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## AN OUNCE OF PREVENTION – JULY 2015

### Your Safe Kids July Newsletter

Dear Supporter,

It was so exciting to see the amazing group of women on the U.S. Women's National Team win the World Cup. And then to be the first all-female team honored in New York City with a parade down the storied "Canyon of Heroes." What an inspiration for young girls, and indeed everyone, to play sports, to be fearless, and to dream big.

There is one member of the U.S. national team who has a special place in my heart. Ali Krieger is a defender on the United States Women's National Soccer Team and current player for the Washington Spirit of the National Women's Soccer League. I first met her when she helped us create a video to educate young athletes on how to keep strong to help avoid knee injuries. Unfortunately, Ali had experienced a terrible ACL injury that kept her out of the Olympics and she was working hard to get back in the game. And we are all so glad that she did.



Her dedication and perseverance paid off as the team went on to a spectacular win in the World Cup. Ali is everything a champion should be: smart, passionate and positive. She's also very generous with her time and talent and cares deeply about kids. We're so proud that she's part of the Safe Kids team, helping to make sure young athletes can reach their full potential. And that is exactly what our work is about: Helping kids to grow up healthy, safe and strong.

Now it's your turn. Please let me know how one of your favorite sports heroes has inspired you or your child. We'll print the best one in next month's An Ounce of Prevention.

Kate Carr  
President, CEO, Mom  
Safe Kids Worldwide

## NEW THIS MONTH

### On the Road Again

Whether your summer travel is on the road, in the air, or just preparing for family and friends to visit, here are [six safety tips](#) to make sure you're staying safe while having fun.



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### Cars Heat Up Faster than you Think – Here's Proof

Whether your summer travel is on the road, in the air, or just preparing for family A giant thermometer was just the thing to inspire people to stop and wonder, “How hot does it get inside a car?” The [results and reactions](#) were pretty interesting.



### En Espanol

Looking for safety tips in Spanish? We've got you covered. Check out this new resource on our website and please share it with your friends.



### Free E-Book Helps Parents Prepare Kids For Safe Driving

Teaching kids to be prepared passengers today will help them be knowledgeable, confident and safe drivers in the future. Our partners at OnStar developed a [free e-book](#) to help get that conversation going.



### HIX PIX

#### Middle School Students Win Video Contest

Each month our video director, Kris Hixson, picks a video that's an absolute must-see.

*“The kids at Patterson Park Public Charter School in inner city Baltimore worked with our team to create [a video](#) that's not only fun but also resonates with teens. And we know that's not easy. Warning: It's a catchy song you can't stop singing.” — Kris Hixson*



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## SAFE KIDS AROUND THE WORLD

### PREVCON – Where Safety Heroes Meet

On July 29 to August 1, we will return to the Gaylord National Convention Center in Washington, D.C. for our Global Childhood Injury Prevention Convention or PREVCON. Filled with prominent presenters, dynamic plenary sessions and special events, [PREVCON](#) is where the safety heroes meet to share ideas and find new ways to make every kid a safe kid.



## SUPPORT SAFE KIDS

### Only Nine Spots Left for Marine Corps Marathon

Time is running out. In case we need to jog your memory, the Marine Corps Marathon is October 25. Of course, it's one of the most prestigious events in the country. Spots are going fast. If you want to make great strides on your health kick and support a great cause, [join Team Safe Kids](#) before it's too late.



## IT'S OUR POLICY

### The Sport of Passing Laws

Now that there is a concussion sports safety law in every state, legislators are racing to make the laws even stronger. Safe Kids Illinois at Chicago's [Ann & Robert H. Lurie Children's Hospital](#) is helping its state win that race. Working with Safe Kids Worldwide, they were instrumental in passing a law that requires school districts to have concussion oversight teams as well as "return to learn" protocols. [Learn more.](#)



## THE WINNER OF THE KIDDO IS:

### Graduation Advice

Last month, we asked for your best advice for a new high school graduate. The responses were so good, we couldn't pick just one. Remember to BREATHE. It's ok to make mistakes. It builds character. – Kathy F. (Keely B. and Phyllis V. had similar advice.)

Take good care of your health and encourage those you love to do the same as well. – Kathy W. (Barbara H. had similar advice.)

Learn to say I'm wrong, I'm sorry and never underestimate the power of conversation. – Tracie L.



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Be true to yourself, stand for your moral convictions, be kind even when others aren't. – Lynn M.

Consider the obstacles you endure in life to be little bumps in the road, continue to persevere and remember you are an amazing you. – Kathy S.

Always be yourself and follow your heart and everything will fall into place. – Christine W.

Remember you hold your future in your hands and what you decide to do with it is up to you. The world is yours. – Rayjean S.

My Daddy always told me.... "Sis, watch out for that fella behind the guy in front of ya." Now, as we have embarked on 10 years without him, I cherish the words that help to keep me on my path. – Tara T.