

SAFETY TIPS FOR PARENTS

WALKING SAFETY TIPS TO PRACTICE AT HOME

Parents: Walking can be a healthy and enjoyable way to get exercise, move around your community, and get to school. You are the most important teacher for your children when it comes to staying safe while walking or doing any outdoor activity. Below are a few things you can teach your children – anytime, anywhere – on a walk to the store, the playground, the dog park, the train, and of course, to school.

Find **SAFE PLACES** to **WALK** and **CROSS**

- Walk on the sidewalk if there is one, as far from the street as possible. Walk facing into traffic if there is no sidewalk.
- Stop at the curb. Don't step into the road until you are ready to cross.
- Use intersections with traffic lights, pedestrian signals, or crosswalks whenever possible.
- Don't cross in the middle of the block.
- Find a place to cross where you can see and be seen by drivers.
- Never run into the street to catch a ball or chase a toy, a friend, or a pet.

LOOK and **LISTEN**

- Look left, look right, and look left again. Turn your head to see over your shoulder, before you step into the street to cross to the other side. Continue to look as you cross the street.
- Look into all alleyways, driveways, and around bushes/other things that block your sight.
- Listen for the sound of vehicle motors, vehicle doors, sirens, and horns before you step into the street.
- If you hear a motor running in a parked vehicle, don't walk behind it.

SEE vehicles and **BE SEEN** by drivers

- Step into the street only if you do not see any moving vehicles. Wait for vehicles to stop. Vehicles may not stop for you even if you are on a crosswalk or the pedestrian "walk" light is on.
- Try to make eye contact with the driver before crossing in front of the vehicle.
- Be careful around parked vehicles – you are probably hidden from sight. Stop, look left, look right, and look left again before stepping out from between parked vehicles.
- When walking early in the morning, in the evening, or at night, wear light reflectors, light colored clothing, or a flashing light.

Don't WALK or **TALK** with **STRANGERS**

- Ignore someone you don't know who tries to talk with you. If they continue, cross safely to the other side of the road, run away, find a safe public place, and tell an adult you know.