

# Safe Kids DC

# Global Road Safety Month

## Activity Guide

### Week 1

SAFE  
KIDS  
DISTRICT OF  
COLUMBIA



Children's National

# GLOBAL ROAD SAFETY



At [Safe Kids DC](#) we know that just because families are distance learning doesn't mean they don't have to navigate our DC streets, so we have developed a calendar with traffic safety activities for you and your family.

The calendar includes a video, an activity for your child, and a community connection to link it to their experiences. We hope that this is a fun interactive tool for you and your family to use during this extended time together.

Learn more about [Safe Kids DC](#)

Learn more about [Global Road Safety](#)

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# TODAY'S TIP



Click the picture

# Day 1

## Do it Yourself

List 3 things you already know about bike and pedestrian safety. You may do this on a piece of paper, phone or tablet. Remember where you put it, so you can review your progress later!

## Community Connection

Did you know that pedestrians and bikers have rules of the road just like drivers? Those rules are there to keep us safe on our roads. Click [HERE](#) to find the rules of the road for DC!

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# TODAY'S TIP

Day 2

## TAKE ACTION



## AGAINST DISTRACTION

Click the picture

## Do it Yourself

List one way you can take action against distraction on your way to school! Distraction can be anything from texting while you cross the street, to headphones that make it hard to hear what is going on around you.

## Community Connection

Did you know the District Department of Transportation is the organization that makes sure our roads are safe to use for both drivers and pedestrians. They even have a whole office focused on safe school commutes for students called Safe Routes to School. Learn more [HERE!](#)

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# TODAY'S TIP

BE KEEN



TO STAY SEEN

Click the picture

Day 3

Do it Yourself

Find a piece of clothing or accessory that is bright, or reflective that would help you be seen on your walk or ride to school! It can be anything from a backpack, flashlight, bright shoes, or jacket!

Community Connection

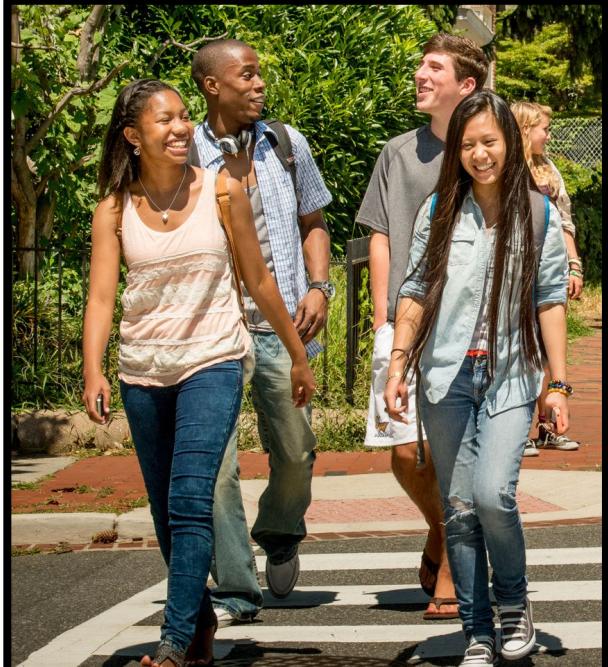
Did you know that your neighborhood has a person that helps make our community better by talking to organizations like DDOT on our behalf. They are called Advisory Neighborhood Commissioners or ANC's. Find your ANC [HERE!](#)

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# TODAY'S TIP



FIND A BUDDY

Click the picture

# Day 4

## Do it Yourself

A great way to get to walk safely is to have a friend, and or a grown-up to walk with you. If you choose to walk with someone who does not stay in your home make sure you stay 6 feet (two arm lengths) apart. Find a friend and or a grown-up to go on a walk with.

## Community Connection

Did you know the District Department of Transportation is has a group of people that their entire job is to listen to traffic concerns of citizens in their Ward! They are called Community Engagement Specialists. Find your Community Engagement Specialist [HERE!](#)

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# TODAY'S TIP

Day 5

**TIE THEM TIGHT**



**EVERYTIME**

Click the picture

**Do it Yourself**

Making sure your shoes are tied is a great way to make sure you are safe on your way to school! Take some time to learn how to make sure your shoes are tied. You can ask an older family member or grown-up if you need help. If you do know how to tie your shoes, take some time to teach a younger sibling or family member.

