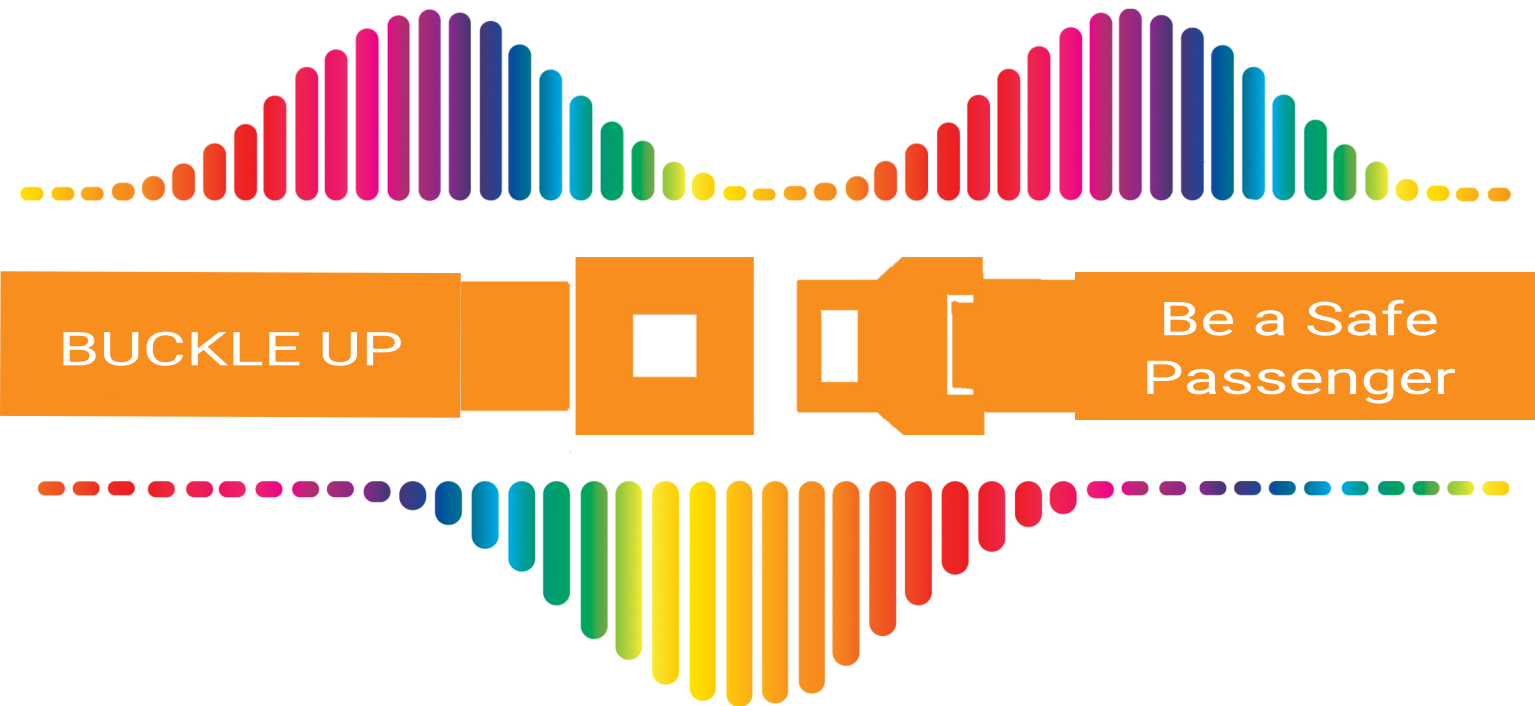


# The Guide to Arrive Alive



MAKE IT  
YOUR VIBE.

