



When your family is protected, we all win.

At Nationwide®, our number one goal is being there for our members. That's why we want to make sure your kids are protected – both on and off the track, field, court, mat or ice. It's also why we've teamed up with your youth sports organization to create awareness about concussion prevention and teen driving safety.

Concussion prevention

Caused by a blow or sudden jolt to the head, a concussion is a traumatic brain injury that damages brain cells. Repeat concussions can cause permanent brain damage or even be fatal.¹ That's why it's important to know the signs, symptoms and treatment for a concussion.

Just keep in mind that symptoms can sometimes take hours or days to appear. If a concussion is even suspected, remove the athlete from play.²

Signs and Symptoms³

- Appears dazed or stunned
- Headache, nausea or dizziness
- Trouble concentrating or memory loss
- Sensitive to light or noise
- Forgets instructions
- Is confused about assignment/position
- Unsure about game, score or opponent
- Loses consciousness (even briefly)
- Unusual/increased drowsiness

Treatment⁴

- Remove the athlete from play
- Consult with a health care professional
- Keep coaches, parents and players informed and educated
- Get written instructions from the athlete's health care provider

Fortunately, concussions and repeat concussions are preventable.

Prevention⁵

- Helmets or other protective head gear are a must for any contact sport.
- Although mouth guards haven't been proven to help prevent concussions, they certainly can't hurt.
- Strengthening the neck muscles helps reduce the likelihood of a concussion.
- Use appropriate techniques, such as how to properly tackle in football.
- Warn team players about aggressive play.

For specific concussion information for coaches, parents and teen athletes, as well as a [Heads Up Concussion Action Plan](#), visit the [Centers for Disease Control and Prevention's website](#).

[1] http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_coaches.pdf

[2] <http://www.sportsconcussion.com/>

[3] <http://www.nationwidechildrens.org/concussions-in-sports>

[4] http://www.cdc.gov/headsup/basics/concussion_respondingto.html

[5] <http://www.orthonc.com/concussion-clinic/tips-concussion-prevention>

[6] http://www.cdc.gov/motorvehiclesafety/teen_drivers/index.html



Teen driving safety

According to the Centers for Disease Control and Prevention, motor vehicle accidents are the leading cause of death among U.S. teens.⁶

Like concussions, teen car accidents are preventable. Being a safer driver comes down to decision making, driving experience and a little coaching from parents.

Decision Making

- A still-developing teen brain may lack a fully-developed self-control center, which is responsible for risk-taking, impulses, emotions and judgment.
- Peer pressure may greatly influence teen driver decisions.
- Sleepy drivers respond slower, and teens need more sleep than adults.
- Teens are driven to distraction by passengers, music, text messaging, cell phone conversations and objects or activity on the side of the road.
- Teens have difficulty judging distance, location and speed.

Practice Driving

- Teach your teen how to handle skids, hydroplaning and other bad weather situations.
- Make sure your teen knows how to properly enter and exit a freeway.
- Make sure your teen is aware of his/her surroundings when driving.
- Practice passing and changing lanes with your teen.
- Realize that the inability to maintain lanes is a top cause of teen crashes.
- Make sure your teen maintains a safe distance behind the vehicle in front of him/her.
- Make sure your teen is cautious in busy and dangerous areas, such as school zones, crosswalks and railroad crossings.
- Encourage your teen to practice parking in different situations.

Role of Parents

- Give your instructions in real time.
- Point out things as they happen.
- Act like a co-pilot - not a taskmaster.
- Keep an eye on the road ahead at all times.
- Use a driving agreement that defines restrictions, privileges, rules and consequences for you and your teen driver.

General youth safety tips

For even more tips on keeping young athletes safe, visit [Youth Sports Safety Tips](#) or the CDC's [Safety in the Home and Community](#).

[1] http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_coaches.pdf

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