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

- **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.

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**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.

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For further information contact:

**ThinkFirst Boston**

(617) 355-7332

Email: thinkfirst@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.”