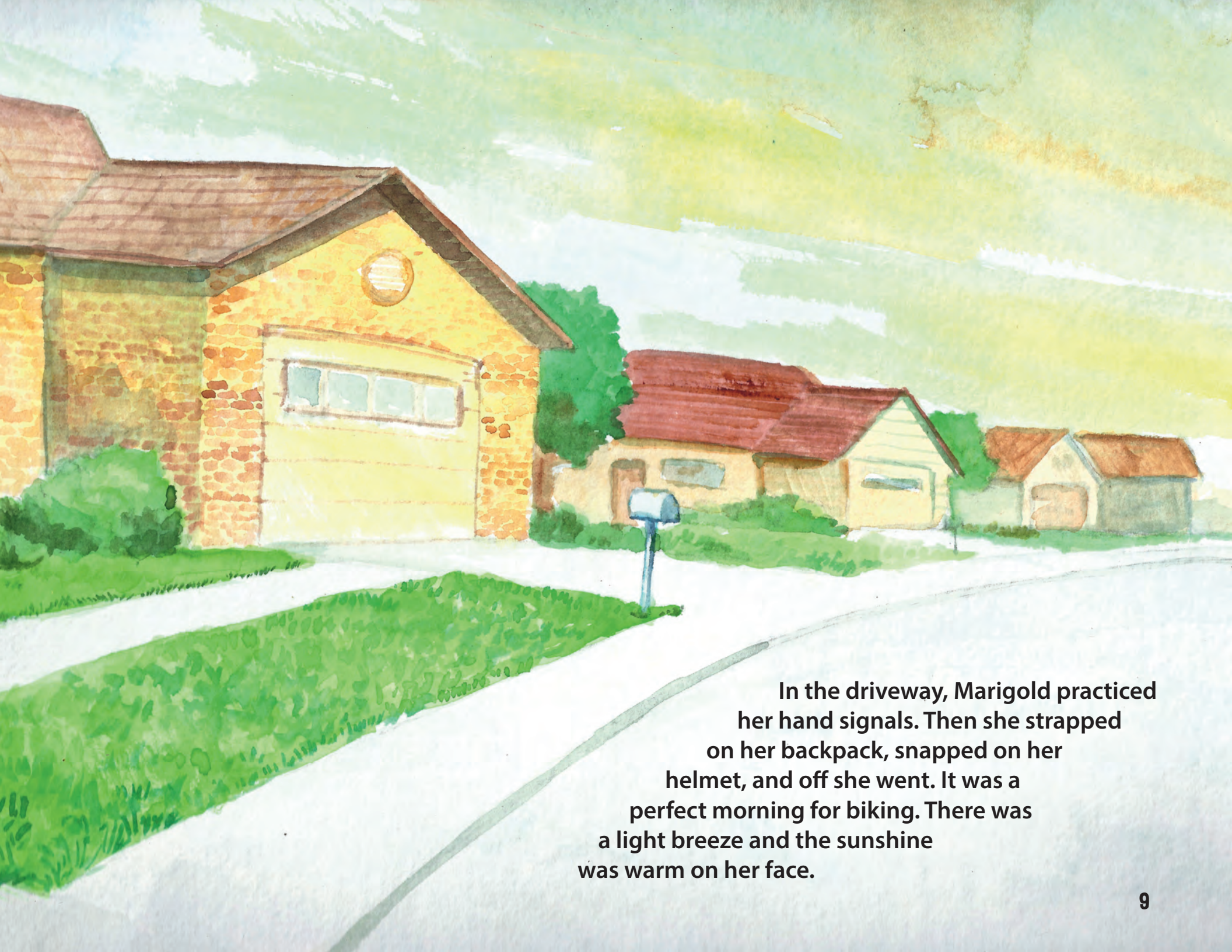
7. Keep your hands on the handlebars except when signaling.

8. Have a white light in front and a red light or reflector in the back.



Marigold chose her yellow jacket to wear instead of her black windbreaker so that she would be easy to see. She also tied her shoelaces in double knots so her shoes would stay tied.





In the driveway, Marigold practiced her hand signals. Then she strapped on her backpack, snapped on her helmet, and off she went. It was a perfect morning for biking. There was a light breeze and the sunshine was warm on her face.



By her house, there wasn't a bike lane. So Marigold rode on the right side of the road, just like a car, for two blocks.



When she reached the bike lane, she rode in it all the way to her school.

She was careful to watch for debris both in the bike lane and near the curb.

She stopped at the stop sign and looked both ways.



She even walked
her bike across
the crosswalk.

What a success! Marigold
walked to the bike rack
with her head held high.





Many students were putting up their bikes. Marigold was careful to not bump her bike against any of the others. She used her bike lock and then tucked her helmet into her backpack. She saw Marco and Molly standing at the end of the bike rack. They were a year ahead of her in school, but they lived in her neighborhood.



