

# SAFE ROUTES TO SCHOOL

## QUICK GUIDE FOR STUDENTS AGES 10-13



### Three Ways to be Safer When You Walk and Bike

#### 1. Take charge of your safety

Make eye contact and be seen when approaching, stopping, and crossing any intersection. Always get a driver's attention before crossing the street or making a turn through an intersection on your bicycle. Even if you have the right of way, you can't count on drivers to respect that. Be in charge of your safety and only go when you know other people see you and understand where you are going.

#### 2. Be sure to walk and bicycle safely even while in a group

When walking or biking in a group it is important to pay attention to your surroundings, especially when crossing intersections. Don't just follow your friend's lead at intersections or when entering traffic -- assess the situation for yourself and only go if it is safe.

#### 3. Don't let your phone distract you

Be aware of what is around you when walking or biking. Don't get distracted by talking or texting on your phone. Be sure to keep your eyes off your phone while crossing the street. Look for cars, motorcycles, and people walking and biking when crossing intersections.



# SAFE ROUTES TO SCHOOL QUICK GUIDE FOR STUDENTS AGES 10-13



## Three Ways to Get Walking and Biking

### 1. Participate in Walk or Bike to School Day

Try out walking or biking to school with a school-wide event! See if your school is participating in national Walk or Bike to School Day. If not, ask your teachers and parents about setting up an event and registering your school on [walkbiketoschool.org](http://walkbiketoschool.org).

### 2. Walk or bike to a neighborhood destination

Get going by foot or bike to a nearby neighborhood location such as the library, park, corner store, or friend's house. Try walking or biking instead of asking for a ride to places that are close by.

### 3. Go with friends

Walking or riding with friends is fun and makes it easier for cars to see you. Find other students traveling to a similar destination and go together. If your family is nervous about you walking or biking to school, having a friend to travel with may help.

