



CONCUSSION + INJURY PREVENTION BASICS

Description of this class for parents + caregivers

As kids get older, some choose to engage in intense athletic competition. Others opt to participate in risk-taking behaviors off the court or field. A decent number do both. All of these activities increase their risk of concussion and other injuries.

Concussions—which are, in the simplest terms, bruises of the brain—are the most common form of mild brain injury. They affect somewhere between 1-2 million kids per year in the US alone (depending upon the information source), and nearly [7% of all US kids have had one at some point.](#)

This lesson is designed to equip students with knowledge about how to prevent concussions, and also how to recognize them and minimize damage when they do occur. Many kids will say they feel pressure to ignore symptoms of concussion, instead getting back on the field or court immediately after hitting their head. But the evidence is overwhelming that this is a bad call: kids deserve to know that continuing activity can worsen the symptoms, prolong recovery, and put them at risk for a second concussion before the first has fully healed—a potentially catastrophic situation.

Concussions are important, but injury prevention in general deserves airtime, too. Head bonks are far from the only trauma kids encounter. Rather than cover a long list of potential issues (that come in the high school injury lesson), this lesson focuses on determining whether a middle schooler can take care of a given injury on their own or it's better to seek help—a life that skill becomes evermore critical as kids grow up.