

SAFE ROUTES PHILLY

Walking Safely Near Traffic

Parent/Caregiver Tip Sheet for Students in Kindergarten and First Grade

Key things children this age need to know about walking safely near traffic:

1. **Always walk with an adult.** Older siblings may also be acceptable, but only if they are responsible and have permission from your parent or caregiver.
2. **Traffic** is cars, buses, trucks, bicycles and other vehicles that are moving in the road.
3. **Sidewalks** are safe places to walk that is away from traffic.
4. If there are no sidewalks, **walk on the side of the road, facing traffic** so that you can see cars coming toward you.
5. **Practice safe behavior** when walking near traffic. This means no pushing, running, or playing around.
6. **Be careful at driveways and alleys.** Stop, look and listen for moving cars before crossing.
7. **Dress to be seen** by wearing light or bright colored clothing when you are walking at night or in low-light conditions. Reflective materials and flashlights can also help drivers see you at night or in bad weather.

Did you know?



Children's ability to understand and make decisions about their safety changes as they grow and develop.

Ultimately parents/caregivers should make the decision about when their child is able to walk without supervision. Research shows that parents tend to overestimate their child's ability to walk and cross streets safely and suggests that children in kindergarten and first grade have difficulty:

- ✓ Controlling impulses and concentrating
- ✓ Judging when it is safe to cross the street
- ✓ Staying focused on one task, such as safely crossing the road
- ✓ Understanding the differences between safe and unsafe crossings



Remember: Although you might be able to quickly see that it is safe to cross the road or perform other pedestrian behaviors, your child may not know or understand why it is safe. Help them understand and learn safe pedestrian behaviors by practicing them each time you walk near or around traffic.



Practice at Home

The best way for children to learn is by repeating safe walking skills with an adult.

Safety Message: Children ages 5–7 are still learning what it means to walk safely. They should always be with an adult or responsible older brother or sister while walking.

Walk around the neighborhood with your child, especially to destinations that they like such as a park, school, or a friend's house. Remind them to walk safely by not running, pushing or playing.

Ask your child:

» Where is the safest place to walk?

- ✓ On a sidewalk
Practice identifying safe places to walk where there are sidewalks.

» What do you do if there isn't a sidewalk?

- ✓ Walk on the left side of the street facing the traffic so that you can see drivers coming towards you. Practice identifying safe places to walk where there are no sidewalks.

» What do you do if a driveway or alley crosses where you are walking?

- ✓ Stop and look left and right to make sure no cars are coming before crossing.

» How can you help to make it easier for drivers to see you when they are walking at night?

- ✓ Wear bright-colored or reflective clothing, or carry a flashlight.

Practice safe pedestrian skills every time you are walking outside with your child. You are your child's most important role model. Children learn by watching others, so practicing safe pedestrian behaviors is the best way to teach these valuable skills.



Looking at the picture, ask your child if the children look like they are practicing safe pedestrian skills.

Ask them to explain why not and what they should do differently.



Remember that knowledge does not always equal behavior. Make sure that your child is ready for the next step in learning how to walk safely by practicing safe pedestrian skills at home!

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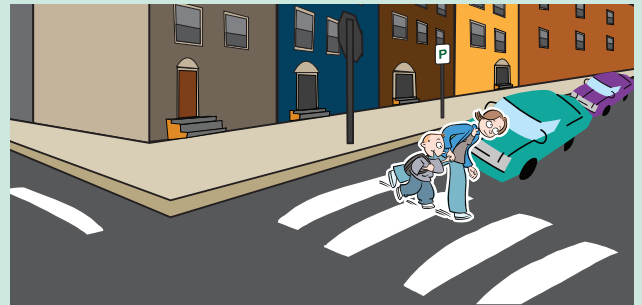
Crossing Streets Safely

Parent/Caregiver Tip Sheet for Students in Kindergarten and First Grade

Key things children this age need to know about crossing streets safely:

