

Concussion 101

for kids & parents



CONCUSSION CENTER
UNIVERSITY OF MICHIGAN



www.concussion.umich.edu

Did you hit your head and feel dizzy?
Sensitive to light? Changes in your
mood? You might have a concussion.

What's different about a concussion?

- 1 Even though your skull protects your brain, a hard hit to your head can still injure your brain
- 2 Unlike a scraped knee, you can't see brain injuries, so others might assume you're okay
- 3 Your brain controls everything in your body, so a concussion can cause many different symptoms



**Tell your parents,
teachers & coaches**



**how you are
feeling**



Communication is key!

**When in doubt,
call your doctor!**

Your brain controls everything
from riding a bike, to all your
memories and skills. You want to
keep your brain running and
healthy because

YOUR BRAIN IS YOU!

