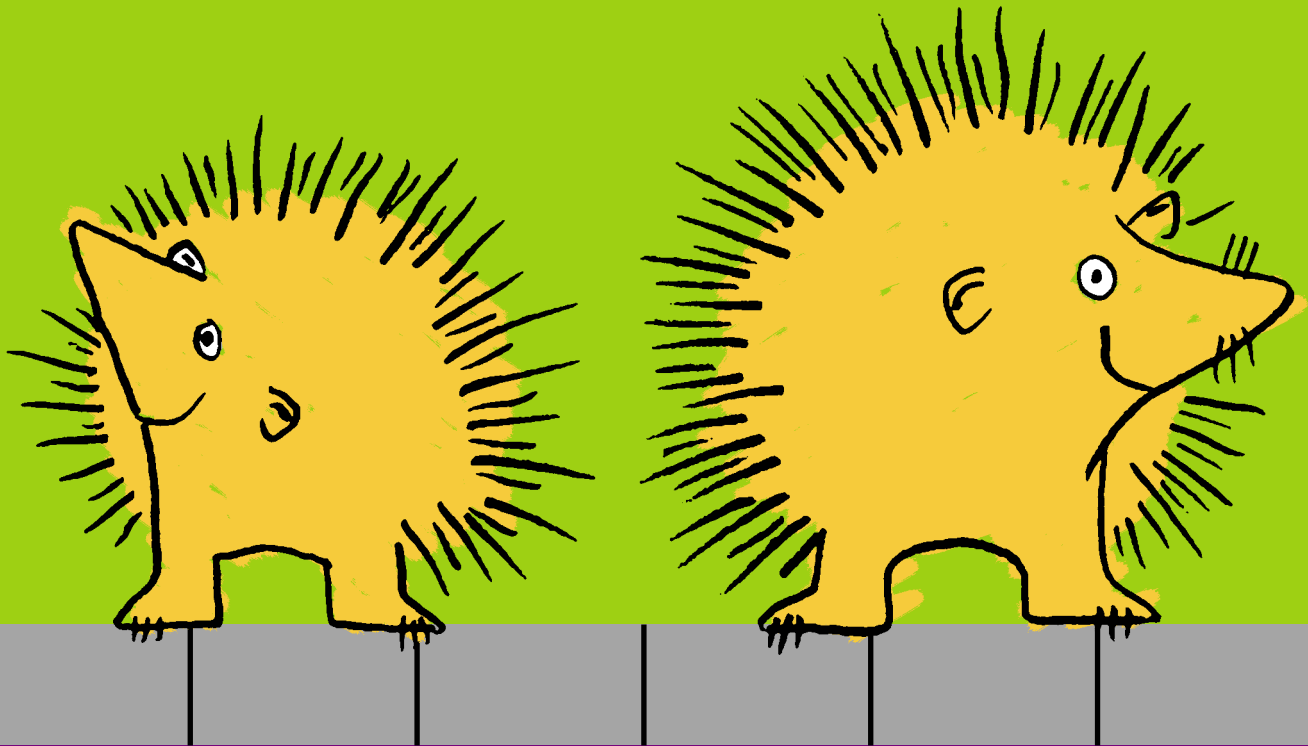


THINK



# get across road safety

AN ESSENTIAL GUIDE FOR PARENTS WITH CHILDREN IN THE AGE ZONE:

0 1 2 3 4 5 6 **7 8 9 10** 11 12 13 14 15



## did you know

The best way to teach road safety is to practice in real life situations.

This booklet gives you lots of advice on how to help your child learn road safety. Aged 7, your child may still be holding your hand. By age 10, your child will probably be going to school independently. Your main aim is to make sure your child knows how to be safe on the roads.

Children learn by example. You are your child's best teacher and the best person to set a good example. Children also learn by doing. Children need to know what to do, they need to know why they are doing it, and they need to use what they have learned all the time.

In 2005 more than 7,200 7-10 year olds were injured or killed on our roads. Over 2,800 were pedestrians.



Every day 19 children aged 7-10 are injured on our roads; about one every two weeks is killed.

