

# Adults' Role in Keeping Children Safe

As a parent/guardian, you know that your children are always watching and learning from you. Parents/guardians are the most important role models in a child's life. This is just as true when it comes to safe walking as it is with anything else. **By modeling safe walking habits when you are out walking with your child/children, it could lead to increased safe behaviors and decreases in walking-related deaths and injuries.** Remember, every step you take is a teachable moment. With your safe walking habits as a guideline, your child/children will be on their way to forming safe walking habits for themselves.

Here are a few basic safety behaviors you can role model for your child/children:

## BE AWARE

Engage your child by pointing out different hazards and obstacles and discuss safe actions to take.

## STEP TO THE SIDE

If you have to call or text, move out of the way of others and stop on the sidewalk in a safe place.

## FOLLOW THE LAW

Obey the traffic signs and signals at all times.

## CHOOSE YOUR ROUTE

Plan and discuss the safest route to school or any other destinations.

## EYES ON THE DRIVER

Make eye contact with drivers (or people bicycling, riding scooters, etc.) at the intersections before stepping off the curb. Explain to your child/children to do the same.

## CROSS CAREFULLY

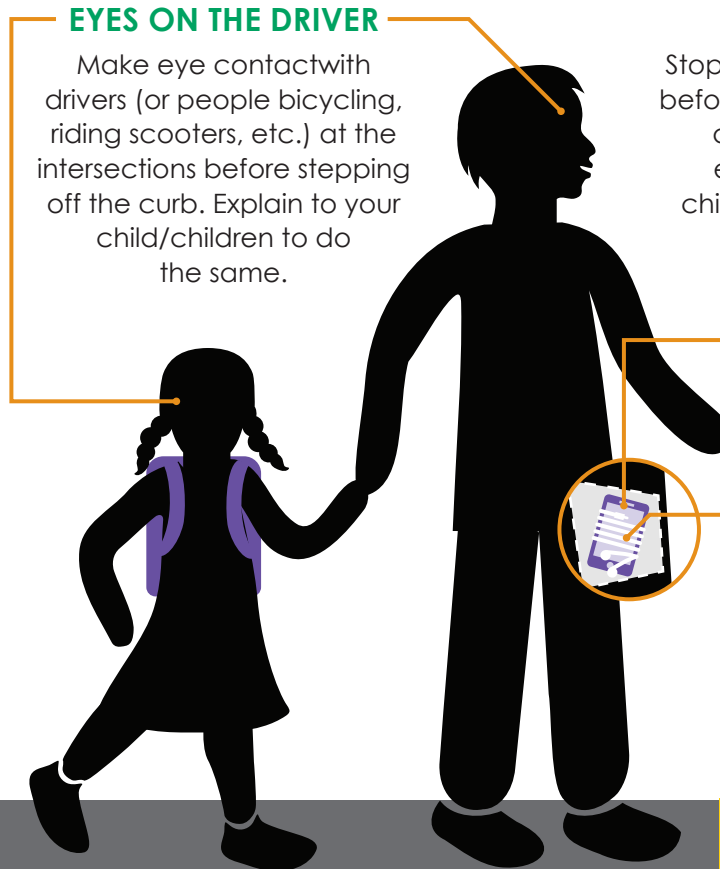
Stop, look all four ways and listen before crossing streets, driveways, alleyways and parking lot entrances and have your child/children do this with you.

## PHONE AWAY

Never text or talk on the phone when you are walking.

## MUSIC OFF

Do not walk with headphones or earbuds in your ears.



more!



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The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission ([alamedactc.org](http://alamedactc.org)) and is funded with Alameda County's local sales tax Measure B, regional, state and federal funds.

# Parent's Role in Keeping Children Safe

While driving, practice safe behaviors when your children are in the car by making sure to:



## FOLLOW THE LAW

Drive the speed limit and obey all traffic signs.



## GO WITH THE FLOW

Obey school drop-off and pick-up procedures.



## STOP FOR PEOPLE

Yield to all people using the crosswalks.



## PARK LEGALLY

Don't double park, stop in crosswalks or park in residents' driveways or teacher parking lots.



## LOOK BEHIND YOU

Watch for children walking to school when backing out of a driveway or a parking spot.



## STAY FOCUSED

Limit distractions while driving, including your phone, food, make-up and interactions with passengers.



## GIVE RESPECT, GET RESPECT

Be respectful to other people driving, bicycling and walking.



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