1. **Find an adult** to cross the street with you. A parent, grandparent, aunt, uncle, school crossing guard, or even an older brother or sister who knows how can help you practice crossing cross streets safely.
2. **Identify** safe places to cross where there aren't visual barriers. Visual barriers are things like parked cars and trash cans that make it difficult to see oncoming traffic.
3. **Stop** at the edge or curb of the street.
4. If you have to cross where there is a visual barrier, like a parked car, carefully move to the edge of that barrier to look for traffic. This is called the **Second Edge**.
5. **Look and listen** for traffic in all directions. Look left, right and left again.
6. **Wait** until there is no traffic coming. Then begin crossing the street.
7. **Cross in a straight line** and keep looking around for traffic. Walk; don't run or play around when crossing the street.

Did you know?



Children's ability to understand and make decisions about their safety changes as they grow and develop.

Ultimately parents/caregivers should make the decision about when their child is able to walk without supervision. Research shows that parents tend to overestimate their child's ability to walk and cross streets safely and suggests that children in kindergarten and first grade have difficulty:

- ✓ Controlling impulses and concentrating
- ✓ Judging when it is safe to cross the street
- ✓ Staying focused on one task, such as safely crossing the road
- ✓ Understanding the differences between safe and unsafe crossings



Remember: Although you might be able to quickly see that it is safe to cross the road or perform other pedestrian behaviors, your child may not know or understand why it is safe. Help them understand and learn safe pedestrian behaviors by practicing them each time you walk near or around traffic.



Practice at Home

The best way for children to learn is by repeating safe walking skills with an adult.

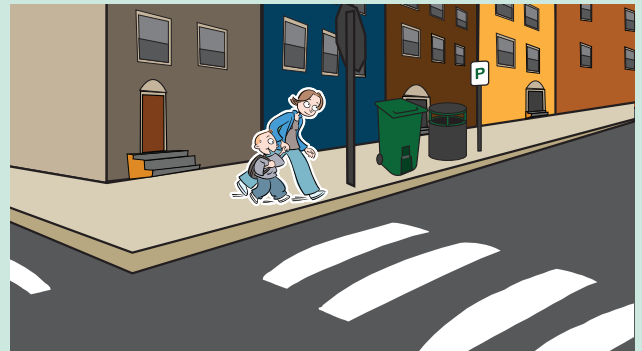
Safety Message: Children ages 5–7 are still learning what it means to walk safely. They should always be with an adult or responsible older brother or sister while walking.

Walk around your neighborhood with your child, especially to destinations that they like, such as a park, school or a friend's house.

» **Practice crossing streets safely.** Help your child find a place where it will be safe to cross the street. Try saying the steps aloud as you cross together:

1. **Find an adult** to cross the street with you.
2. **Identify** safe places to cross where there aren't visual barriers. Visual barriers are things like parked cars and trash cans that make it difficult to see oncoming traffic.
3. **Stop** at the edge or curb of the street.
4. If you have to cross where there is a visual barrier, like a parked car, carefully move to the edge of that barrier to look for traffic. This is called the **Second Edge**.
5. **Look and listen** for traffic in all directions. Look left, right and left again.
6. **Wait** until there is no traffic coming. Then begin crossing the street.
7. **Cross in a straight line** and keep looking around for traffic. Walk; don't run or play around when crossing the street.

Practice safe pedestrian skills every time you are walking outside with your child. You are your child's most important role model. Children learn by watching others, so practicing safe pedestrian behaviors is the best way to teach these valuable skills.



Looking at the picture, ask your child to identify where a person should cross.

Ask them to point to a safe area to cross.

Ask them to point to the edge of the street.

Ask them to show you how they would cross in a straight line across the street.



Remember that knowledge does not always equal behavior. Make sure that your child is ready for the next step in learning how to safely cross the street by practicing safe pedestrian skills at home!

