

**I have the right
to be safe**



I AM SAFE – BACK TO SCHOOL SAFETY TIPS

September is fast approaching and we all know what that means ... time for the kids to go back to school. Child Find Alberta would like to remind all parents and children of some simple, yet effective, safety rules. Whether your child travels by bus, car, bicycle, or foot, using these rules will help improve your child's safety as they start another school year!

I AM SAFE ON THE BUS

Riding the bus is one of the most common methods of travel for children. Despite all the safety measures by the transportation companies, accidents do happen and children can be injured. Child Find Alberta encourages you to practice these safety rules with your children.

I AM ON TIME. Teach your children to arrive at the bus stop a few minutes before the pickup time. Ensure that your children understand if they miss the bus they will not go running after it; they are to go back home or if they are at school, to go back inside and tell a teacher.



I STAY ON THE SIDEWALK. When your children walk to the bus stop and while they are waiting for the bus, make sure they know not to leave the sidewalk until the bus has come to a full stop and the door is open.

I PRACTICE GOOD BEHAVIOUR. Let your children know that the bus driver needs to concentrate while driving. For the safety of everyone on the bus, explain to them they are not to distract the driver.

I STAY SEATED. Remind your children that they are in a vehicle and just like when they ride in their parents' car, they are to remain seated. Also, tell them to keep all their belongings safely under their seat on the bus.

I REMAIN INSIDE THE BUS. Tell your children they should never stick anything out the windows of a bus, including their legs, arms, head, etc.

I TRY TO NOT EAT ON THE BUS. Explain to your children to save their food for snack times or until they get home to eat if possible. Travelling on the bus might not always be the smoothest ride and children could choke on their food. This is very dangerous since the driver may not be able to help the child immediately in case of an emergency.

I WAIT FOR THE BUS TO COME TO A COMPLETE STOP. Before getting off the bus, make sure your child knows to stay seated and wait until the bus has come to a complete stop and it is safe to exit.

I KEEP MY DISTANCE. Let your children know they should take a couple large steps away from the bus as they exit. If they need to walk in front of the bus, let them know to always keep a safe distance between the bus and them. If your child drops something near or under the bus, explain to them they should never attempt to retrieve it without the driver's permission.

I AM SAFE IN THE CAR

I PRACTICE SAFETY DRIVING HABITS. As travelling by bus, ensure your children adopt the same safety rules when travelling by car.

I AM SAFE ON MY BICYCLE



The rider must have enough experience and be of a mature age to ride to school alone. (9-12 years of age)

I WEAR A PROPERLY FITTED HELMET. Explain to your children the importance of riding their bikes with the proper safety equipment.

I DRIVE A SAFE BICYCLE. Have your child's bike properly fitted and in good working condition. Make sure they have a bell and a flag installed on their bike.

I KNOW THE RULES. Educate your child on the road rules. Make it clear that they must obey all traffic rules, signs and signals.

I AM EXTRA CAUTIOUS WHEN RIDING IN THE DARK. If your child needs to bike in the dark, make sure they have reflective clothing and lights.

I AM SAFE WHEN WALKING ON THE STREET



Many children live close enough to their school that they can walk. Have a discussion with them while keeping the following safety tips in mind.

I USE SAFE & DIRECT ROUTES. Physically teach your children the safe routes to walk to school or to any specific place where they will go after school.

I STAY ON SIDEWALKS. When your children walk to school or elsewhere, make sure they know

not to leave the sidewalk. Teach your children to always look both ways **twice** before crossing the street and to only cross at crosswalks. Explain to them that it is not only dangerous to run across a road, but also against the law.

I WALK WITH A BUDDY. There is safety in numbers. If possible, your child should walk with a buddy to and from school.

I WILL NOT ACCEPT RIDES/INVITATIONS WITHOUT PERMISSION. Explain to your children that they are never to get into a car with anyone, unless they have permission. Play several “What If” scenarios with your children to find out their level of understanding on the topic.



I SAY NO AND RUN. Teach your children to not go near cars or people they do not know who are asking for some kind of help.



I KNOW WHERE TO GO AND WHO TO CALL.

Ensure your children know where to go or who to call in case of an emergency. Practice dialing important phone numbers with your child.

I ALWAYS ASK MY PARENTS OR TEACHER.

Ensure that your children will always tell you or their teacher where they will be at all times.



Knowledge is Power. Take the time to empower your children with these safety tips.

Child Find Alberta wishes all parents and children a SAFE back to school season!

The Child Find Alberta would like to assist you if you have any questions, comments or concerns. Please call us at 1.800.561.1733 or email us at info@childfind.ab.ca