“Hey Marigold, nice bike. Want to ride home with us?” Molly asked with a smile. Marigold grinned from ear to ear. It felt great to be included. She agreed to meet the two of them after school at the bike rack.

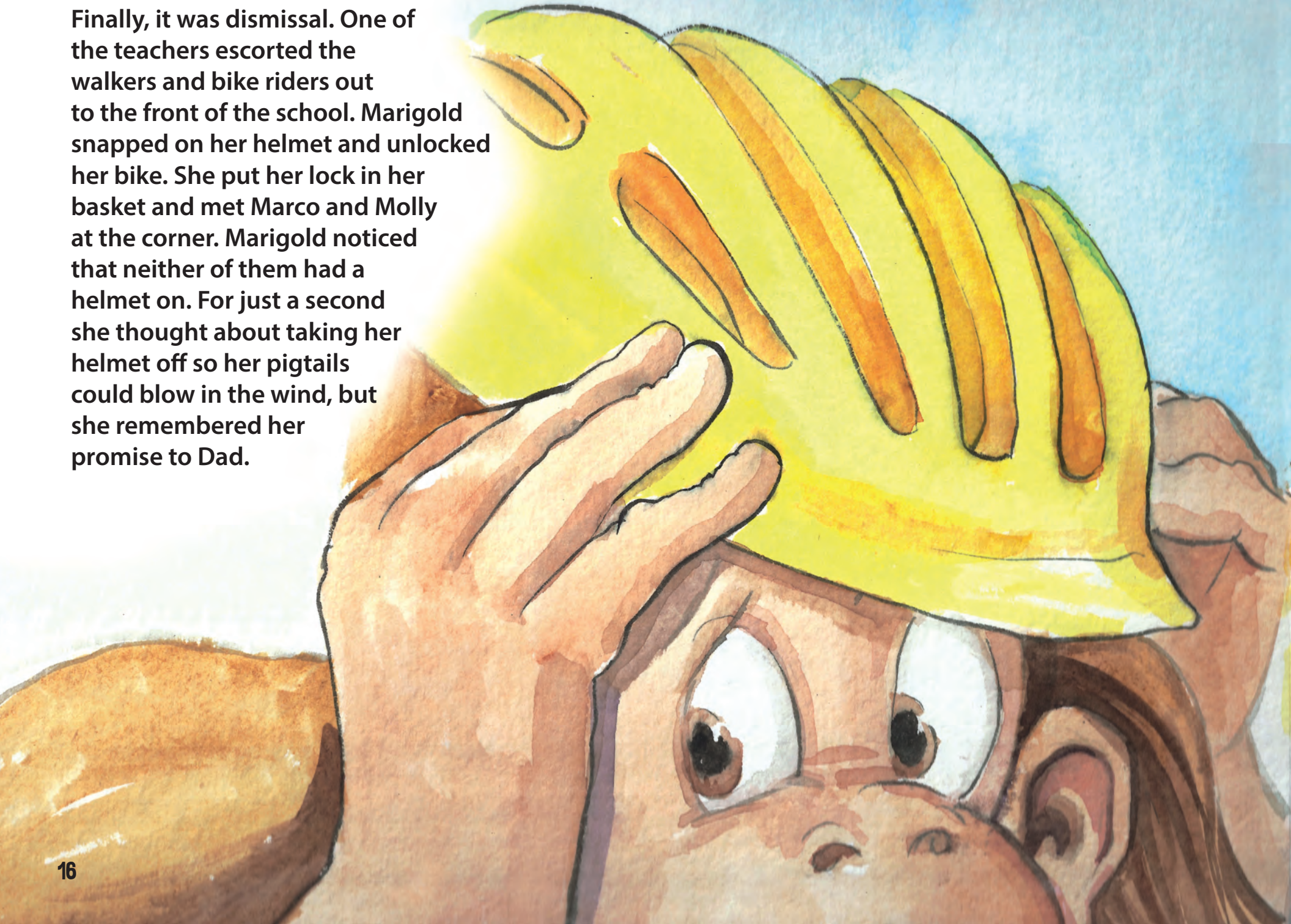
During class, the teacher asked Marigold to write about a great day. She decided to write her narrative about the day she got her new bike. She made sure to tell her story in order and to elaborate on what happened. She even used transition words in her writing, just like the teacher wanted.






Marigold caught herself watching the clock; she was counting down the minutes to dismissal. She couldn't wait to ride her bike home. At the end of her math assignment, she had to write a word problem with a partner. She constructed a word problem about different distances in a bicycle race from Waco to Austin. She even got to go online to find the distances on the different legs of the race.

