

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:



Soccer
YES NO



Hockey
YES NO



Basketball
YES NO



Martial arts
YES NO



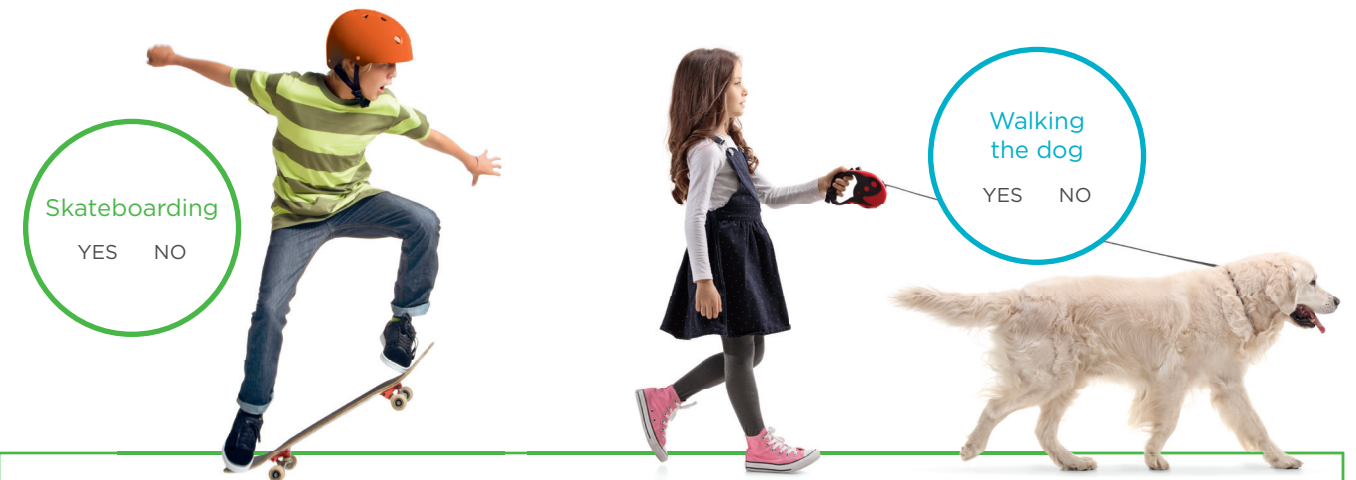
Gymnastics
YES NO



Playing video games
YES NO



Watching a movie
YES NO



Skateboarding
YES NO

Walking the dog
YES NO

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