Parent Fact Sheet:

On the way to High School:

Tips for Safer Travel

Regularly discuss with young people risks they face when travelling to high school and how to cope with these risks. Make some journeys to school with them to help identify the safest route, injury risks and ways of safely managing their travel. Have a back up plan of what to do if something goes wrong during the journey.

Young teenagers are *PEDESTRIANS* for at least some of their journey so remind them that...

- They need to stop, look, listen and think every time they cross the road.
- Pedestrian crossings, refuges and crossings with traffic lights should be used, however they still need to be careful as cars do not always stop.
- Crossing from between parked cars or behind buses is dangerous and not on.

If young teenagers are starting to *CATCH THE BUS OR TRAIN* suggest they...

- Wait for a bus well back from the road and wait for a train behind the platform's yellow line.
- Let a bus or train go rather than take risks rushing to catch one – a back up plan is vital here.
- Hold on when standing and keep clear of windows and doors, especially when doors are opening or closing.
- Follow the Code of Conduct sent out with transport passes - mucking up puts everyone at risk.
- Travel quietly on the bus so that the driver can concentrate.
- Wait until the bus has gone so they can see and be seen before crossing the road.
- Remember train tracks are always 'no go' zones.
- Obey warnings at level crossings, use pedestrian crossings if available and always stop, look, listen and think before crossing.

If young teenagers *TRAVEL BY CAR* they should...

- Understand that it is the law to wear a seatbelt.
- Discuss their travel arrangements with you before accepting a lift.
- Be a responsible passenger by not distracting the driver.
- Say something if the driver starts taking risks, such as speeding.
- Reduce the risks by getting out of the car on the kerb side, not the traffic side, and crossing the road only when there is a clear view and it is safe to cross.

If young teenagers *RIDE A BIKE* explain that...

- It is the law to wear a helmet that complies with the Australian and New Zealand Standard (AS/NZ2063) when riding a bike in a public place. The helmet needs to be buckled and fit firmly so that it protects the forehead and won't slip.
- They need to develop skills and understanding for riding in traffic environments.
- Wearing something reflective will make them more easily seen in traffic.
- Carrying a heavy bag will affect their ability to balance and steer the bike.
- They should use shared pedestrian/bike paths or bike lanes, where available.
- They need to check their bike regularly to ensure that the bike and brakes are in good order.

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