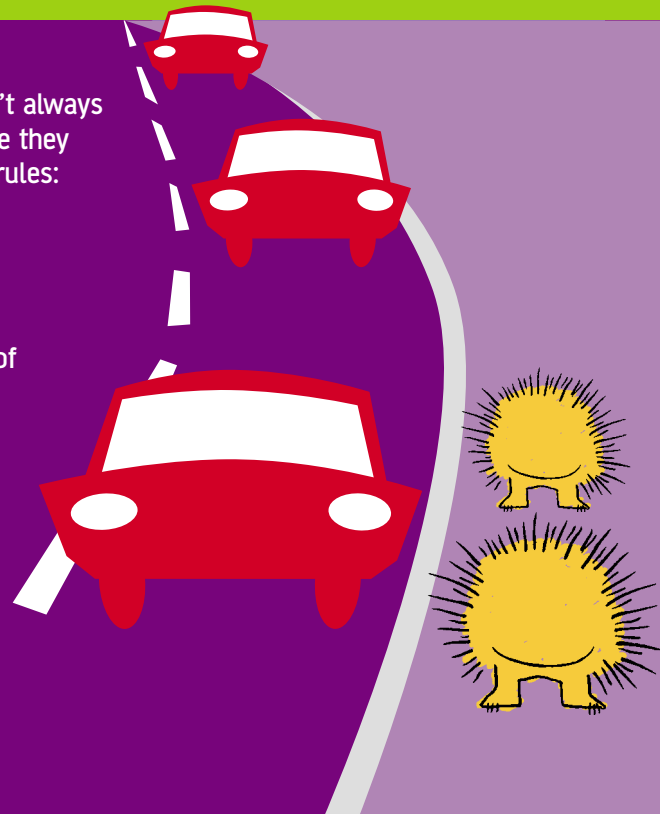


# walking safely

1

Walking is always healthier than going by car. But your child can't always see what you can see. And drivers can't always see a child where they can see you. To be safe, your child needs to know the following rules:

- always walk on a pavement or footpath if there is one. Don't ever stray into the road.
- walk as far away from the kerb as possible.
- where there is no pavement, walk on the right-hand side of the road to face oncoming cars. Walk in single file around bends in the road, at night, or if there is a lot of traffic.
- check carefully when crossing cycle lanes on the road. Cyclists travel fast. You can't always hear them.
- drivers cannot always see small children. Be very careful when reversing your car or driving in a driveway. Make sure there is no child behind you.



## be seen

Make sure your child can be seen easily. Explain that they must always wear something light, especially at night.

- ☐ Bright or fluorescent clothes are best for day, especially when it's dull or misty. They don't show up after dark.
- ☐ Reflective materials – armbands or a vest – work well at night and show up in car headlights.



## ACTIVITY

Encourage your child to go through his or her clothes and find ones that will show up best in bad weather or at night.



## encouraging safety

Always set a good example. The best place to learn road safety is in the street. Go out and about with your child.

- ☐ Explain the rules of road safety.
- ☐ Talk about what's going on around you.
- ☐ Tell them what's going on and why.
- ☐ Let your child make decisions with you, so he or she learns to take responsibility for their safety.
- ☐ Let your child plan safe routes to school and to the shops with you.
- ☐ Encourage your child to talk about what is safe and dangerous on the roads.
- ☐ Make sure that other members of the family, friends and carers set the same good example as you.



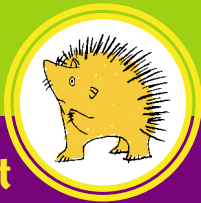
**did you know** Children learn by example and joining in.

Once children reach the age of 7 they need to learn the Green Cross Code. Practice on quiet roads first, saying each stage aloud and explaining its importance. Gradually let your child take the lead, showing you where to stand and when to cross. Use the Green Cross Code every time you and your child go out.

# using the green cross code

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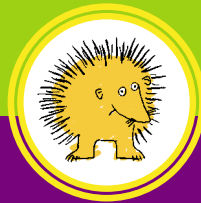
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## think first

Find the safest place to cross, then stop. Make sure you can see the traffic clearly in all directions.

2



## stop

Stand on the pavement near the kerb.

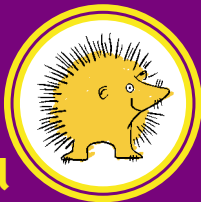
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## use your eyes and ears

Look and listen for oncoming traffic. Watch out for bicycles.