YOUTH OF VIRGINIA SPEAK OUT ABOUT TRAFFIC SAFETY



# Keep These Tips in Mind to Arrive Alive!

## Pedestrian Safety

- **Use sidewalks** when walking, but if one isn't available, walk on the shoulder of the road facing traffic.
- **Always walk in pairs** and let your parents know where you are going.
- **Cross at a designated crosswalk or intersection** when crossing a busy street.
- **Avoid texting or using ear buds** when walking so that you can see and hear approaching traffic.
- **Increase visibility** at night by carrying a flashlight and wearing reflective clothing.

## Bicycle Safety

- **Wear the Proper Gear** – Helmet, bright clothing, and elbow and knee pads.
- **Ride in Right Direction** – Ride with the flow of traffic on the right side of the highway.
- **Do a Safety Check** – Inspect tires, brakes, and chains before each ride.
- **Use Bike Paths** – Whether a bike path is available or not, travel in the same direction as motor vehicles and stay alert.
- **Follow a Buddy System** – Always tell someone where you are going.
- **Put away your cell phone and ear buds** – This will help you see and hear approaching traffic.
- **Never let others pressure you into riding unsafely!**

## Passenger Safety

- **Buckle Up** – Always wear your seat belt!
- **Avoid Distracting the Driver** – Always talk quietly, keep music low, and stay seated.
- **Speak Up** – Call or text a parent to come get you if you feel unsafe riding with any driver!



## ARRIVE ALIVE with YOVASO

R L O J P S E P A S S E N G E R E V W D I J B N  
W P O S A V O Y T E X K L A W E D I S U T V M E  
W E M F J N S B E E R F N O I T C A R T S I D V  
G D Z H P V J E I D L S L E A D E R S H I P B I  
N E D W T Q B N E G I C H W J V X N D W D D O L  
G S T P Y I U G F P L E E S B J W V M E Z X Z A  
K T L I D G C A M Z L E U E C N E U L F N I C E  
M R E V Z W K G X M E M D U V P Z M H U J B Q V  
C I B U I A L E E X M V S U U O N B F W G P X I  
I A T E K B E T E E C M I J C S D S O G A W U R  
M N A Y G B U M R R D P B S K A O V N Y B M D R  
T K E X I N P Y F H A S S L I C T I R I R U L A  
K V S K P O A N E I W N A T I B K E O U I Z C G  
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Z E R N Q B Q S M E T S Y S Y D D U B N I J J Z

BUCKLE UP

RESPONSIBLE

SPEAK UP

AIRBAG

SAVE LIVES

SEAT BELT

BIKING

ENGAGE

BUDDY SYSTEM

WALKING

YOUTH-LED

BIKE PATH

SOCIAL CHANGE

SUMMER

HELMET

ARRIVE ALIVE

INFLUENCE

VISIBILITY

LEADERSHIP

PASSENGER

DISTRACTION-FREE

STUDENTS

EMPOWER

CROSSWALK

EDUCATE

TRAFFIC SAFETY

PEDESTRIAN

CHANGE

YOVASO

SIDEWALK



Can't find all of them?

Visit: [yovaso.org/arrive-alive](https://yovaso.org/arrive-alive) for the answer key.