Finally, it was dismissal. One of the teachers escorted the walkers and bike riders out to the front of the school. Marigold snapped on her helmet and unlocked her bike. She put her lock in her basket and met Marco and Molly at the corner. Marigold noticed that neither of them had a helmet on. For just a second she thought about taking her helmet off so her pigtails could blow in the wind, but she remembered her promise to Dad.



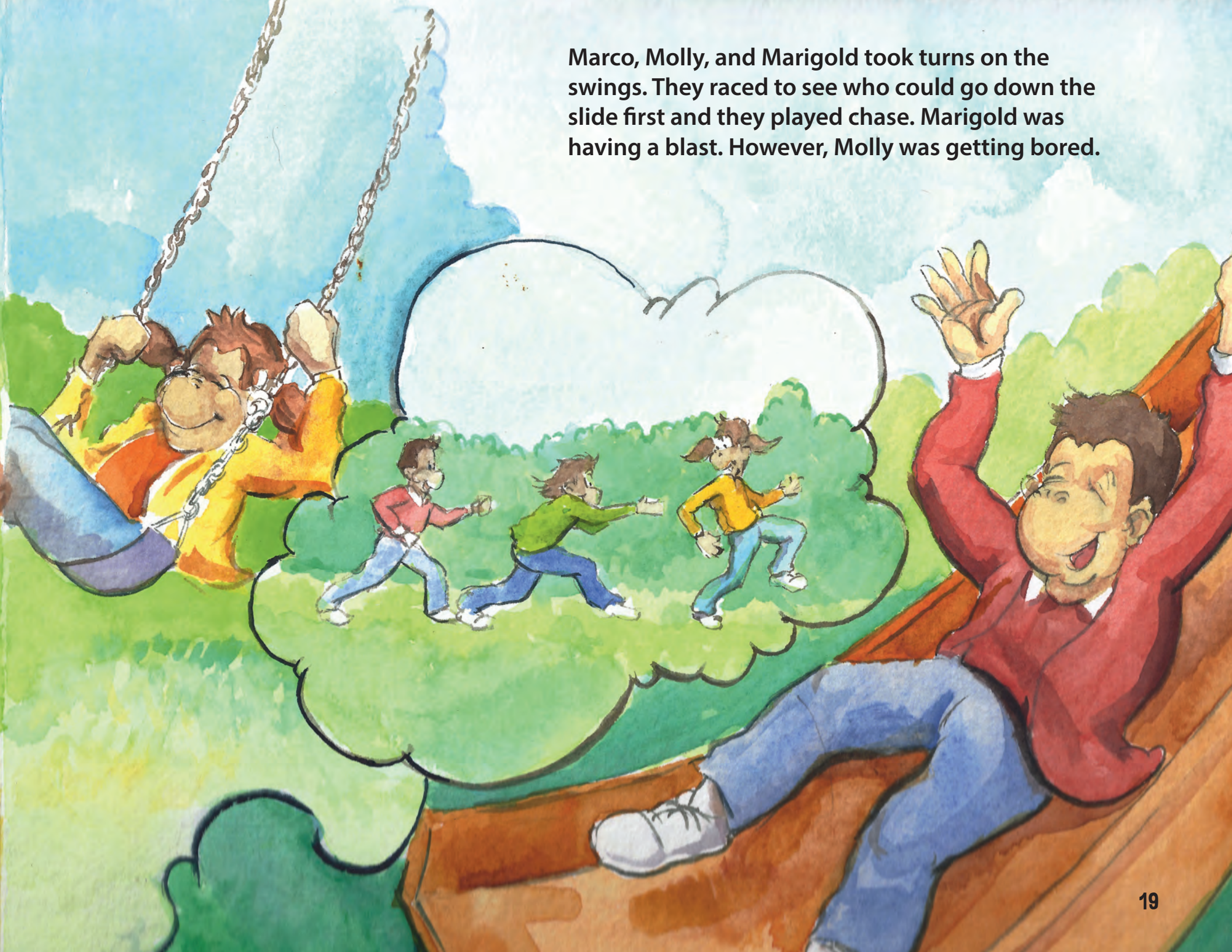


Marco, Marigold, and Molly walked their bikes across the crosswalk. Marigold gave the crossing guard a high five when she was safely on the sidewalk.

