Wearing a helmet on your scooter can stop your brain getting badly hurt if you fall off. So follow the simple steps below to make sure you’re wearing your helmet properly.

1. No more than one finger should fit over the chin strap.
2. The helmet should be no more than two fingers above your eyebrow.
3. Adjust the straps under your ears. They should form two ‘Vs’.

For more information about keeping kids safe on the road, at home and at play, visit www.safekids.nz

A Safekids Aotearoa campaign in partnership with Jetstar.