

ThinkFirst Injury Prevention Program

ThinkFirst Oregon is a national nonprofit organization founded by U.S. neurosurgeons to educate young people about the prevention of brain injuries and spinal cord injuries. ThinkFirst Oregon is hosted by OHSU with funding from the Oregon Department of Transportation, OHSU, and private foundations.

ThinkFirst Mission – To reduce the incidence of brain and spinal cord injuries and fatalities in Oregon youth by providing age-appropriate injury prevention education to youth in kindergarten through twelfth grade.

ThinkFirst Message – You can enjoy a fun, exciting life and be safe if you “think first” and use your mind to protect your body.

ThinkFirst Goal – Help students develop lifelong safety habits that will minimize their risk of sustaining a brain or spinal cord injury.

ThinkFirst serves Oregon schools by providing educators with injury prevention curricula and supplementary materials at no cost to the schools. ThinkFirst also offers an educational presentation by a health educator accompanied by someone who has sustained a brain or spinal cord injury. Low-cost bicycle helmets are made available to participating students. The three ThinkFirst in-school injury prevention programs are:

- ThinkFirst for Kids, grades 1 through 3
- ThinkFirst for Big Kids, grades 4 through 7
- ThinkFirst for Teens, grades 8 through 12

ThinkFirst’s Family Adventures in Safe Transportation workbook is designed for children and their parents or guardians to use together to learn about pedestrian safety, bicycle safety and occupant protection. This workbook is available on the web at www.ohsu.edu/thinkfirst/fast.htm.

Bike helmets are available to community members at a reduced price.

ThinkFirst will be launching a nationally acclaimed Senior Fall Prevention Program called “A Matter of Balance” by Fall of 2011.

Interested in volunteering? ThinkFirst has a volunteer program (ages 14 and older) for one day events as well as three, six and nine month internships.

ThinkFirst also participates in community health and safety fairs around the state.

Contact Information

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