

# Top Tips for Road Safety

Model good road safety behaviour at all times  
– because children will copy you!

## Top tips for pedestrian safety

- ✦ Teach young children to hold hands with an adult whenever they go out
- ✦ Always use a pedestrian crossing when one is available and teach children that these are the safest places to cross
- ✦ Teach children that it's still important to stop, look and listen at a pedestrian crossing
- ✦ Teach children to always stop at the kerb and look and listen for traffic (a third of children injured on roads said they didn't stop before stepping off the kerb and many said they didn't look)
- ✦ Teach children to stop, look and listen before crossing any form of driveway
- ✦ Never use your mobile phone while crossing roads. (Young children copy adults – so always set them a good example)
- ✦ Always hold children's hands in car parks and teach children to be very careful around parked and reversing cars
- ✦ Never push a buggy out into the road as a way of stopping traffic. Wait until it is safe to cross
- ✦ Children learn by joining in – so involve them in making decisions about crossing the road and gradually let them take the lead when you are crossing together
- ✦ Ensure that children wear light coloured clothes when going out in the dark or on misty days – or walking anywhere where trees cause large patches of shade. And make sure adults always do the same – to set children a good example
- ✦ As children get older, practice routes with them – before they walk them alone



Illustration from *It's fun to go out but...* published by The Child Accident Prevention Trust (CAPT) and illustrated by Fran Jordan.

## Top tips for cycling

- ✦ Always encourage children to wear a cycle helmet when they're on their bikes – and set a good example by wearing one yourself. (This applies whether you are on or away from the roads)
- ✦ Children need to be able to judge speed and distance accurately before they cycle on public roads. The Department of Transport recommends that children should be trained before cycling on the roads. It recommends that older primary school children pass level 2 of the National Standard of the Bikeability scheme before undertaking short trips. Secondary school children and adults should reach level 3, in order to travel more widely on their bikes. To find out more visit [www.bikeability.org.uk](http://www.bikeability.org.uk)
- ✦ Find out about local cycle safety schemes and encourage parents to register their children for these. Contact your local authority's road safety team for information (you should be able to find their details on the internet)
- ✦ Make sure children wear bright coloured clothing and fluorescent items whenever they are cycling on the road. And if they are cycling in the dark, they will need lights on their bikes and reflective items too. And of course – make sure you do this yourself, to set a good example!



### Top tips for in-car safety

- ✦ It's the law that all children under 12 or under 135cm (4ft 5in) must use the right baby seat, car seat or booster for their weight in both the front and back seat of the car. So use one on every journey, however short. (See **Be seat safe!**)
- ✦ Never be tempted to hold a baby on your lap when travelling. Holding onto a small baby in a 30mph crash takes the same strength as lifting eight bags of cement!
- ✦ Watch your speed – staying below 30mph in a residential area can literally save a child's life
- ✦ Always encourage children to get into and out of cars from the pavement side – never from the road side
- ✦ Watch out for children whenever you are reversing and be extra careful in car parks
- ✦ Try to keep children occupied on car journeys by taking along games, toys and books. If they are occupied they are less likely to try and undo seat belts and safety harnesses

**Useful booklet for parents:** The Child Accident Prevention Trust publishes **It's fun to go out but...** a colourful, picture-based booklet on child road safety for parents with low-levels of literacy or for whom English is not a first-language. To obtain copies visit our website [www.capt.org.uk](http://www.capt.org.uk), email us on [safe@capt.org.uk](mailto:safe@capt.org.uk) or telephone us on 020 7608 3828.