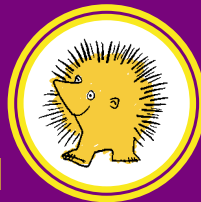
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## wait until it's safe

Don't hurry. If traffic is coming, let it pass. Only cross when there is a safe gap in the traffic.

5



## look and listen again

When there is no traffic near, walk straight across the road. Don't run.

6

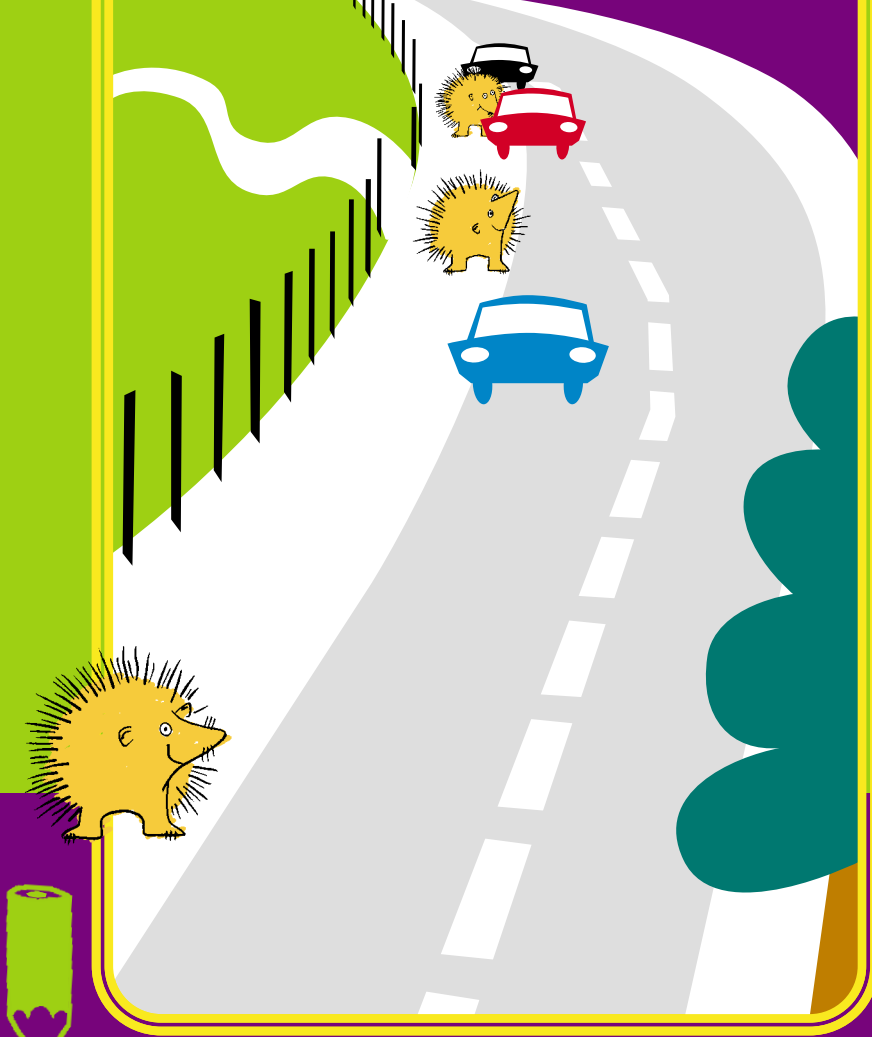


## arrive alive

Keep looking and listening for traffic while you cross. Walk straight across the road.

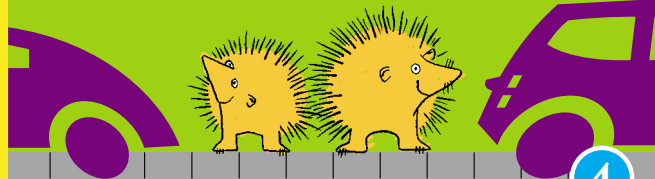
## remember:

Just knowing the Code is not enough. Your child also needs to understand why each stage is so important.



## choosing a safe place to cross

Remind your child it's safest to cross at a pedestrian crossing. This isn't always possible so encourage your child to think about other safe places. Check their understanding while you are out and about. Try and avoid crossing between parked cars. Sometimes it can't be avoided so teach your child how to do it safely.



