

Walk to School Safety Tips

Here are some safety tips for walking to school:

1. Before school starts, plan the most direct route to school with the fewest street crossings. If the school has an adult crossing guard to help the children at a busy intersection, instruct your children to cross with the guard. Walk the route several times with them until they know how to do it safely.



2. *Teach your children the following pedestrian safety rules—and, when applicable, be sure to model these practices yourself:*

- Whenever possible, walk to school with a parent, sibling, neighbor or friend.
- Walk on sidewalks, if available. If there are no sidewalks, walk on the far left-hand side of the road, facing oncoming traffic.
- When walking on the sidewalk or street, beware of cars pulling out of driveways.
- Cross the street safely:
 - Be sure that children younger than age 10 cross with an adult.
 - Always cross at the corner and in the crosswalks, if available. Do not cross in the middle of the block or between parked cars.
 - Follow the traffic signals, if available. Know the meaning of the signs for walk/don't walk, and the green/red lights.
 - Stop at the curb before crossing. Look left, right and left again to make sure no cars are coming. Cross when the traffic is clear, and continue to look left and right for cars while crossing.
 - Never accept rides from strangers, even if they say they'll give you candy or money, they need help finding a lost pet or that your parent told them to pick you up. (Have a secret password that someone needs to tell your children if you've asked them to be picked up.) If someone follows you or bothers you, scream for them to get away from you and run to the nearest house or store for help.

For more information on walking to school, visit the Centers for Disease Control and Prevention's KidsWalk-to-School website (www.cdc.gov/nccdphp/dnpa/kidswalk/) and the National Center for Safe Routes to School website (www.saferoutesinfo.org).