

Road safety



It's been a long day and the fight through the parking cars, with a toddler in tow, to pick up your 7 year old from school has you frazzled. Your toddler throws herself onto the ground for a good scream, just as your older child makes a dash onto the road towards a friend from school. You hear the brakes screech...

Sound familiar? This is just one of the risks of road accidents that could crop up around tea-time. Here are a few more common dangers to consider, along with our top tips for keeping children safe:

👉 Pedestrians – children have difficulty judging speed and distance until they are at least eight, and older children are still at risk: **the number of children injured as pedestrians peaks at 12** when many children start travelling to and from school on their own.

- Make sure young children know to hold your hand or use walking reins
- Start to teach the Green Cross Code from around the age of five
- Set a good example and avoid dashing across the road
- Remind children not to talk or text on mobiles or listen to music when crossing the road.

👉 In cars – not all car seats fit all cars, and if the seat isn't right, or fitted incorrectly, your child won't be as safe as they should be.

- Make sure you use the right car seat for your child's age, weight and height
- Use a car or booster seat for all children under 135cm or under the age of 12.

👉 Cycling – almost one quarter of the cyclists killed or injured are children. Cycling accidents increase as children grow older, with **10 to 15 year-old riders at greater risk** than other age groups.

- Get your child into the habit of always wearing a helmet when cycling.

👉 Speed – if hit by a car travelling at 40mph, 80 out of 100 child pedestrians will die. If hit by a car travelling at 20mph, 95 out of 100 child pedestrians will survive.

- Keep an eye on your speed – with today's powerful cars, it's so easy to creep over the speed limit.

Find out more

Visit the safety advice section of the Child Accident Prevention Trust website:

www.capt.org.uk/safety-advice

Visit our Facebook page:

[www.facebook.com/](http://www.facebook.com/ChildAccidentPreventionTrust)

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Child road injuries peak between 3pm and 7pm. There are more serious and fatal injuries to school-age pedestrians in the afternoon and early evening than at any other time.

CAPT resources for your event

- It's fun to go out but... pictorial booklet
- We can get thrown about in the car poster
- How safe is your child in the car? leaflet
- 5-7s top safety tips leaflet
- 7-11s top safety tips leaflet

Available from CAPT's online shop

www.capt.org.uk/shop.



Activity ideas

- Use the tea-time road accidents scenario on the opposite page to start discussions with parents and find out if their children have experienced accidents or near misses in the tea-time chaos.
- Teach children the steps in the Green Cross Code by building your own road using chairs for cars, boxes for buildings and using masking tape to draw out road markings and crossings.
- Ask children to design a road safety mascot and list the safety points he or she would be championing.
- Run a car seat safety check session. Your local road safety, trading standards or community police team may be able to help you with this.
- Demonstrate to older children how easy it is to become distracted. Get them to do something simple like copy text out from a book whilst their friends walk round and round the table talking to them. Then get them to do it without the distraction.

Useful links

For road safety games, quizzes, tips and advice for 6-11 year olds and their parents and carers, visit www.talesoftheroad.direct.gov.uk.

For 8-14 year olds, with resources on the transition from primary to secondary school, when children are most at risk of road accidents, check out www.streetwiseguys.co.uk.

Check out the lesson packs for teachers, and the activities and resources for early years and primary, including interactive games, posters, colouring-in downloads, stories and advice on teaching the Green Cross Code at <http://think.direct.gov.uk/roadsafety.html>.

The Cycle-Smart Foundation has educational materials and information about cycle helmets: www.cycle-smart.org.

For Scotland

www.streetsense2.com is a road safety educational resource for primary schools.

www.A2Bsafely.com is a film-based website, originally designed for young people with mild to moderate additional learning needs.

www.road-safety.org.uk is Road Safety Scotland's main website with information and resources tailored for different audiences, including pre-school resource Go Safe with Ziggy.