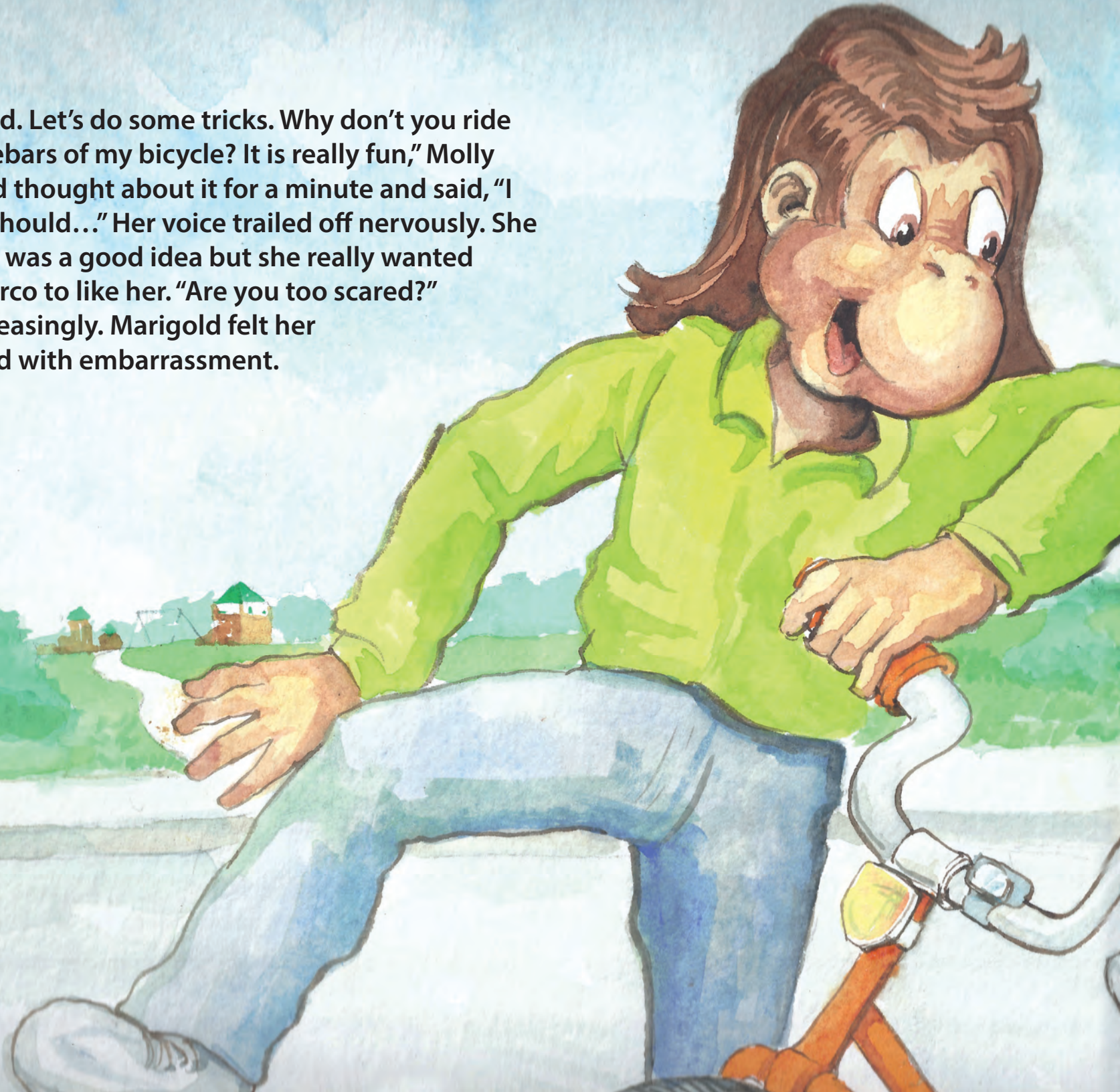


The trio rode in a single file line. Marco led the way. He stopped when they got to their neighborhood. There was a small playground at the entrance to the neighborhood. Because Marigold didn't have much homework, she parked her bike, took off her helmet, and texted her Mom to tell her they had stopped at the park. Mom texted back to have fun and be home by 4:30.

Marco, Molly, and Marigold took turns on the swings. They raced to see who could go down the slide first and they played chase. Marigold was having a blast. However, Molly was getting bored.