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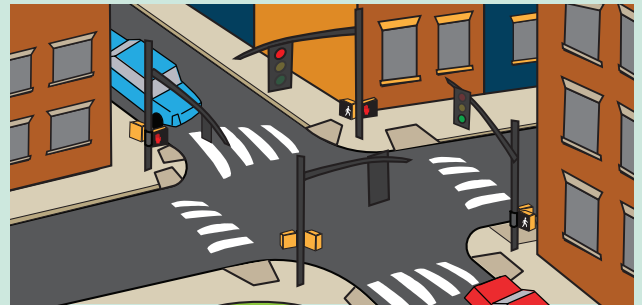
Crossing Intersections Safely

Parent/Caregiver Tip Sheet for Students in Kindergarten and First Grade

Key things children this age need to know about crossing intersections safely:

1. **Always cross intersections with an adult or older brother or sister.** Find a crosswalk whenever possible.
2. **Stop** as soon as you reach the edge of an intersection or a driveway. If there is a curb ramp, **stop** at the edge of the sidewalk before the ramp starts.
3. **Look** for signs and signals to let you know when it is your turn to cross.
4. **Obey** pedestrian signals. Only cross if the white "Walk" is on.
5. If there is not a pedestrian signal, **look at the color of the traffic signal** for the cars moving in the same direction that you want to cross. If the light is green, you are allowed to cross the street.
6. **Wait for the adult to decide** when it is safe to cross.
7. **Look and listen for traffic:** Before crossing the street, always stop and look left, right and left again, then in front and behind you for cars coming from other directions in the intersection.
8. **Cross quickly and safely.**

Did you know?



Children's ability to understand and make decisions about their safety changes as they grow and develop.

Ultimately parents/caregivers should make the decision about when their child is able to walk without supervision. Research shows that parents tend to overestimate their child's ability to walk and cross streets safely and suggests that children in kindergarten and first grade have difficulty:

- ✓ Controlling impulses and concentrating
- ✓ Judging when it is safe to cross the street
- ✓ Staying focused on one task, such as safely crossing the road
- ✓ Understanding the differences between safe and unsafe crossings



Remember: Although you might be able to quickly see that it is safe to cross the road or perform other pedestrian behaviors, your child may not know or understand why it is safe. Help them understand and learn safe pedestrian behaviors by practicing them each time you walk near or around traffic.



Practice at Home

The best way for children to learn is by repeating safe walking skills with an adult.

Safety Message: Children ages 5–7 are still learning what it means to walk safely. They should always be with an adult or responsible older brother or sister while walking.

Walk around the neighborhood with your child, especially to destinations that they like such as a park, school, or a friend's house. Find a route that has intersections. See if you can find intersections that have a crosswalk and traffic signals for pedestrians.

Ask your child:

» How to look left-right-left, in front, and behind.

- ✓ First look left. If there are no cars coming, look right. If there are no cars coming check left again.
- ✓ Then if there are no cars, check behind you and in front of you for cars coming from other directions in the intersection. If there are still no cars, walk slowly across the intersection.

» Who decides when it is safe to cross?

- ✓ Only the adult you are walking with can decide when it is safe. Stoplights and pedestrian signals can provide cues for when it's your turn to cross, but drivers don't always follow the rules so it's important to let an adult help you decide when it's safe to cross.

» To practice crossing an intersection in your neighborhood.

- ✓ Say the steps (left-right-left, front, and behind) out loud. Make sure your child can identify signals/signs and their meanings.
- ✓ "Walk" signal is white and is the shape of a person walking.

- ✓ "Don't Walk" signal is red and is the shape of a hand.
- ✓ Not all intersections in Philadelphia have pedestrian signals. Help your child practice looking at the traffic signals for cues on when to cross. If the light is green for cars moving in the same direction as you want to cross, you are allowed to walk across the street.

» Repeat the lessons every chance you get!



Looking at the picture, ask your child to identify how many directions the traffic could be coming.

Ask your child to explain the difference between the two traffic signals and what they mean. On the pedestrian signals, the white "Walk" signal means it is your turn. The red "Don't Walk" signal means not to step into the intersection.



Remember that knowledge does not always equal behavior. Make sure that your child is ready for the next step in learning how to walk safely by practicing safe pedestrian skills at home!