

BLOW THE WHISTLE ON CONCUSSIONS

PARENT GUIDE

CONCUSSION, starring Will Smith, is based on the incredible true David vs. Goliath story of American immigrant Dr. Bennet Omalu, the brilliant forensic neuropathologist who made the first discovery of CTE, a football-related brain trauma, in a pro player and fought for the truth to be known. Dr. Omalu's emotional quest puts him at dangerous odds with one of the most powerful institutions in the world.

Young Minds Inspired, in coordination with leading concussion experts, has developed this student athlete outreach campaign to help change attitudes about concussion and share important concussion information from the Centers for Disease Control and Prevention (CDC) HEADS UP initiative.

RESHAPE THE CULTURE

Studies show that most student athletes understand the dangers and know the symptoms of concussion, but far too many fail to report a possible concussion, in large part because they are influenced by a sports culture that still encourages athletes to "tough it out" and "walk it off."

You can help reshape the sports culture around concussion at your school.

- Be sure your student athlete knows that all concussions are serious and should be reported immediately. She or he should never keep playing to see if the symptoms of a concussion go away.
- Show support for team members who are sidelined by a concussion. Ask your teen how their teammate is feeling, include them at team meals and events, reach out to their family to express your support.
- Use this QR code to download the CDC HEADS UP concussion safety app and other materials. Make sure your coach has completed the CDC HEADS UP online training for coaches and that the school has a concussion action plan in place. Learn more at cdc.gov/HEADSUP.



#ForThePlayers



Post a video of your touchdown dance.



Share on Instagram, Twitter, and Facebook. Use #ForThePlayers and @ConcussionMovie.



Challenge your friends to top your dance #ForThePlayers.

OR



Donate to MomsTEAM. MomsTeamInstitute.org

WITNESS THE POWER OF TRUTH

See **CONCUSSION** with Your Teen When it Opens in Theaters on December 25



concussion-movie.com



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