

Parent Talking Guide

Pedestrian, Bike and Passenger Safety

When talking to your middle and high school students about traffic safety this spring and summer, remind them to follow these important tips for Arriving Alive.

Pedestrian Safety

- Always cross the street at a designated crosswalk or intersection.
- Increase visibility at night by carrying a flashlight and wearing reflective clothing.
- Sidewalks are safest, but if one isn't available, walk on the shoulder facing traffic.
- Walk in pairs and always tell someone where you are going

Bicycle Safety

- **Wear the Proper Gear** - Helmet, bright clothing, elbow and knee pads
- **Do a Safety Check** - Inspect tires, brakes and chains before each ride
- **Use Bike Paths** - Or stay on lightly traveled streets
- **Follow a Buddy System** - Always tell someone where you are going
- **Never let others pressure you into riding unsafely!**

Biking Rules of the Road

- Cyclists must obey the same rules as drivers
- Travel in the same direction as traffic
- Signal when turning
- Stop at all stop signs
- Yield to pedestrians and cars

Be a Safe Passenger

- **Buckle up** - Always wear your seat belt!
- **Avoid Driver Distractions** - Talk quietly and stay seated
- **Speak Up** - Call a parent to come get you if you feel unsafe riding with any driver!

