

## Planning to cycle

### As a parent you can help by:

- Checking that your child can cycle well enough for the road. If not, consider organising some cycle training and look for safe, local off-road routes.
- Planning the best cycle route to school with them. There is no need to cycle through difficult junctions and roundabouts. If they cannot be avoided your child can always get off and walk. Cycle the route together beforehand if possible.
- Discussing and showing your child how to check that their bike is in good working order, especially the brakes. It may be useful to have your child's bike checked over by a qualified mechanic.
- Helping your child to organise the correct equipment to keep themselves safe – a helmet, fluorescent and reflective clothing and a set of lights for the winter months.

### Other important bits:

- You and your child should know when they have the skills and are ready to travel independently. Talk to them about how they feel about their new journey.
- Does your child have a list of your telephone numbers and numbers of some friends or relatives in case of emergencies?
- It is useful to keep a list of phone numbers of your child's friends. Remember to keep the list up to date!
- Check that your child has some money for emergencies and discuss with them why it should be kept for emergencies only.
- Talk to your child about risk taking. Make sure they understand that it is far better to be late than to have a trip to hospital or worse.

The wording in this leaflet can be made available in other formats such as large print and Braille. Please call 01274 437409.

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## Moving on to Secondary School

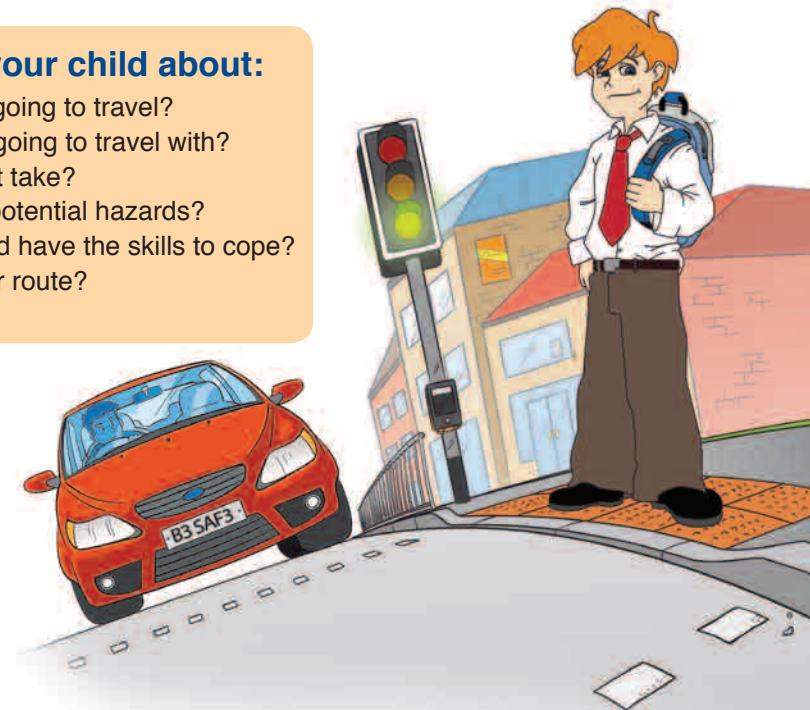
### A Road Safety Guide for Parents

- As your children move on to secondary school, they will be getting ready to be more independent on their journey to school.
- At this stage they may be reluctant to take advice and think that road safety is for primary school children.
- However, they are more likely to be killed or seriously injured on the roads during their secondary school years.
- This leaflet will help you to find the best way to discuss and reinforce road safety messages with your child in preparation for this new stage in their school life.

As a parent you will want to know that you have done everything you can to make your child's journey to their new school as safe as possible. Start to think about your child's journey with them well before the first day of term.

### Talk to your child about:

- How are they going to travel?
- Who are they going to travel with?
- How long will it take?
- What are the potential hazards?
- Does your child have the skills to cope?
- Is there a safer route?
- What if....?



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## Planning to walk

Many children are driven or escorted to primary school and then expected to walk to their secondary school alone or with friends, without the skills to do so.

### As a parent you can help by:

- Planning the safest route with your child – use [walkit.com](http://walkit.com) or Google maps.
- Preparing your child by walking with them whenever possible. Allow them to take the lead to prepare for their independence.
- Pointing out and discussing dangerous behaviour and the possible consequences of it.
- Talking with your child about the dangers of using iPods, MP3s and mobile phones while crossing the road.
- Making sure your child knows how important it is to think for themselves especially when walking in a large group.
- Encouraging your child to leave in plenty of time. Late children take more risks.

When crossing at junctions, discuss with your child how they will need to decide whether it is safer to stand on the corner so that they can see in all directions or move away from the junction so they have less to concentrate on.

Sometimes crossing between parked cars is unavoidable. Explain to your child that they cannot be seen or see properly from the pavement. They need to move to the outer edge of the cars and then stop to check that it is safe to cross.

Roundabouts can be tricky to cross as children can't always work out the direction that traffic is coming from. Have a chat about this if there are any on your child's route and look for any crossings that they could use.



Encourage your child to use pedestrian crossings when it is possible. Point out that drivers can sometimes be distracted too and that it is important to check that it is safe before they start to cross.

## Planning to use public transport

### As a parent you can help by:

- Having a conversation about how to stop the bus safely and practising together.
- Discussing safe and dangerous behaviour on the bus or train.
- Reminding your child to leave on time with the correct pass and/or enough money.
- Talking with your child about what they should do if they miss the bus. They should never run across the road to avoid missing the bus. Many children are hurt because they didn't want to be late for school.
- You should also discuss with them the best place to cross once they have got off the bus – they are best to wait for the bus to have moved on, and find a place to cross where they can see clearly.
- Looking at [wymetro.com](http://wymetro.com) and [generationm.co.uk](http://generationm.co.uk) together to help them plan their journey and find out about discount passes and fares.



## Planning to travel by car

### As a parent you can help by:

- Parking responsibly. Consider parking away from the school and allow your child to walk the rest of the way.
- Thinking about car sharing, you could save time and money as well as giving your child chance to socialise.
- Discussing the need to wear a seatbelt and the reasons why they should do this at all times. Children are less likely to wear seatbelts when travelling without their parents.
- Talking to your child about safe and responsible behaviour while travelling as a car passenger.