

ROWAN'S LAW DAY

CONCUSSION SAFETY

A BUMP TO THE HEAD OR BODY CAN HURT
– SO TELL AN ADULT RIGHT AWAY



Did you bump your head or body? Do you have a friend who has? Sometimes a bump to the head can hurt your brain and needs special care and rest – this could be from playing sports, playing with friends, or even just rolling out of bed in the morning. When you hit your head or body, it's always a good idea to SPEAK UP and tell your parents/guardians, teacher, coach, or another adult you trust. They know just what to do to help you feel better. So, don't hide a bump to your head, SPEAK UP about it!

For more information on concussions including signs, symptoms and prevention, checkout:

Rowan's Law Day Toolkit for Schools | teachingtools.ophea.net/RowansLawDayToolkit | [#RowansLawDay](https://twitter.com/RowansLawDay)