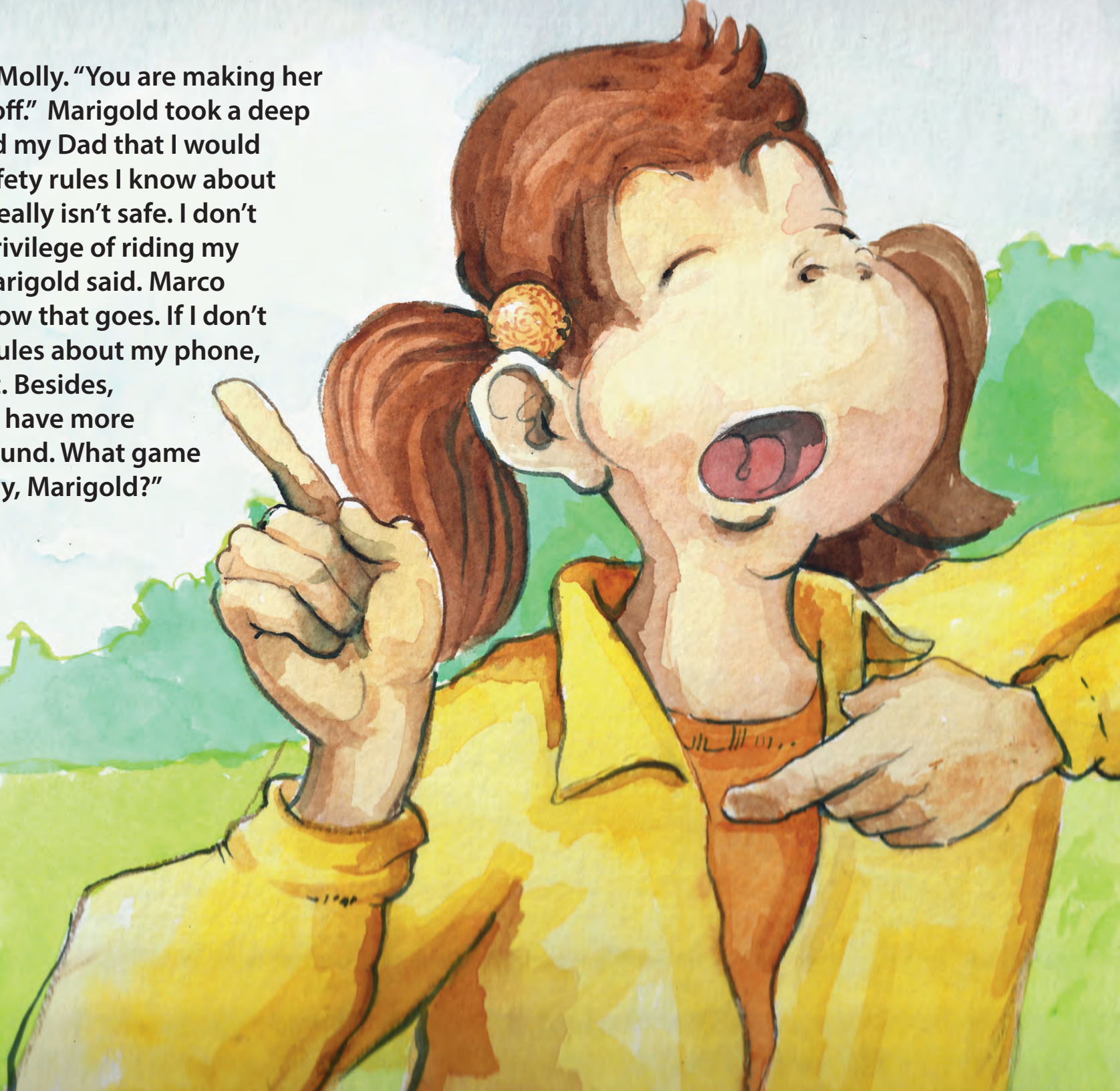


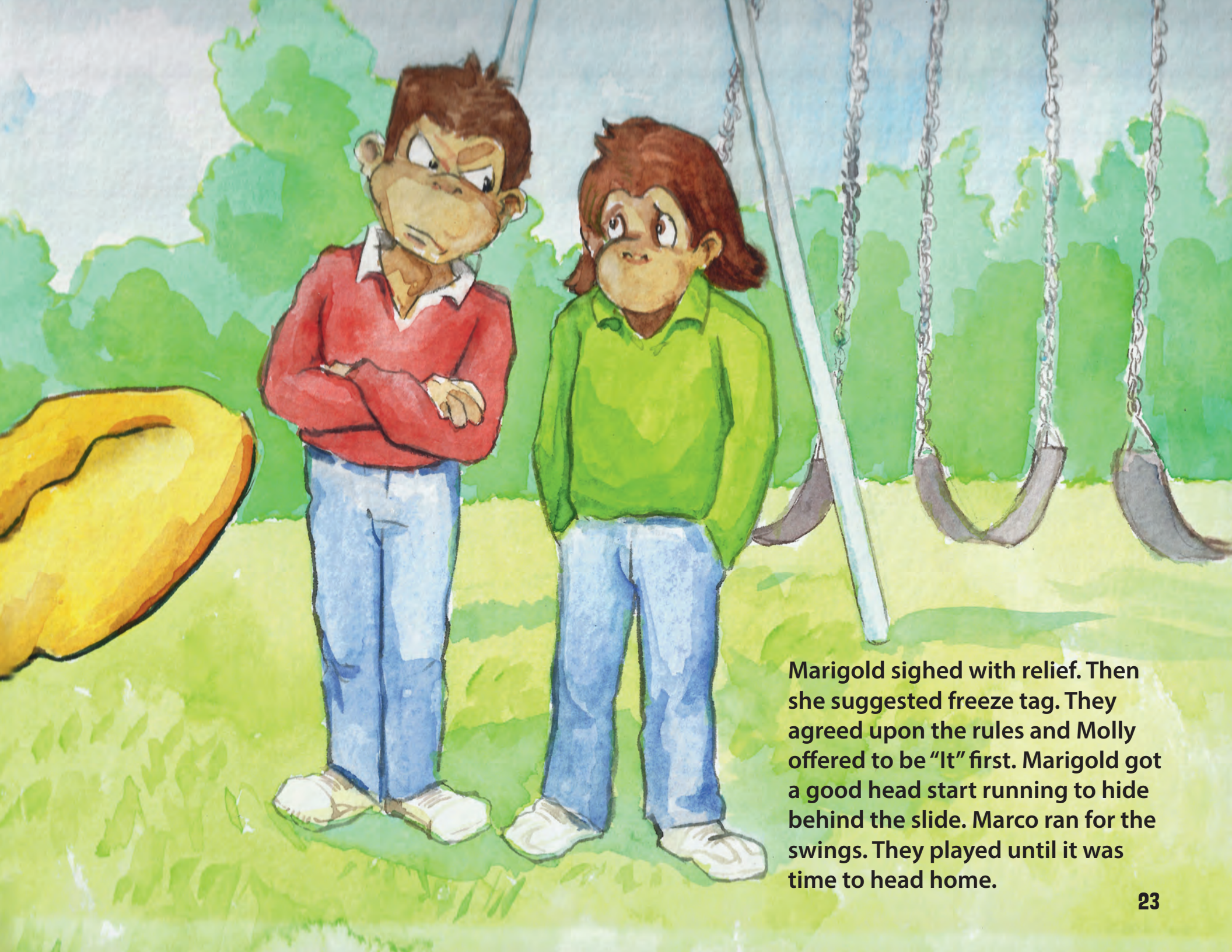
“Hey, Marigold. Let’s do some tricks. Why don’t you ride on the handlebars of my bicycle? It is really fun,” Molly said. Marigold thought about it for a minute and said, “I don’t think I should...” Her voice trailed off nervously. She didn’t think it was a good idea but she really wanted Molly and Marco to like her. “Are you too scared?” Molly asked teasingly. Marigold felt her cheeks get red with embarrassment.





Marco frowned at Molly. "You are making her feel bad. Knock it off." Marigold took a deep breath. "I promised my Dad that I would follow all of the safety rules I know about bicycles and that really isn't safe. I don't want to lose the privilege of riding my bike to school," Marigold said. Marco nodded, "I know how that goes. If I don't follow my Mom's rules about my phone, I don't get to use it. Besides, Molly, I bet we can have more fun on the playground. What game do you want to play, Marigold?"