4

### ACTIVITY

Use this activity to talk about the best places to cross a road. Ask your child to imagine that he or she is trying to cross the road and ask these questions:

- would you cross between the black and red parked cars?
- why might it be dangerous to cross between the cars?
- would you cross from the park entrance?
- why might it be dangerous?
- where do you think is the safest place to cross?
- why?

### SAFETY TIPS

If your child has to cross between parked cars, remind them:

- drivers on the road may not be able to see them between the cars.
- check whether there is a driver in the parked cars: he or she may be about to drive off.
- watch out for a flashing indicator: this means the driver is about to move.
- if there isn't a safe place, **DON'T CROSS THE ROAD**. Walk on until there is somewhere safe.



**did you know** Many children have difficulty in judging how fast vehicles are going, or how far away they are.



Knowing how to cross roads safely is an essential part of road safety.

Teach your children to use pedestrian crossings whenever possible. These include zebra crossings and signal controlled crossings.

Show your child how to use each type of crossing. Practice every time you go out, making

sure your child understands the importance of each stage. Gradually let your child take the lead, showing you when and how to cross. Ask your child questions like:

- where is the best place to stand? Why?
- when is it safe to cross?
- what does the flashing green man mean?

### remember:

children develop at different rates. Only you know when your child is ready to begin crossing roads on their own.

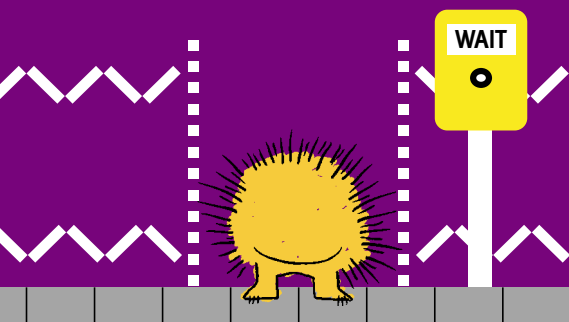
## using crossings



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Research shows that teaching children how to use crossings correctly saves lives. Teach your child important points like:

- always wait at the kerb facing a crossing so that drivers know they want to cross.
- if it is a signal-controlled crossing, press the button and wait for a green man to appear before crossing. NEVER cross until there is a green man, no matter what other people do. NEVER start to cross the road if the green man is flashing.
- look, listen and check traffic has stopped before crossing.
- always cross on the stripes on a zebra crossing, or between the studs at a signal-controlled crossing. NEVER cross on the zig zags because many accidents happen near crossings.
- walk over the crossing. NEVER run.
- where there is a traffic island in the middle of the crossing, teach your child to treat each half of the road as a separate crossing.
- remind your child to stay alert all the time and to take responsibility for his or her safety, not just trust to the crossing.



## planning a route

Children want independence. Keeping your child safe on the roads involves telling them what to do. It also means encouraging them to take responsibility by avoiding risks or dangerous behaviour. They need to know that they must be careful all the time.