**Community Connection**

Did you know there is a phone app that lets you submit and see other traffic issues that have been submitted by other community members. You can even track the progress on the issues you submit! Learn more [HERE!](#)

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# TODAY'S TIP

## MAKE SURE IT FITS



STEP 1

Click the picture

# Day 6

## Do it Yourself

A great way to stay safe when we are on the road is to make sure your helmet is the perfect fit for you! The first part to making sure your helmet fits is to make sure there is space for two fingers between your eyebrows and the front of a helmet.

## Community Connection

Have you ever wanted to learn how to ride a bike? Did you know the Washington Area Bicyclists Association offers bike lessons for kids and grown-ups! They even do rides and events all around the city! Learn more about them [HERE](#) !

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# TODAY'S TIP

Day 7

## MAKE SURE IT FITS



STEP 2

Click the picture

### Do it Yourself

A great way to stay safe when we are on the road is to make sure your helmet is the perfect fit for you! The second part to making sure your helmet fits is to make sure the straps are in a "V" shape around your ears with no twists. Just like the picture!

### Community Connection

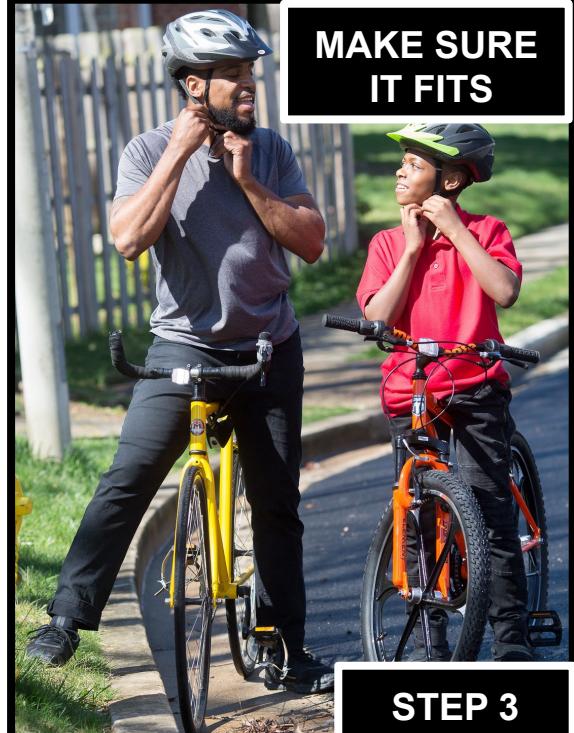
Did you know that you can register your bike just like a car? This helps makes it easier to keep track of if it is ever lost or stolen. In DC, it is free to register your bike. Learn more about the benefits of bike registration [HERE!](#)

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# TODAY'S TIP



**MAKE SURE  
IT FITS**

**STEP 3**

**Click the picture**

# Day 8

## Do it Yourself

A great way to stay safe when we are on the road is to make sure your helmet is the perfect fit for you! The third part to making sure your helmet fits is to make sure you can open your mouth and the clip is tight. Just like the dad in the picture!

## Community Connection

Did you know that DC has parks within a 10 minute walk of most people's homes? A park is a great place to practice riding your bike, or walking safely! Find a park you would like to visit when it is safe [HERE!](#) You can even choose between Local and National Parks!

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# TODAY'S TIP

Day 9

## TAKE THE SAFEST ROUTE



Click the picture

### Do it Yourself

Find a route that would be the safest way for you to travel to school next year. Many times the safest way is the route that has the least amount of vehicle traffic. You can do this with a grown-up, sibling or friend without even leaving your home! Just click on the picture to learn how!

