

At Northwestern Medicine, the neurosciences team provides comprehensive care for persons with brain and spinal cord disorders. Efforts to reduce the occurrence of these injuries include educational programs available to school or community groups. For more information, call the Injury Prevention Team at 630.933.1934.

ThinkFirst For Teens\* 630.208.3986  
Injury prevention for grades 9-adult

ThinkFirst For Kids\* 630.933.3411  
Injury prevention for grades 1-3

ThinkFirst For Youth\* 630.933.1934  
Injury prevention for grades 4-8

Parents Think Prevention 630.933.1934  
Programs for parents and adult groups

Ride Safe 630.933.4234  
Helmet use and bike safety for young children

Child Car Seat Safety 630.933.4234  
Teaching correct use of safety seats

TTY for the hearing impaired 630.933.4833

\*The Northwestern Medicine ThinkFirst Chapter offers programs of the ThinkFirst National Injury Prevention Foundation, founded by America's neurosurgeons.

These injury prevention programs are funded in part by the Illinois Department of Transportation and through the generous donations from individuals, businesses, foundations and other organizations. For more information or to make a donation, please contact the Cadence Health Foundation, part of Northwestern Medicine, at 630.933.4483 or visit our website at [cadencehealth.org/giving](http://cadencehealth.org/giving).



**Northwestern Medicine Central DuPage Hospital**  
25 North Winfield Road  
Winfield, Illinois 60190  
630.933.1600

**Northwestern Medicine Delnor Hospital**  
300 Randall Road  
Geneva, Illinois 60134  
630.208.3000

TTY for the hearing impaired 630.933.4833

[cadencehealth.org](http://cadencehealth.org)



# ThinkFirst For Youth®

Brain and Spinal Cord Injury  
Prevention Program





## Injuries are preventable

Injuries continue to be the leading cause of death and disability in youth. For more than two decades, we have been working with local teens and children through the award-winning and highly acclaimed ThinkFirst Program, which was developed by the ThinkFirst National Injury Prevention Foundation. ThinkFirst effectively targets its messaging to specific age groups and gives educators the tools and flexibility they need to ensure all students are engaged.

Northwestern Medicine is pleased to offer ThinkFirst For Youth, a program designed specifically for students in fourth through eighth grades. This is a critical time to help students understand the importance of protecting themselves as they increasingly face peer pressure and other decision-making challenges.

### Education leads to safe choices

ThinkFirst For Youth connects with students through hands-on activities to drive home its message without consuming a lot of valuable class time. It includes everything teachers need to make it work, including two different curricula - one designed for fourth and fifth graders and one designed for sixth, seventh and eighth graders.

Each curriculum gives educators the flexibility they need to adapt learning methods to reach students with varying academic abilities. Every action-oriented lesson comes with fun, thought-provoking activities, messages from "Dr. A" and resources for additional information. Topics include:

- Brain and spinal cord
- Vehicular and pedestrian safety
- Bicycle safety
- Water safety
- Creative problem solving
- Safety around weapons
- Choking, suffocation and strangulation hazards

### Achieving Illinois Learning Standards

ThinkFirst For Youth can help your school achieve some of the Illinois Learning Standards, including Goal 22, to help students understand the principles of health promotion and the prevention and treatment of illness and injury.

### Make your school a safe school

ThinkFirst For Youth is available for your elementary and middle schools. To learn more about obtaining a program and scheduling an assembly or classroom presentation, contact the Northwestern Medicine ThinkFirst For Youth Program at 630.933.1934. TTY for the hearing impaired 630.933.4833.

Plan now for the current or following school year.

## Safe choices can prevent injury

Most traumatic injuries are preventable. Unfortunately, peer pressure too often prevents young people from making decisions that can keep them safe.

The Northwestern Medicine ThinkFirst For Youth Program provides powerful messaging that cuts through the clutter and connects with pre-teens in a language they understand.