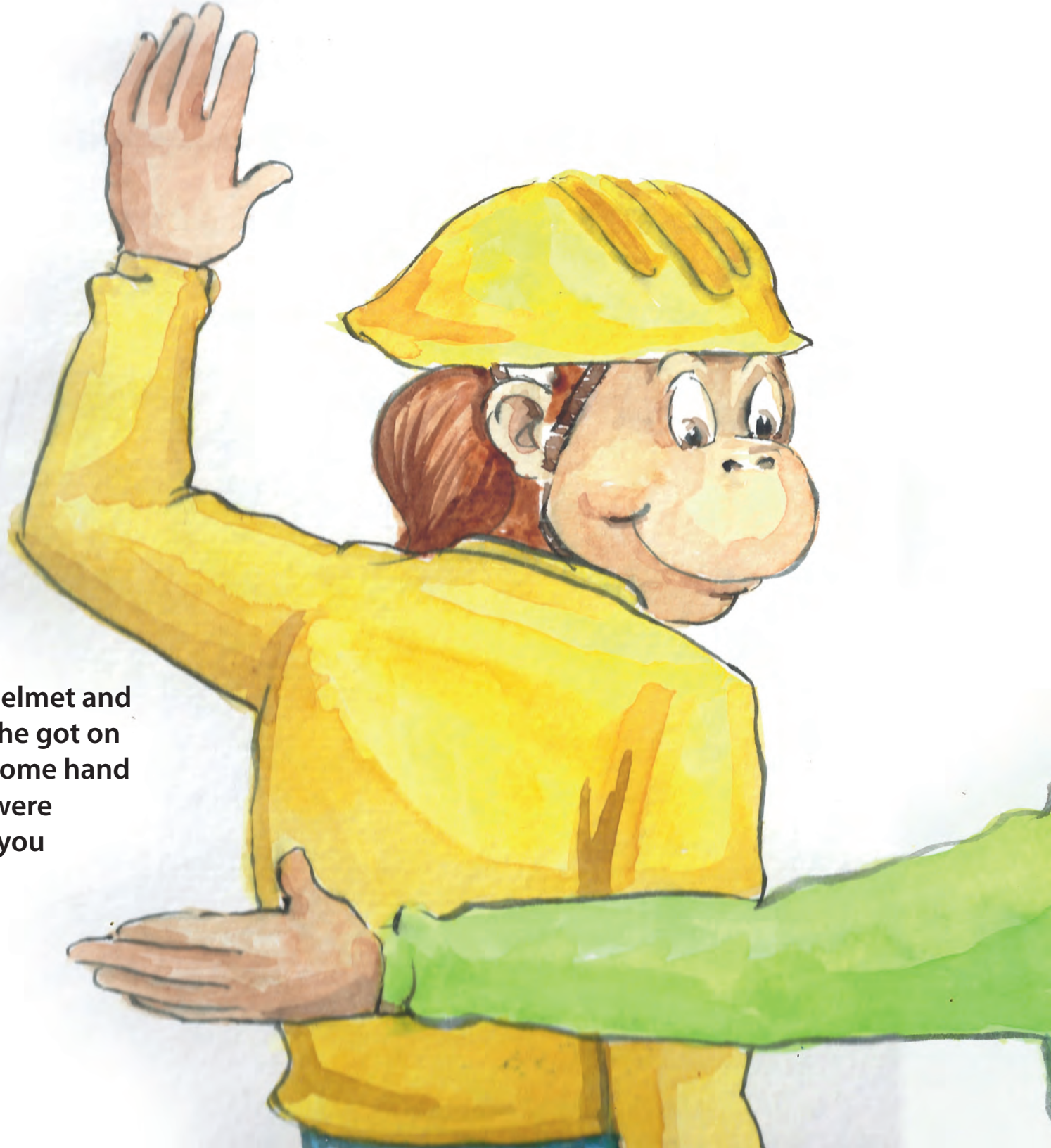


Marigold sighed with relief. Then she suggested freeze tag. They agreed upon the rules and Molly offered to be "It" first. Marigold got a good head start running to hide behind the slide. Marco ran for the swings. They played until it was time to head home.

I'm
turn-
ing
right.

Marigold snapped on her helmet and Molly stopped her before she got on her bike. "I saw you doing some hand signals to show when you were stopping and turning. Can you teach me?" Molly asked.

Marigold showed Molly and Marco the hand signals.



I'm
turn-
ing
left.

I'm
stopping.