### Community Connection

Did you know that DC has almost 90 miles of bike lanes! One way the city is trying to cut down on cars on the road is by making more bike lanes for people to travel safely on. You can see all the new bike lanes coming to the city and other safety additions [HERE!](#)

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# TODAY'S TIP



**GO WITH THE FLOW  
OF TRAFFIC**

Click the picture

# Day 10

## Do it Yourself

A great way to remember things is to review them with someone else. Do you remember the 3 parts to make sure your helmet fit you properly? Review them with a friend, sibling, or grown-up in your home!

## Community Connection

Trying new things like riding a bike or finding a new route to walk can be intimidating, but there are lots of spots you can find great information so you can be prepared to be safe and have fun! You can find all the best ways to be a safe and prepared rider [HERE!](#)

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# TODAY'S TIP

## MAKE EYE CONTACT WITH DRIVERS



SEE THEM SEE YOU

Click the picture

Day 11

### Do it Yourself

One great way to know if a driver has seen you is to make sure you make eye contact with them. On your next walk or drive see how many times you can make eye contact with drivers.

### Community Connection

Did you know that different streets use different signs to help keep walkers, drivers, and riders safe? One of these signals is called a HAWK Beacon, that stands for High Intensity Activated Crosswalk. Learn more about the HAWK Beacon [here!](#)

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# TODAY'S TIP

Day 12

## ABC Quick Check Part 1



Click the picture

## Do it Yourself

Over time tires can lose air, so another way to stay safe on the road when you ride is to make sure your tires are filled with air. All tires have a number on the side that tells you the proper amount of air that needs to be in them. Can you find the proper amount of air needed in a bike or parked car tire?

## Community Connection

Did you know that different types of bikes are made for different things? Some bikes are meant to go fast for long rides, and some bikes are made to ride on trails and mountains. Learn more about different types of bikes [here!](#)



# TODAY'S TIP

## ABC Quick Check Part 2



**“B” is for BRAKE**

Click the picture

Day 13

### Do it Yourself

One easy way to stay safe when you are going to ride a bike is to check the brakes. They are what helps you stop quickly. If you have a bike, take some time and check the brakes, or see if you can find the brakes on different bikes.

### Community Connection

Did you know that bikes have shops they can get fixed just like cars? In DC there is a bike shop called Gearing Up Bikes. Not only can they help you fix a bike, they even have programs for you to learn how to fix bikes! Learn more [here!](#)



# TODAY'S TIP

Day 14

## ABC Quick Check Part 3



**“C” is for CHAIN**

Click the picture

### Do it Yourself

One of the most important parts of a chain on a bike is that it runs smoothly with no squeaks, or catches. If you have a bike, check the chain like the video, or see if the next time you are out see if you notice a bike with a rusted chain.

### Community Connection

Did you know that DC holds bike clinics during the summer months? This is a great place to get your bike repairs done, or learn how to do them yourself! This year, clinics will happen online. Find out more [here!](#)

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# TODAY'S TIP



CROSS AT THE CORNER

Click the picture

Day 15

## Do it Yourself

Being at the corner of a street makes it easier for vehicles to see you when you are ready to cross. On your next walk with a grown up, see how many corners and crossings you have to make.

## Community Connection

In DC there are many types of traffic signals that tell us when and where it is okay to cross. One of these types of signals is a RFB Signal, short for Rapid Flashing Beacon. Learn more about Rapid Flashing Beacons [here!](#)

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# TODAY'S TIP

Day 16

## USE THE SIDEWALK



Click the picture

### Do it Yourself

A great way to ensure you are safe on the road is to use a sidewalk! Next time you are out, find a sidewalk close to you that may need work. Work with a grown-up to put in a request to get the spot fixed through the 311 App [here](#).

### Community Connection

Did you know that DC has over 1400 miles of sidewalks! One way people decide how safe a neighborhood is to walk in. Find the walk score of your neighborhood [here](#)!

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# TODAY'S TIP

Day 17

## WALK AGAINST THE FLOW



Click the picture

### Do it Yourself

Walking against the flow of traffic is a great way to see traffic that is coming your way. This is just one more way you can stay safe on your walk. On your next walk, try walking against the flow of traffic, and remember yesterday's tip to stay on the sidewalk!