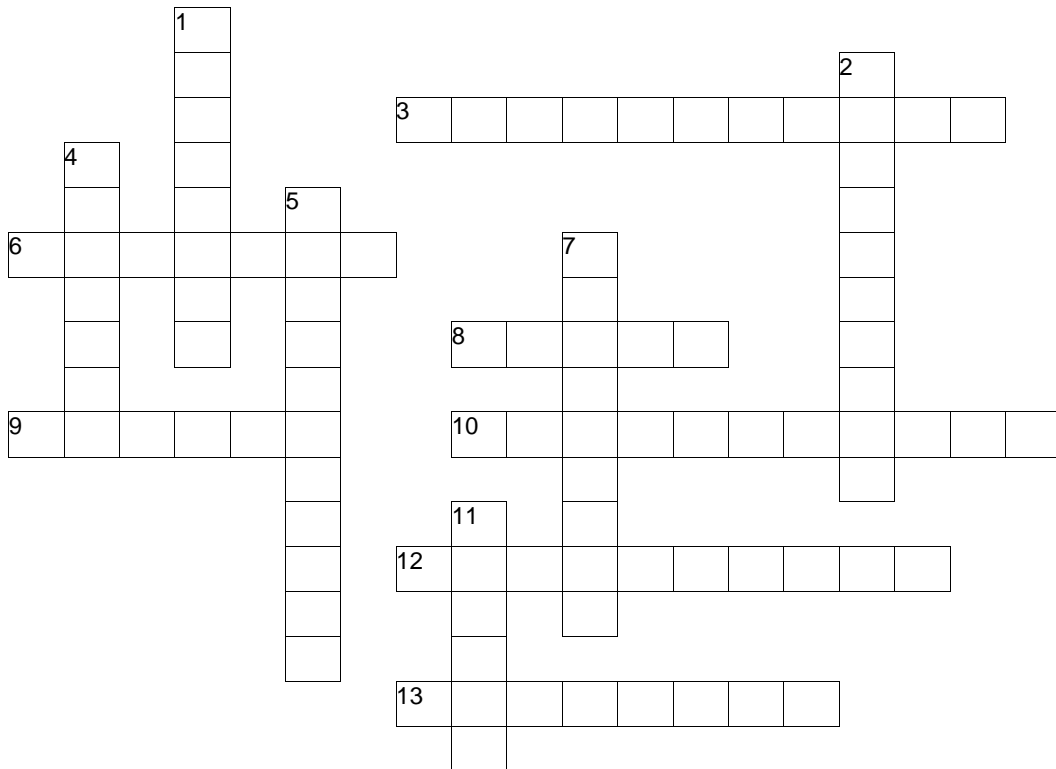


# Activity Ideas to Help Lead Change in Your Community

- Ask a restaurant, church, or youth center to put creative “Buckle Up” messages on their marquee board or inside their building. To get resources for this activity, contact YOVASO’s Casey Taylor at [casey.taylor@vsp.virginia.gov](mailto:casey.taylor@vsp.virginia.gov).
- Connect with your local Emergency Medical Services (EMS) to share the “Buckle Up” message throughout your community.
- Send a text to your friends and loved ones each week reminding them to “Buckle Up and Be a Safe Passenger.”
- If you attend a youth group, gym, pool, or visit another organization where you have access to a bulletin board, ask if you can design it to include safety messages like, “Buckle Up Now. Arrive Alive.” or “Always Wear a Helmet When Biking – Arrive Alive.”
- At your school, church, youth group, pool, or home, ask if you can use sidewalk chalk to write the following message at the front entrance: “Take a Step in the Right Direction. Buckle up and Be a Safe Passenger.”
- Start a poster design contest for youth and adults in your school or neighborhood who want to participate! Ask them to include a message reminding everyone to “Buckle Up and Arrive Alive.” Display the posters in a highly visible place.
- Use sidewalk chalk to write buckle up messages on sidewalks, parking lots or other visible areas at your school or in your community. Remember to always ask permission from the appropriate parties!
- Make a driver or passenger safety themed video to show at school or on social media. Seat belts or bike safety would be great topics to address.
- Everyone loves a good parade! When the Fourth of July rolls around, work with your community to put together a bike parade to raise awareness for driver and passenger safety. Everyone in the neighborhood can decorate their bikes in red, white, and blue and include their own traffic safety message!
- If your school has bike racks, ask if you can spruce them up with a fresh coat of paint and add a message to always wear a helmet.
- Be creative, have fun, and come up with your own ideas. The goal is to help keep you and your friends safe!



