



Children's brains do not have as much of a protein called myelin, which helps protect the brain. Kids have larger heads and weaker necks and torsos, so if they fall they are much more likely to have their heads snap backward and hit the ground. Youngsters tend to have the worst equipment, least experienced coaches and no medical personnel at the scene. Children should not play tackle football before the age of 14

– Dr. Robert C. Cantu,  
Professor Department of Neurosurgery,  
Boston University School of Medicine

You only get one brain. The thing you want your kids to do most is succeed in life and be everything they can be. Football may impinge on that, may limit that.

– Dr. Ann McKee, Neuropathologist, Boston University

Younger children take longer to recover from head trauma.

– Zuckerman, Surgery Neurology International

**Find More Information about  
Chronic Traumatic Encephalopathy at:**

**StopCTE.org**

**Too many of our sons are  
lost to football...  
PLEASE DON'T LOSE YOURS!**

Please visit and join  
our important cause at **StopCTE.org**

Or write to:  
PO Box 921  
Doylestown, PA 18901  
215-348-8308



A win on the youth league football field is nothing compared to a child's right to a good quality of life and a healthy brain.

# FLAG UNTIL 14

**When you are choosing healthy options for  
your children. Ask your pediatrician about  
the dangers of CTE**



PATRICK RISHA  
**CTE AWARENESS  
FOUNDATION**

StopCTE.org

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**StopCTE.org**

## What's CTE?

CTE (Chronic Traumatic Encephalopathy) is a brain disease caused by repeated hits to the head. It is degenerative, progressive, and destroys proper brain function. It has been diagnosed in most of the NFL football players autopsied for the disease and is now being found in college and high school players. It is also showing up in military veterans exposed to head trauma and in athletes from other contact sports involving repeated head impacts and concussions. Young brains need to be protected from head trauma and brain jostling which may contribute to the chances for developing CTE.

## Why FLAG UNTIL 14?

### Head hits keep adding up yearly

[7 to 8 year olds]



[9 to 12 year olds]



7 and 8 year-old football players receive an average of 80 head hits per season. While players 9 to 12 received 240 hits. Some impacts exceed a force of 80g, which represents a high risk of concussion.

– Virginia Tech-Wake Forest,  
University School of Biomedical Engineering

Football players who begin playing tackle football before the age of 12 years-old had a higher risk of developing memory and thinking problems later in life.

– Dr. Robert Stern, Boston University

For children between the ages of 10-14, the number of visits to emergency departments for head trauma has increased from under 2,500 in 1997 to over 15,000 in 2013 (despite the decrease in participation in contact football for that age group).

– HealthGrove, NEISS

We need to stop hitting children in the head for sport. A lifetime of brain trauma opens the door to terrible things. Those 300 hits a year at 9, 10, 11 years old add up.

– Chris Nowinski, Concussion Legacy Foundation

## Make a Great Call!



Don't be brainwashed by the hype. Cheering for kids to hit each other is wrong. Repeated brain jostling during routine football plays is linked to CTE.

90% of confirmed CTE cases were in athletes who began their careers between the ages of 11 and 19.

– Sports Legacy Institute

The co-founder of Boston University's CTE Center compares football/concussions to smoking/lung cancer: "The earlier you start and the more packs per day, the greater your risk. So we made a decision as that data became clear that children aren't allowed to smoke. And I think that's the move that we have to take with football from a pure public health/environmental exposure perspective."

## But my kid has the best helmet...

Helmets do not prevent CTE and may even contribute by causing a false sense of security



Kids are getting bigger and stronger. In 1990 researchers say kids ages 6 to 17 visited the emergency room with football-related injuries 274,094 times. In 2007 that number increased 27 percent to 346,772 times.

– The Center for Injury Research and Policy,  
Nationwide Children's Hospital

Children ages 7 to 15 suffered 71% of sports related concussions seen in emergency departments.

– Safe Kids Worldwide

Know Their Risk. Learn More at:

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