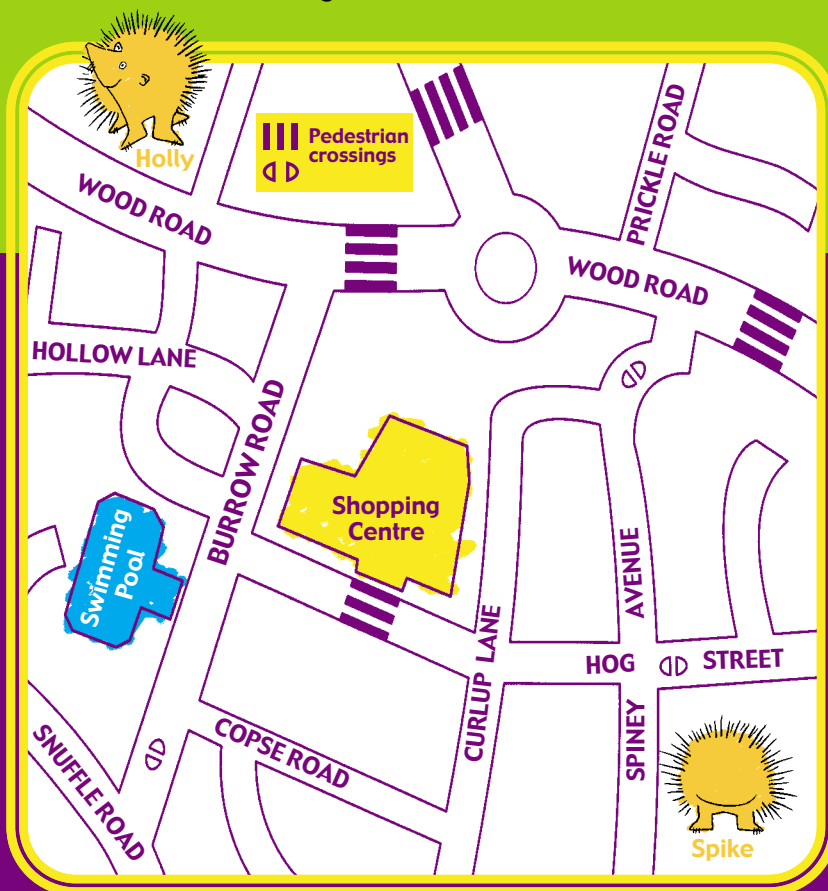
Teaching your child to plan and think about a journey beforehand will help your child cope with possible dangers. Tell them that the shortest route may not always be the safest one.

Ask your child to:

- plan and describe the safest route from home to their school or another local place, like the shops or the leisure centre.

Let your child take you on the route, telling you:

- which roads need to be crossed.
- where the safest crossing places are, and why.
- discuss the choices together.



## ACTIVITY

### route planning

Take Holly from where she is now (Wood Road) to the swimming pool so she gets there by the safest way. Take Spike from where he is now (Spiney Avenue) to the Shopping Centre, by the safest way. The wider the road on the map, the busier and more dangerous it is.



**did you know** Good road safety means thinking before acting

To make sure your child always behaves in a responsible way, teach your child how to understand the roads. As children grow older they need to understand how traffic moves about so they can make sensible and safe decisions.

As you walk about the streets with your child:

- help your child to become aware of what is happening on the roads.
- show and explain the different road signs, and how they tell car drivers, cyclists and other road users what to do.
- explain one-way streets, junctions and roundabouts.
- stress the need to take care in bus lanes where buses may go faster than other traffic, or go in the opposite direction.
- remind them to be extra careful crossing near buses and ice-cream vans.
- remind them that drivers need time to stop.
- teach them to watch for indicator lights, which show where a car is turning.

# reading the road

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## ACTIVITY identifying the signs

Ask your child to identify which of these signs mean the following:

1



a



b

school crossing  
patrol

2



a



b

no right turn

3



a



b

does NOT allow  
cyclists through

4



a



b

one way





## ACTIVITY

### How accidents happen

Children can be impulsive. They don't understand how accidents happen. They don't realise their behaviour can cause an accident. They don't realise they can prevent accidents. Increasing your child's understanding will make your child safer on the roads.

Talk about this picture with your child.

Ask:

- what happened here?
- whose fault was it?
- how could it have been avoided?

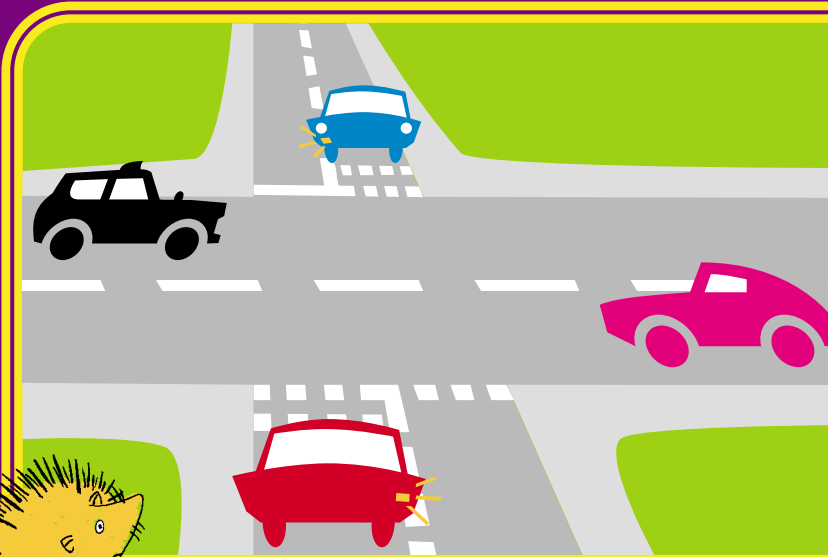
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## ACTIVITY

