



*SHAUN GOLDEN/ SHERIFF*

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## NEWS RELEASE

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### **SHERIFF'S OFFICE TEACHES ELEMENTARY SCHOOL STUDENTS AN IMPORTANT SAFETY LESSON**

**Manalapan:** Sheriff Shaun Golden wants elementary school students to take the proper precautions before riding a bicycle. On May 28, third and fourth grade students from the Lafayette Mills School in Manalapan learned a valuable lesson on bicycle safety through the Monmouth County Sheriff's Office Bicycle Safety Program. During the program, the importance of wearing a helmet and how to stay safe on the roads while riding a bike were stressed to students.

"It's vital that we begin to educate children at an early age on bicycle safety in an effort to prevent the devastating effects of an accident," said Sheriff Shaun Golden. "Many injuries caused by riding a bicycle could be averted by simply wearing a helmet."

Head injuries are the leading cause of death in bicycle related crashes. In New Jersey, anyone under the age of 17 must wear a helmet while riding a bike.

Throughout the presentation conducted by Sheriff's Officers Stacey Nesbitt and Mark Weiskopf children were taught:

- How to properly use a helmet
- How they could be injured if they get into an accident without a helmet
- The importance of riding on the right side of the road
- The importance of riding with traffic, not against it

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- The proper hand signals
- The importance of obeying traffic signals

“We commend the Monmouth County Sheriff’s Office for providing us with this valuable program,” said Gregory Duffy, Principal of Lafayette Mills School. “This proactive initiative ensures that students understand the importance of wearing a helmet and how one should be worn properly when promoting physical fitness and a healthy lifestyle.”

The Monmouth County Sheriff’s Office presents its bicycle safety program to elementary schools throughout Monmouth County. To schedule a program please contact Kathy Morrison at (732) 577-5743.

“Riding a bicycle is a fun and healthy activity and an important part of childhood,” said Sheriff Golden. “In order to protect our children from the dangers that are associated with it, we must continue to promote the importance of bicycle safety through education in our schools and at home.”

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