



MY SCHOOL IN MOTION

A Family Guide to Walking and Biking Safely

Encouraging students to walk and bike to school and around the community builds independence, health, and confidence, but safety matters!

Why This Matters

- Over 8,000 pedestrians were killed in the U.S. in 2022
- 140,000+ injuries occur each year
- Children ages 10–14 are at higher risk as independence grows

Safe habits today build lifelong awareness.

- After School = Higher Risk
- 36% of child pedestrian deaths happen between 3 and 7 PM
- Dusk and busy roads increase danger



Top 5 Walking Safety Rules

- Cross at corners or crosswalks
- Look left–right–left before crossing
- Make eye contact with drivers
- Stay off phones and headphones
- Walk on sidewalks (or face traffic if none)

Bike Smart

- Always wear a helmet
- Ride in the same direction as traffic
- Use lights and reflectors
- Follow traffic signs and signals
- Ride predictably and visibly

Students Learn By Watching – Model Safe Behavior

- Walk/bike the route together first
- Use sidewalks and crosswalks
- Avoid busy intersections when possible
- Set clear expectations before independence