

List of themes

Never Without My Helmet

To raise awareness among teenagers about wearing the Helmet!

The following themes all address different aspects of helmet awareness related to Cranial Trauma. Many situations and behaviours can be considered to be at risk and it is important to know all of them in order to prevent them and to fight effectively against them.

Choose a theme on which to base your script.

Respect my_ limits

Often we have the desire to surpass ourselves and impress the friends?

This, however, often leads us to push our limits a little too far and take unnecessary risks that could put our health and sometimes our lives at risk!

You have to know how to choose yourself, be consistent, be mature and discourage these situations and many behaviors that can be considered dangerous for oneself and for others.

If you choose this theme, your scenario should focus on the subject of limiting risky behaviors and what you would say to the other to discourage it.

If I were you

Risking one's life, it does not bring anything good ... No one.

What happens in a person's head is life-threatening? Why does she feel the need to do this? And what does it make the other person feel, who is witnessing it? Very often, understanding what is happening on both sides by putting yourself in the other's shoes avoids dramatic situations: sometimes, simply showing worries on the other can have a positive impact.

Warning: understanding what the other feels does not justify judging his choice but to help him to enlighten his choice ended.

If you choose this theme, your scenario will have to focus on the consequences of the bad choices and risky decisions that our peers and peers make.

Note: Risky behaviors should not be glorified. The goal is to show that these do not bring anything positive, whether it is to the person who adopts these or the impact on the people around him.

I love you and you mean a big deal to me!

What would happen if everyone went out of their way to show their respect for each other and the love of one's neighbour.

What happens in a person's head: sometimes, simply being empathetic can have a positive impact.

If you choose this theme, your scenario should be about what you would express to the person you care about, a friend, a classmate, a colleague or a resource that you're dating. What you would tell her out of love and consideration so that she does not compromise herself in a behavior that could be fatal to her.

Under my helmet

What if we took the time to think about the importance of our brains on a daily basis?

We don't always realize, our daily cognitive health is very important. Think, for example, of falls, which can cause you head injuries, the consequences of these on the health of your brain and your quotidian. It's up to you to see and protect yourself from it!

If you choose this theme, your scenario should focus on a topic concerning the consequences on a young person's life, his learning and academic success, his social life, family! Remind him that what he has under his helmet is the most precious thing he has!

Impacted Lives

How dangerous are head injuries?

What can cause suffering is being close to a person who has suffered a Cranial Trauma. Everyone is affected by this injury: these people and the people around them will see their daily lives changed because certain characteristics (habits, behaviors, activities and futures) can be completely upset. For example, in our health care system, costs are very high, *resources sometimes limited and the return to working life long and arduous*. This has an impact on all of us!

That's why your message can make all the difference!
