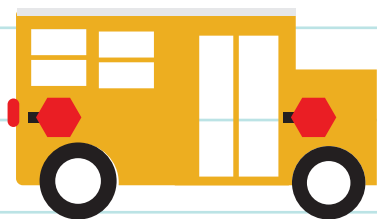


BACK TO SCHOOL SAFETY TIPS



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.

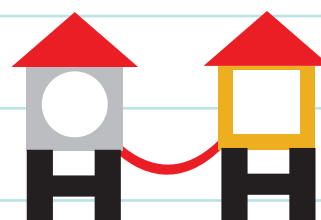
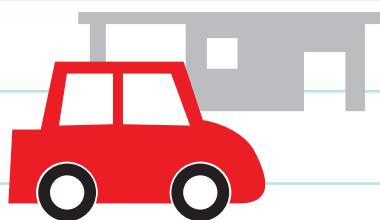
WALKING OR BIKING TO SCHOOL

- 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.



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www.childhoodpreparedness.org

Sources:

<https://www.rd.com/advice/parenting/back-to-school-safety-tips/>
<https://www.nsc.org/home-safety/seasonal-safety/back-to-school>