

## Keeping Safe Out and About

***Tips and advice on how some of our young people can stay safe out and about in the community.***

### Walk Together

It is best to walk with a group of friends or an adult.

#### Remember these Tips

- Walk with a friend/adult when possible
- Ask your parents/other adults to help you pick a safe route; one that avoids dangers and is well lit
- Stick to the route you picked with your parents/adults. Don't let friends talk you into shortcuts that are more dangerous, such as dark alleyways or paths
- Behave sensibly around traffic and other pedestrians
- Never hitchhike or take lifts from people not arranged by your parents
- Talk to your parents and school about any bullying or other incidents that may happen during your walk
- Don't walk with your headphones in/on and keep your phone out of sight

### Be Seen

Remember, drivers may not be able to see you well. Always wear bright-coloured clothes and if it is dark or hard to see, use a torch or wear reflective clothing.

### Look for Traffic

Watch out for cars and lorries at every driveway and junction on your walk. Look for drivers in parked cars, they may be getting ready to move.

- Cross the street safely
- Stop at the kerb or edge of the street
- Look left, right, left and behind you and in front of you for traffic
- Wait until no traffic is coming and begin crossing
- Keep looking for traffic until you have finished crossing
- Walk, don't run across the street
- Obey traffic signs and use crossings where available