

Keep your guard up

Sports and activities are fun! They're even more fun when you avoid injuries. That's why you should wear a mouth guard. A mouth guard is a little plastic piece that fits in your mouth and around your teeth to help protect your teeth, gums and lips.

Think mouth guards are just for football? Mark "YES" or "NO" if you think mouth guards should be used for these sports and activities:



You don't need a mouth guard to watch a movie, play video games or walk the dog. But the answer to all the other questions is "YES." Keep your smile safe and wear your mouth guard whenever you play sports and do many other activities. Talk to your dentist to learn more.

Make this mouth guard look awesome!

Design the mouth guard below to make it your own.



Need help getting started?

Try some of these ideas to make a mouth guard that would look great on you:

- Your name
- Your team name or logo
- Your uniform number
- Your favorite color
- Fangs

ACTIVITY

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