

Helmet

This is an essential safety accessory to protect the head from collision, especially during speedy rides.



Lights and reflectors

For riding in low-light conditions, lights can give them a better view of the road, while reflectors will help them stay visible to the cars.

A lock

If they take their bikes to their part-time jobs or college, a lock can prevent thefts.



A water bottle holder

A holder helps your teen avoid worrying about where to place the water bottle during long rides.

A saddle bag or panniers

This can help carry their phones, spare inner tubes, and snacks.

Bike pegs

These are attached to the axles of the wheels and can enable your teen to gain more stability and balance while paddling.



Source: https://www.momjunction.com/articles/bikes-your-teens-will-love_00380733/