

SAFETY TIPS FOR TEENS WALKING TO SCHOOL

It's important to be always be aware of your surrounding while walking to school. Using cell phones are dangerous not only while driving but also while simply **walking**. Pedestrians have been known to **walk** into people or objects, step in front of traffic, fall off curbs, etc. when **distracted** by texting, talking or otherwise using their cell phones.

To be safe and alert when walking, here are **some safety tips** for middle and high schoolers:

1. If you must use headphones or other electronic devices, maintain a volume where you can still **hear the sounds** of traffic and your surroundings.
2. If you need to talk to someone next to you, make a phone call, text or do anything that could distract you from getting where you need to go safely, **stop and do so away** from the flow of traffic or other pedestrians.
3. While you walk, **focus on the people, objects and obstacles around you**.
4. **Make eye contact with drivers**, to ensure that they see you!
5. **Don't jaywalk**. Cross streets carefully, preferably at a traffic light, remaining cognizant of the pedestrian traffic flow, and the vehicles and bikes in and near the road. Never step out from between parked cars, as other cars may not see you.
6. **Look up, not down**, especially when stepping off or onto curbs or in the middle of major intersections; and/or when walking on or approaching stairs or escalators.
7. **Stay alert** in parking lots, and on and near streets, especially during the winter months when it gets dark earlier and drivers aren't as likely to see you.