### Community Connection

Project sidewalk is a group that tries to make sidewalks more user friendly by doing things like showing where obstacles may be. Check out more info about the project and find sidewalk obstacles that may be on your commute [here!](#)

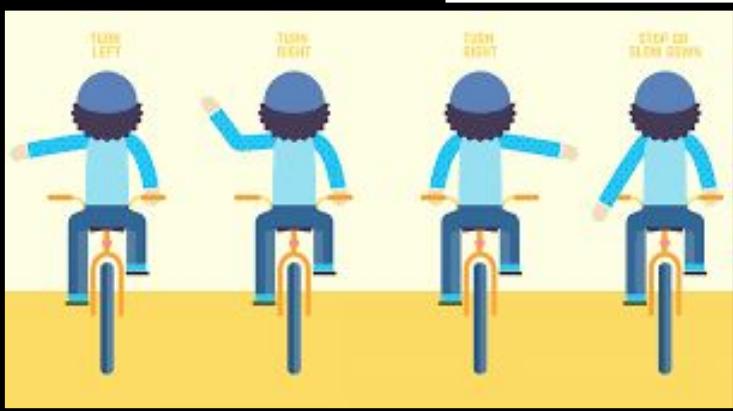
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# TODAY'S TIP

## KNOW YOUR SIGNS



Click the picture

Day 18

### Do it Yourself

Just like cars turn blinkers and have brake lights, bikes do too. The difference the bike signals are made with the biker's hands. See how many signs you can learn today!

### Community Connection

DC is a city that has lots of transportation options! The Washington Metropolitan Transit Authority (WMATA) is the organization in charge of all the public transit in DC. One way to map out a trip is through the WMATA website. This tool even lets you know how much a trip is at different times of the day. To learn more, or map your next trip click [here!](#)

# TODAY'S TIP

Day 19

## YOU CAN MAKE A DIFFERENCE



Click the picture

### Do it Yourself

Do you remember the bike signals you learned yesterday? See how many you remember without looking! You can even teach them to someone around you! This can even help grown-ups be safe when they are driving so they know what signals bikers are giving.

### Community Connection

Keeping your community beautiful is a great way to show you care! Find a spot in your neighborhood that may need some trash picked up. This can be a park, yard, or your own street. Clean neighborhoods and walkways make our roads and communities safer and more enjoyable for everyone.

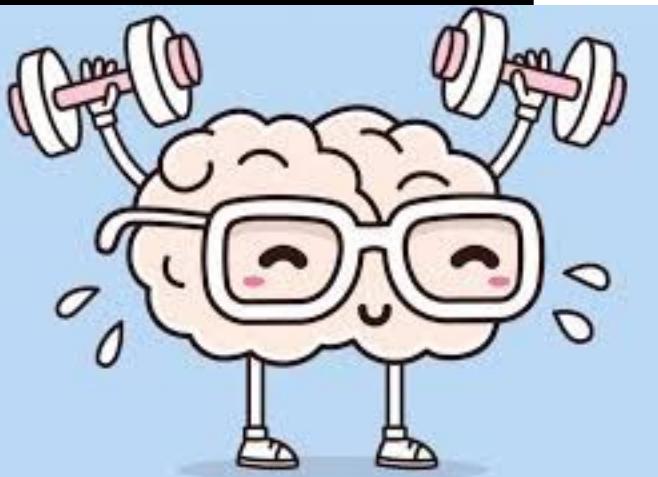
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# TODAY'S TIP

## SHOW WHAT YOU KNOW



Click the picture

# Day 20

## Do it Yourself

Knowledge is power, and you have spent the last several weeks learning about different ways you can be safe wherever and however you go. Review some of your favorite safety tips with someone you know! Did you learn any new ones?

## Community Connection

Safe Kids DC is a program out of Children's National. We are committed to keeping you and your family safe from preventable injuries at home, at play, and on the way! We even come out to schools, community events, and parent groups. Learn more about us [here!](#)

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