

# AN ADULT GUIDE TO PEDESTRIAN SAFETY



Walking is a fun, healthy activity and a great way to spend time with your kids. However, it's an activity that requires everyone to be alert, aware and safe at all times. Here are some refresher tips to help you teach your kids safe walking habits.

## LEAD BY EXAMPLE

Kids learn real life experiences when they walk or bike with adults. By walking with them, kids are able to practice crossing real streets and learn what is and isn't safe. As you walk with a child, remember to teach them about these rules:

- > Cross streets only at a corner, use crosswalks at traffic signals and stop signs where available.
- > Before crossing, wait for the pedestrian signal to change to "Walk."
- > Once the signal changes to "Walk," continue to look left-right-left again to make sure there are no cars approaching.
- > Wear bright-colored clothing and carry flashlights or wear reflective gear if you are walking at night when it's dark.
- > Obey all traffic signs and signals.

## TEACH KIDS HOW TO WALK SAFELY

- > Teach kids to make eye contact with drivers before crossing the street.
- > Encourage kids to be especially alert for cars that are turning or backing up.
- > Teach kids not to run out into the street, or dart between parked cars.
- > Lastly, teach kids to put phones, headphones and other distracting devices down while crossing the street. These things can take their attention away from the street, and what is happening around them.

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**THINK**  
TWO  
STEPS  
**AHEAD**

  
**GO SAFELY**  
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