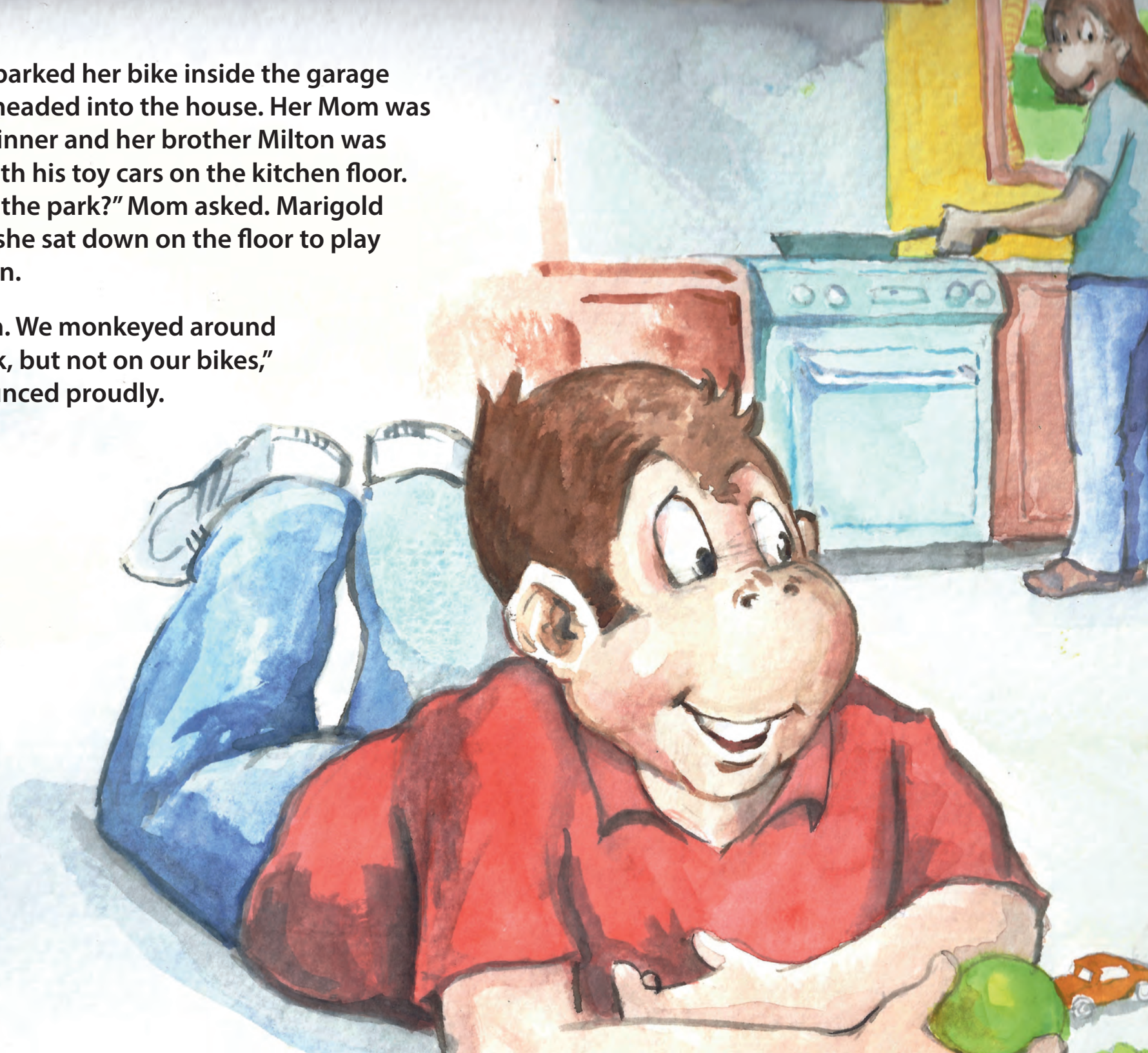


On the way home, Marco and Molly had Marigold take the lead so that they could copy her hand signals. They rode their bikes in the bike lane all the way to Marigold's street. "Meet you in the morning, Marigold!" Molly hollered. Marco high fived Marigold and then headed down to his street.



Marigold parked her bike inside the garage and then headed into the house. Her Mom was cooking dinner and her brother Milton was playing with his toy cars on the kitchen floor. "How was the park?" Mom asked. Marigold smiled as she sat down on the floor to play with Milton.

"It was fun. We monkeyed around at the park, but not on our bikes," she announced proudly.





“Tomorrow I am
going to remind
Marco and Molly to
**wear their
helmets!!**”

A Review of the Rules of the Road

There are many safety precautions when you ride a bike. Fill in the blanks to help you remember them.

Words to use: wet, red, seat, stop, tree, parked, brakes, helmet, bright, intersection, handlebars, directions, speed, crash, repair

1. Always wear an approved bicycle _____.
2. Replace any helmet that has been involved in a _____ or is damaged.
3. Remove your helmet before using playground equipment or climbing a _____ as there is a risk of strangulation.
4. Stop and check for traffic in both _____ before riding out into the street.
5. Obey all stop signs, _____ lights, and other traffic signs and signals.
6. Don't ride too close to _____ cars. Doors can open suddenly.
7. Always cross at the _____. When you pull out between parked cars, drivers can't see you coming.
8. Reduce _____ and exercise caution when near pedestrians.
9. Move off the roadway to stop, park, or _____ your bike.
10. Wear highly _____ clothing when cycling at dusk or night.
11. Beware of _____ surfaces as they are slick.
12. Always ride with your hands on your _____, except when signaling.
13. Don't let your friends ride on your handlebars or put two persons on the _____ or saddle.
14. Place a white light on the front and a _____ reflector or red light on the rear.
15. Make sure your bike is in good working condition, especially the _____.



1. helmet 2. crash 3. tree 4. directions 5. stop 6. parked 7. intersection 8. speed 9. repair 10. bright 11. wet 12. handlebars 13. seat 14. red 15. brakes



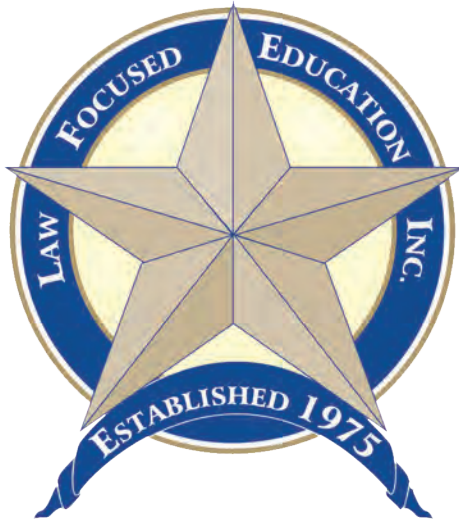
I, _____,

(Print Your Name)

promise that I will learn about and follow bicycle safety rules and laws, such as walking my bike across crosswalks and using bike lanes. I promise to obey traffic signals and signs, as well as wear my safety gear and bright clothing.

X _____

Your Signature



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