# Test Your Knowledge of Traffic Safety



## Across

- 3. Buckle up, be a safe passenger, and...
- 6. If you feel unsafe in a vehicle you should...
- 8. You should never use your \_\_\_\_\_ when walking so that you can see and hear approaching traffic.
- 9. You should inspect your tires, chains, and \_\_\_\_\_ before each bike ride.
- 10. Electronic devices like cellphones and earbuds are a \_\_\_\_\_ when walking or riding your bike.
- 12. Wearing this type of clothing when riding your bike will ensure everyone on the road sees you!
- 13. Your best defense against injury and death in a crash.

## Down

- 1. You should use these when walking, but if one isn't available, walk on the shoulder of the road facing traffic.
- 2. You should increase this at night by carrying a flashlight and wearing reflective clothing.
- 4. YOVASO works with youth to engage, educate, and...
- 5. Always follow this "system" when going on a bike ride.
- 7. When crossing a busy street, cross at a designated...
- 11. You should never ride a bicycle without this.



Can't find all of them?

Visit: [yovaso.org/arrive-alive](https://yovaso.org/arrive-alive) for the answer key.



# Fun Activities to Stay Busy Over the Summer

- ☐ Using your favorite colors, make a tie-dye t-shirt, blanket, or other item! Use a sharpie or fabric marker to include a fun safety message.
- ☐ Ride bikes, play Frisbee, or make your own lawn version of bowling by setting up large plastic cups and using any small to medium size ball.
- ☐ Bake cookies or come up with your own fun summer recipes!
- ☐ Consider planting a garden! There are lots of helpful tutorials online. Or plant flowers in pots/old cans if you don't have garden space.
- ☐ Use poster board to create a large seat belt shape. Decorate the seat belt with pictures of your friends and family. Display the seat belt in a highly visible place to remind everyone to buckle up.
- ☐ Write in a journal or if you like to draw, start an art journal.
- ☐ Interview a parent, grandparent, or someone else you'd like to learn more about. You'll cherish the interview notes and/or audio forever!
- ☐ Get outside! Play catch, basketball, football, soccer, or whatever your favorite sport is.
- ☐ Practice taking pictures and create a photobook of your summer adventures!
- ☐ Go on a hike with your family or camp in a tent in the backyard!
- ☐ Play with water balloons or set up a slip and slide!
- ☐ Help a neighbor with their groceries, walking their dog, etc.
- ☐ Start a summer reading list and track how many books you finish!
- ☐ Create a list of places close to your home that you've never visited, but have always wanted to go. Make plans with your parent or guardian to visit.
- ☐ Search for old and/or unused objects around your home and use glue, tape, or staples to see if you can create something (small car, house, a fun hat, etc.)
- ☐ Come up with your own fun activities!



# Create Your Own Passenger Safety Slogan for Arrive Alive 2025

Send your slogan to [yovaso2001@gmail.com](mailto:yovaso2001@gmail.com) by May 31, 2024 to be entered to win one of three \$10 Amazon Gift Cards! If you want to get more creative, design a logo to go along with your slogan and submit that too!



