

Road safety



Young children often struggle to judge speed and distance so need your help. Older children and drivers may struggle with digital distractions. Here are a few top tips for keeping children safe:

Hand icon **Pedestrians** – children have difficulty judging speed and distance until they are at least eight, and older children are still at risk: **the number of children injured as pedestrians peaks at 12** when many children start travelling to and from school on their own.

- Make sure young children know to hold your hand or use walking reins
- Start to teach the Green Cross Code from around the age of five
- Set a good example and avoid dashing across the road
- Remind children not to talk or text on mobiles or listen to music when crossing the road.

Hand icon **In cars** – not all car seats fit all cars, and if the seat isn't right, or fitted incorrectly, your child won't be as safe as they should be.

- Make sure you use the right car seat for your child's age, weight and height
- Use a child car seat or booster seat for all children under 135cm and under the age of 12.

Hand icon **Cycling** – almost one quarter of the cyclists killed or injured are children. Cycling accidents increase as children grow older, with **10 to 15 year-old riders at greater risk** than other age groups.

- Get your child into the habit of always wearing a helmet when cycling.

Hand icon **Driving** – if hit by a car travelling at 40mph, 80 out of 100 child pedestrians will die. If hit by a car travelling at 20mph, 95 out of 100 child pedestrians will survive.

- Keep an eye on your speed – with today's powerful cars, it's so easy to creep over the speed limit.
- Avoid the temptation to look at your phone while driving - keep it in the glove compartment or a handbag out of reach.

Find out more and share

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www.facebook.com/ChildAccidentPreventionTrust

Visit the safety advice section of the Child Accident Prevention Trust website: www.capt.org.uk

Road safety

Child road injuries peak between 3pm and 7pm. There are more serious and fatal injuries to school-age pedestrians in the afternoon and early evening than at any other time.

CAPT resources for your event

- It's fun to go out but... pictorial booklet
- We can get thrown about in the car poster
- How safe is your child in the car? leaflet
- 5-7s top safety tips leaflet
- 7-11s top safety tips leaflet

Available from CAPT's online shop

www.capt.org.uk/shop



Activity ideas

- Display a selection of items of clothing, of different colours, some reflective and some dark. Ask parents which ones would help their children stay safe around roads at night time.
- Teach children the steps in the Green Cross Code by building your own road using chairs for cars, boxes for buildings and using masking tape to draw out road markings and crossings.
- Ask children to design a road safety mascot and list the safety points he or she would be championing.
- Run a car seat safety check session. Your local road safety, trading standards or community police team may be able to help you with this.
- If you are running road safety training consider inviting siblings to attend with the parent to reinforce whole family learning. Also, consider inviting other services such as fire and rescue, to reinforce your own messages and to encourage participation.

Useful links

There are lesson plans and resources for early years and teachers as well as games and resources for children 3-16 years at www.think.gov.uk/education

The Cycle-Smart Foundation has educational materials and information about cycle helmets: www.cycle-smart.org

For Scotland

www.streetsense2.com is a road safety educational resource for primary schools.

www.A2Bsafely.com is a film-based website, originally designed for young people with mild to moderate additional learning needs.

www.roadsafetyscotland.org.uk is Road Safety Scotland's main website with information and resources tailored for different audiences, including pre-school resource Go Safe with Ziggy.