

Youth Outreach – Test Your Knowledge

- 1) Name two pieces of gear you should wear to be safe while participating in sports.

Helmet / Knee Pads / Wrist Pads / Elbow Pads / Mouth Guard /
Protective Eye Wear / and many other safety devices.
Please review safety instructions for each and every sport you play.

- 2) Name an activity that you can do in your neighborhood to show service to your community.

Visit Veterans in Hospitals / Write Cards to Veterans / Volunteer in Soup Kitchens / Bake Sale / Sponsor a Walk-a-Thon to Raise Money / A few ideas to raise awareness about important issues in your community.

- 3) About how many U.S. veterans are there right now?

- a) 500,000
- b) 25 million
- c) 2 million

- 4) Can you name the five branches of the U.S. military?

Air Force, Army, Coast Guard, Marines, and Navy

- 5) Who is the current Commander in Chief of the armed forces?

The President of the United States – George W. Bush

- 6) Approximately how many Americans are living with a spinal cord injury?

Estimate is 230,000 persons with approximately 10,000 new SCI injuries occurring every year.

- 7) What should you do if you find a gun in your neighborhood?

Do not touch the gun and immediately report it to an adult.

- 8) What should you do if you meet someone with a disability?

- a) be their friend
- b) don't judge them
- c) not be afraid
- d) all of the above

- 9) Name two of the many wheelchair sports that are available to compete in?

Basketball, Tennis, Bowling, Swimming, 9-Ball, Table Tennis, Rugby, Softball, Hand-Cycling, Archery, Power Soccer, Weightlifting, to name a few of the many sports available!

For information on how to support PVA, see our web site at www.pva.org or phone 1-800-424-8200.