Scan the Codes to Learn More on Passenger, Pedestrian, and Bike Safety

**This Season's Killer Look – Seat**



**Frontal Crash with an Unbelted  
Rear- Seat Passenger**



**Road Safety – Seat belts – “Once”**



**What are the Odds? - Odds of  
dying from a crash with no seat**



**Eyes Meet to Cross**



**Moment of Silence: Teens  
Distracted by Mobile Devices  
while Walking**



**Distracted Walking**



**Helmets on Heads**







BUCKLE UP AND BE A SAFE PASSENGER

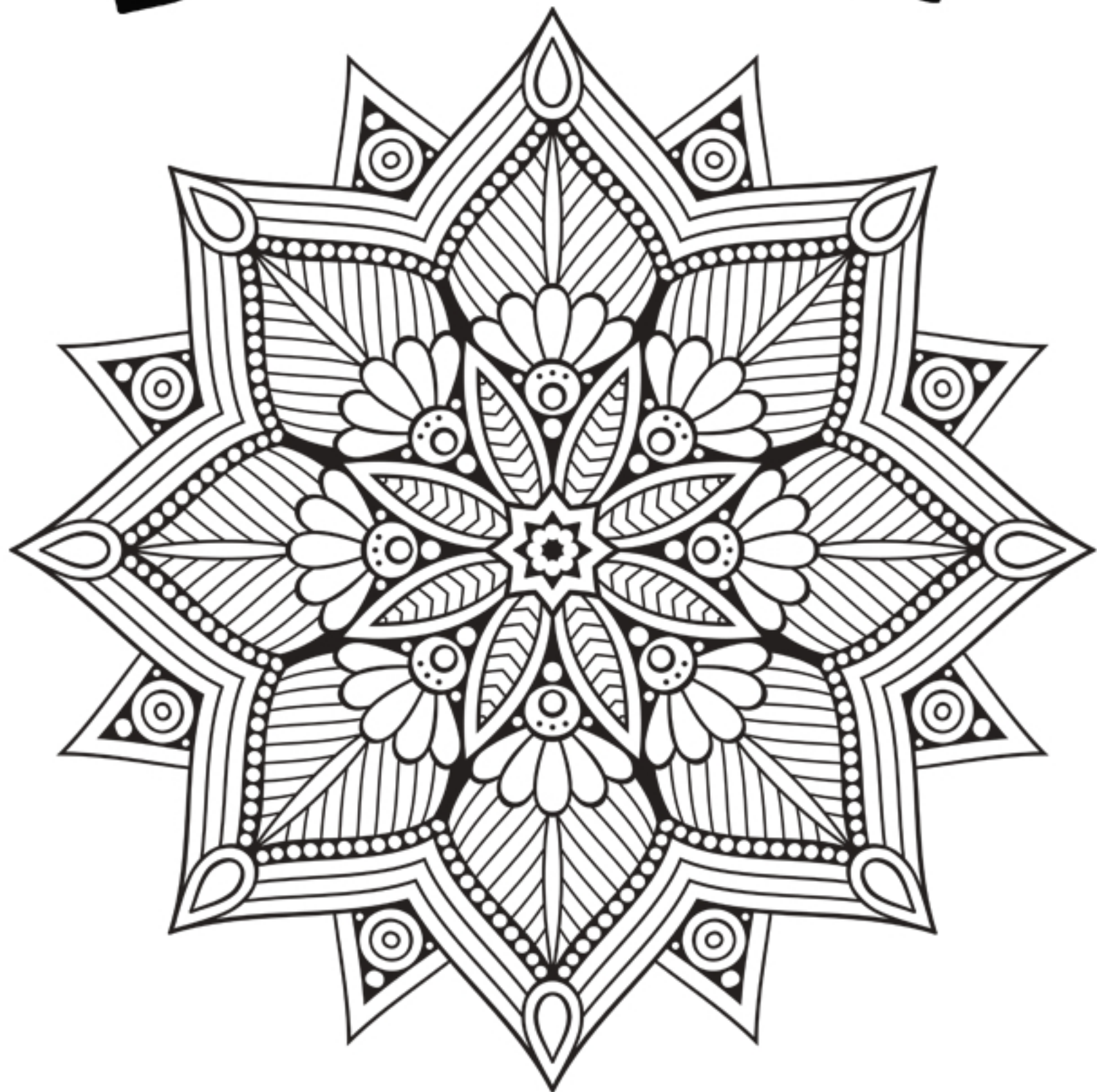
**ARRIVE ALIVE**

IT'S A WHOLE VIBE





**BUCKLE UP**



**BE A SAFE PASSENGER**



Thanks from **YOVASO** for choosing to be a safe **passenger, pedestrian, and bicyclist** this spring and summer! Remember to always **buckle up** and to remind your friends and loved ones to do the same! Have a safe and fun spring and summer!



Thank you to our campaign sponsors:

