



Pedestrian Safety Tips

Everything you need to know to keep your kids safe while walking.

Whether your kids are walking to school, the park or a friend's house, here are a few simple tips to make sure they get there safely.

Teach Kids the Basics from the Beginning

- It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. Most injuries happen mid-block or someplace other than intersections. If there are no sidewalks, walk facing traffic and as far away from vehicles as possible.
- Teach kids at an early age to put down their devices and then look left, right and left again when crossing the street.
- Remind kids to make eye contact with drivers before crossing the street and to watch out for cars that are turning or backing up. Teach them not to run or dart out into the street or cross between parked cars.
- Children under 10 should cross the street with an adult. Every child is different, but developmentally, it can be hard for kids to judge speed and distance of cars until age 10.
- If you are walking when it's dark out, be especially alert and make sure you are visible to drivers.



Unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19. Teenagers are now at greatest risk. Teens have a death rate twice that of younger children and account for half of all child pedestrian deaths.



Take Action Against Distraction

- Teach kids to look up and pay extra attention when using cell phones or electronic devices such as tablets or games. Make it a rule to put these devices down when crossing the street. It is particularly important to reinforce the message with your teenagers.
- Be aware of others who may be distracted—and speak up when you see someone who is in danger.
- If your kids need to use a cell phone, teach them to stop walking and find a safe area to talk.
- For headphones, pull them down or turn off the volume before crossing the street.



Drive with Extra Care

- Be especially alert in residential neighborhoods and school zones when driving and be on the lookout for bikers, walkers or runners who may be distracted or may step into the street unexpectedly.
- When driving, put cell phones and other distractions in the back seat or out of sight until your final destination.

