Back-to-school can be chaotic, and it presents new safety challenges. Practicing and preparing children early for school dangers will leave everyone feeling safer and more secure. Teach children about:

**TRAFFIC SAFETY**
- Walk kids to the bus stop using sidewalks and crosswalks, and obey traffic laws.
- Show children how to get on and off the bus safely.
- Never bend down to pick something up in front of or under the school bus.
- Make sure children walk at least ten feet in front of the bus to cross the street. Kids and bus drivers should always be able to see each other.

**WALKING OR BIKING TO SCHOOL**
- Walking or Biking to school: Obey traffic laws, always wear a helmet, avoid distracted walking or riding, and never speak to strangers.
- Walkers and bikers should take safe, visible routes to school. Never let children take an alternative route without consent.
- Encourage children to walk together in groups for safety.

See something, say something: If you notice any suspicious individuals or behaviors near school grounds, don’t hesitate to call 9-1-1.

Practice emergency preparedness drills: fire, flood, active shooter, and natural disasters.

Children should wear backpacks with two thick straps to evenly distribute weight on their shoulders. Backpacks should not weigh more than 5%-10% of a child’s body weight.

**DRIVING TO SCHOOL**
- Make sure everyone inside the car is safely fastened with seatbelts and car seats.
- Never pull away from school until all children are accounted for and safely entering the building. Make sure everyone knows the designated pick up spot.

**PLAYGROUND SAFETY**
- Don’t ignore playground head injuries! Make sure your child sees a doctor immediately.
- Check the playground: Make sure there are at least 12 inches of mulch, chips, gravel, or safety-tested rubber-like materials for cushioning.
- Bullying: teach children the dangers of bullying. Look out for signs your child may be a victim of bullying.

Sources:
https://www.nsc.org/home-safety/seasonal-safety/back-to-school

www.childhoodpreparedness.org