### junctions

It's difficult to cross at junctions and at roundabouts. When crossing at a junction it's important to look and listen for traffic turning the corner, especially from behind. Look at this picture and mark the danger spots. Think about:

- which is the main road?
- which way are the cars going?
- where are the cars going to turn?
- where are the best places to cross the roads?





**did you know** In 2005 nearly 1,100 7-10 year old cyclists were injured on Britain's roads and 6 died

Many children enjoy cycling and rollerblading. From about the age of 10, they may want to begin going off on their own, or with friends. There are on-road cycling classes for children aged 10 and over. Ask your local authority Road Safety Officer. As a parent, you can prepare your child.

- Insist your child wears a safety helmet and bright, high-visibility clothes so that drivers can see them.

- Check the bicycle is safe and the right size.
- Make sure your child learns to ride a bicycle in a safe place.
- Check your child knows how to control a bicycle.
- Plan safe routes with your child.



## cycling and rollerblading

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### ACTIVITY

#### a faulty bike

Show your child this picture. Ask them to find four things that would make the bike safer and four things that would make the cyclist safer.

ANSWERS:  
4 things wrong with cyclist: no helmet, wearing headphones, carrying books under arm, loose flapping trousers could get caught in chain.  
4 things wrong with bike: flat tyre, loose chain, no bell, broken brake cable

### when rollerblading:

- your child must always travel on the pavement, never on the road. Use parks or special rollerblading areas.
- avoid busy areas. Take care near other pedestrians, particularly children and older people.
- use the Green Cross Code when crossing the road.

## cycling on the road

Explain to your child how to be a good cyclist. Teach your child:

- to ride on the left but far enough away from the edge of the road to avoid drains and gutters.
- to look behind carefully before moving off, or turning right or left. Then use arm signals.
- to always keep both hands on the handlebars, unless signalling or changing gear.
- to ride in single file.

- to use cycle lanes wherever possible.
- not to ride on the pavement unless there are special signs allowing this.
- to obey traffic light signals and road signs, and signals made by police officers, traffic wardens or school crossing patrols.
- to get off and walk at difficult junctions or roundabouts.
- to protect their head by always wearing a helmet.

- ALWAYS have lights on the bike at night.
- NEVER hold onto any vehicle or another cyclist.
- NEVER carry a passenger.
- NEVER wear a personal stereo or use a mobile phone while cycling.

### remember:

children under the age of 10 cannot cope with cycling on their own in traffic.

## behaving safely in cars

Children need to be safe passengers as well as safe pedestrians. Teach your child to be a good passenger. Explain that seat belts save lives. Teach your child:

- children under the age of 12 and under 135 cms in height **must** use the correct child seat for their size.
- not to distract the driver.
- never to lean or wave out of the window, or throw anything out.
- not to block the driver's view in the mirror.
- always to get out of the car on the pavement side.





Young people aged between 11 and 16 are more at risk of being killed and seriously injured as pedestrians and cyclists than other age groups.



The 'Making Choices' booklets give road safety advice to parents and carers of children in their last year of primary school. To order copies of 'Making Choices' call the number below and quote T/INF/633 for the parent's booklet and T/INF/634 for the children's magazine.

## more information

To order further copies of this guide call 0870 1226 236 or e-mail [dft@twoten.press.net](mailto:dft@twoten.press.net) and quote T/INF/804.

If you have children in the 0-6 age range you can order 'Get Across Road Safety' for 0-6 year olds by quoting T/INF/803

The 'Get Across Road Safety' guides are also available in dual language in Punjabi, Urdu, Bengali and Gujarati. Large print, Braille, audio cassettes and other languages are available on request. Call 0870 1226 236 for details.

All the above information can be found at the website address [www.thinkroadsafety.gov.uk](http://www.thinkroadsafety.gov.uk). For road safety interactive games for children visit [www.hedgehogs.gov.uk](http://www.hedgehogs.gov.uk)

