

# ThinkFirst

## Helen Hayes Hospital



Many of these injuries can be prevented if we ThinkFirst.

### ThinkFirst! For Kids

#### For Grades K-3

Through the use of an award-winning animated film, a safety presentation by a healthcare professional, and a Q&A session with a Voices for Injury Prevention (VIP) speaker who has experienced a traumatic injury, the program addresses topics such as:

- Protecting the brain and spinal cord
- Vehicle and bus safety
- Bicycle and pedestrian safety
- Playground and water safety

Over a million children suffer fatal or debilitating brain and spinal cord injuries each year.



ThinkFirst Helen Hayes Hospital is dedicated to helping young people make wise decisions when it comes to injury prevention.



We travel to schools and organizations in the Hudson Valley area free-of-charge to present our innovative youth safety programming.

### ThinkFirst! For Youth

#### For Grades 4 - 8

This program combines age-appropriate safety lessons/activities with a presentation by a healthcare professional and VIP speaker into a powerful discussion about personal safety and avoiding dangerous situations. Topics such as peer pressure, developing strong decision-making skills and building a positive self-image are also addressed in this program.

Want ThinkFirst Helen Hayes Hospital to visit your school or organization?  
*Please be in touch!*



John Ficucello and Gary Baisley

### ThinkFirst! For Teens

#### For Grades 9 & Up

Teens and young adults are at the highest risk for fatal and debilitating brain and spinal cord injuries. ThinkFirst For Teens works with this at-risk group to identify the situations that pose the greatest risk of injury (vehicle crashes, violence, substance abuse, falls, and sports and recreation injuries) and educates them in the safety precautions necessary to avoid traumatic injuries.

This program also includes the 10-minute film "Think About Your Choices," which features personal testimonies of VIPs.

Contact Helen Hayes Hospital to schedule a presentation:

#### John Ficucello, PT

ThinkFirst Helen Hayes Hospital Chapter Director  
Program Director:

Spinal Cord Injury/Amputee & Stroke Services

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**ThinkFirst**  
National Injury Prevention Foundation

ThinkFirst Helen Hayes Hospital is a chapter of the ThinkFirst National Injury Prevention Foundation. [www.thinkfirst.org](http://www.thinkfirst.org)

**HELEN HAYES**  
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