

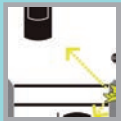
Be a Walking or Bicycling Role Model

Children learn by watching adults. Keep these tips in mind when you are out with your family.

Walk Safely



Always walk on sidewalks or paths. No sidewalk? Walk facing traffic as far from vehicles as possible.



Look for cars coming from all directions. Do not assume drivers see you. Make eye contact before crossing.



Cross the street at intersections or marked crosswalks where drivers expect to see you.



Hold your child's hand and walk, don't run when crossing.



Be seen. If it is dark out, carry a flashlight or wear reflective gear.

Bicycle Safely



Bicycle in the same direction as traffic, and follow all traffic laws.



Gear up! Always wear a helmet and use a headlight and taillight.

Visit www.LookOutTexans.org for more tips and lesson plans for teaching walking and bicycling safety in school.

For more information on how to start a Safe Routes to School program in your area, visit the following websites:

Safe Routes to School National Partnership
www.saferoutespartnership.org

National Center for Safe Routes to School
www.saferoutesinfo.org

Walk and Bike to School
www.walkbiketoschool.org



Safe Routes — to — School

Helping kids walk, bike and roll to school safely



North Central Texas
Council of Governments

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www.nctcog.org/schools

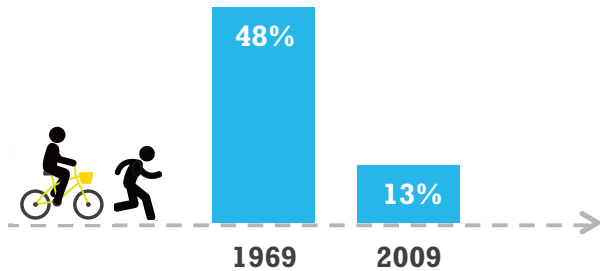


What is Safe Routes to School?

Safe Routes to School is a nationwide initiative aimed at encouraging more children to walk and bicycle to school.

Did You Know?

Within the span of one generation, the percentage of children walking or bicycling to school has declined sharply.



More walking and bicycling to school and throughout the community can:

- ✓ Improve children's health and safety
- ✓ Ease traffic congestion and improve air quality near the school
- ✓ Improve the sense of community



Photo: Fort Worth ISD

How Do I Begin?

Talk to your principal: Identify interested staff, parents, community members.

Start small: Pick one day to walk, bike or roll with your kids to school.

Hint: *Walk and Bike to School Day (every May and October).

Invite others to join you.

Hint: Friends and neighbors.

Map and post routes and times.

Hint: *The National Center for Safe Routes to School's Map-A-Route tool.

Celebrate and share success.

Hint: Invite and share story with local media, school board and others.

Plan for future events.

Hint: When, new routes, advertising, who will help?

*Websites with more information on reverse side.

Next Steps?

To continue success, hold a meeting with interested partners and start planning.

Start with a vision for the future.

Hint: "Safe, fun, efficient routes to school."

Gather information and identify issues and concerns.

Hint: Have maps, invite city, district and others who may have information and resources.

Prioritize and plan.

Hint: Establish a timeline, responsibilities and priority projects.

You can do it!

