

# Tips for Modeling Safe Bicycling, Walking and Driving Behavior to Children and Teens

Bicycling and walking are fun and healthy ways for families to spend time together while teaching children and teens important safety skills. Kids learn through experience, so modeling safe behaviors for walking and bicycling on real streets is essential practice. Look Out Texans offers simple tips that everyone can use to stay safe while walking, bicycling and driving. Keep the highlighted tips below in mind when you are out with your family and visit [www.LookOutTexans.org](http://www.LookOutTexans.org) to see all 21 tips.



## Be a Walking and Bicycling Role Model

- Cross in crosswalks at intersections. The safest space to cross a street is a marked crosswalk. Other road users should expect pedestrians to be using this space.
- Always wear a helmet. Everyone should wear a helmet every time they ride their bicycle. A helmet fits properly when it is snug and buckled. According to the Texas Medical Association, a properly fitting helmet can prevent almost all head injuries — up to 85 percent — the most common cause of disability or death in a bicycle crash.
- Always ride in the same direction as other traffic. Bicyclists must follow the same rules as drivers. Never ride against traffic. Wrong-way travel into the flow of oncoming traffic is one of the leading causes of bicyclist-motorist crashes.



## Teach Your Child the Safest Route to School

- When walking or bicycling, children under 10 years old ideally should have adult supervision, such as a parent, caregiver, older sibling or other trusted adult.
- For older children and teens, practice walking or bicycling to school together.
- Limit the number of street crossings, and cross at locations with a school crossing guard, when possible.
- Avoid busy or high-speed streets. Always stop and look for cars when crossing streets, alleys and driveways.



## Know Traffic Laws and Be Seen

- Traffic laws consider bicycles vehicles – just like cars. Treat people bicycling and walking with respect when you are driving. Everyone should follow the rules of the road.
- Modeling safe habits and positive attitudes behind the wheel is part of teaching your child or teen to bicycle and walk safely.
- Teach children to wear bright colored and reflective clothing to help drivers see them at all times of day.
- State law requires any bicycle operated at night to have a white light on its front as well as a red light or red reflector on its rear.

White headlight with light visible from at least 500 feet

Red reflector visible to drivers 50 to 300 feet away or red light visible from 500 feet

