

With the onset of summer and warm weather, more children will be outside participating in a variety of activities. All parents need to be aware of the mandatory helmet laws in New Jersey.

There are mandatory helmet laws for **ALL CHILDREN UNDER 17 YEARS OF AGE** when they participate in the following activities:

- Riding a bicycle (N.J.S. 39:4-10.1)
- Using Rollerskates (Including In-Line Skates) (N.J.S. 39:4-10.5)
- Using a Skateboard (N.J.S. 39:4-10.5)

In addition, the law states that the **parent or legal guardian** of the violator may be fined a maximum of \$25 for a first offense and a maximum of \$100 for a subsequent offense.

Besides being the law, wearing helmets makes sense!!

According to the National Highway Transportation Safety Administration, and the American Academy of Pediatrics (AAP):

- **No more than 25 percent of child and adolescent bicyclists use bicycle helmets**, although statistics show the helmet can drastically reduce the risk of death and injury and the severity of injury. Bicycle helmets should also be used when riding scooters.
- **Bicycle helmets can reduce the risk of a head injury by 85 percent and brain injury by 88 percent.**
- Children and adolescents between the ages of 11 and 14 reportedly are least likely to use a bicycle helmet (11 percent).
- **The majority of fatal bicycle crashes involving children and adolescents (75 percent) could have been prevented with bicycle helmets.**

Parents, please protect your children, require them to wear a helmet.