

## DID YOU KNOW...?

- In 2003-2004, children and youth had the highest proportion of hospitalization due to traumatic head injuries – representing 30% of all cases (4,966 admissions to hospitals)
- Falls accounted for the largest proportion of traumatic head injuries among children and youth – 40% (1,973 admissions to hospitals)
- Motor vehicle incidents were the second leading causes of traumatic head injuries – 39% (1,955 admissions)
- Traumatic head injuries sustained during sports and recreational activities accounted for 28% of children and youth admitted to hospital
- Cycling is one of the leading causes of sports and recreation related head injury
- The highest proportion of hospitalization due to cycling-related head injuries was seen in children and youth – 60%

Data released by the Canadian Institute of Health Information (CIHI, 2006)

thinkfirst



pensez d'abord  
CANADA

---

## Safety for Canada's Kids

---

### How you can help

- ✓ Let us know about community events where we can share our message
- ✓ Set up a display table at community events
- ✓ Join our group of enthusiastic presenters to spread the helmet/seatbelt/'ThinkFirst' message to children and youth in an engaging way
- ✓ Give a donation - financial assistance goes directly to ThinkFirst programs and is always much appreciated
- ✓ Promote THINKFIRST FOR KIDS safety curriculum to schools

---

### THINKFIRST – BC Chapter

L408-4480 Oak Street  
Vancouver, BC V6H 3V4  
Phone: 604-875-2000 Ext.5478  
Email: [spiedt@cw.bc.ca](mailto:spiedt@cw.bc.ca)

---

Please visit our website at [www.thinkfirst.ca](http://www.thinkfirst.ca)

---

thinkfirst



pensez d'abord  
CANADA

---

## Safety for Canada's Kids

---

***“Every single child we save is  
like saving the world”***

- *Dr. Charles H. Tator*

---

## Information & Volunteer Opportunities

---



Our mission is to prevent brain and spinal cord injury through education aimed at promoting healthy behaviours in children and youth.



## THINKFIRST Profile

THINKFIRST FOUNDATION is a national, non-profit organization established in 1992 by renowned neurosurgeon, Dr. Charles Tator, and endorsed by the Canadian Congress of Neurological Sciences.

We have 20 Chapters across the country teaching Canada’s children and youth to “think first” and prevent injuries that come with playing, taking risks and being young and active. In 2007, ThinkFirst partnered with AVIVA Canada to collaborate and engage the public under the banner “ThinkFirst and Aviva Insurance – Safety for Canada’s Kids”

Approximately 37,000 Canadians sustain permanent brain and spinal cord injuries each year – many are under the age of 24. We need your help to stop this epidemic.

### THINKFIRST – BC Chapter

ThinkFirst BC is the British Columbia Chapter of THINKFIRST. Our goal is to reach as many children and youth in BC as possible and provide THINKFIRST FOR KIDS safety curriculum binders to elementary schools in BC.

## What Do We Offer?

- **Presentations to Elementary Schools**  
We provide engaging presentations to each grade level in the school setting. Presentations can vary between 20 minutes and 1 hour and we bring a brain or spinal cord injured speaker to talk about how their injury has impacted their life. We also teach proper helmet-fitting and make it easy for students to remember to wear their seatbelts.
- **THINKFIRST FOR KIDS Safety Curriculum**  
We provide a FREE easy-to-use 6-lesson safety curriculum for Kindergarten to grade 7. The curriculum is available in both English and French.
- **Booth at Community Events**  
We teach kids and parents how to fit a helmet properly and which sports require one. In addition, we have helmet draws at the ThinkFirst booth.



## Volunteer Positions:

### Event Volunteer

Assist at helmet-fitting clinics and community events. Training will be provided.

### Presenter

Make ThinkFirst presentations at elementary schools to help spread our message. We need enthusiastic individuals who are comfortable presenting to groups of school-age children. Training will be provided.

### VIP (Voices in Injury Prevention)

Injury survivors have an opportunity to influence changes in behaviour when they speak to school-aged children and youth about their experiences. Training will be provided.

### Funding

To make a donation, provide support to ThinkFirst programs, or for general information, please contact us:

Shannon Piedt, Coordinator ThinkFirst BC  
[spiedt@cw.bc.ca](mailto:spiedt@cw.bc.ca) 604-875-2000 Ext. 5478

Cynthia Yuan, Coordinator ThinkFirst BC  
[cyuan@cw.bc.ca](mailto:cyuan@cw.bc.ca) 604-910-1795

L408-4480 Oak Street  
Vancouver, BC V6H 3V4