



HELMETS



Suggested discussion points:

- Always wear a helmet when riding a bike or scooter
- Helmets protect our heads and our brains
- Your helmet must be done up properly to do its job
- Always ride on the footpath, not the road
- Stay close to your adult when out riding - don't get too far in front
- Watch for vehicles when crossing driveways
- Wait for your adult before you cross a road – never cross alone
- Always get off your bike or scooter and walk your bike/scooter across the road
- Remember to Stop Look Listen Think before you cross the road together





HOLD HANDS



Suggested discussion points:

- Always hold hands with an adult before you cross a road – never cross alone
- Always hold an adult's hand when near roads
- Always hold an adult's hand when near vehicles in other places, like in a carpark
- If you can't hold their hand, you can hold onto something else - their clothes, their bag, the pram, the shopping trolley
- Adults are generally taller and can see further than children
- Adults have more experience around roads and can make safer decisions
- Remember to Stop Look Listen Think before you cross the road together





SCHOOL CROSSING



Suggested discussion points:

- A School Crossing is the safest place for children and adults to cross the road
- The School Crossing Supervisor is there to stop the traffic and help us cross the road safely
- Stand behind the yellow line while waiting to cross
- Hold an adult's hand because you are near a road
- Wait for the Supervisor to blow their whistle 2 times, this tells you it is safe to cross now
- Holding hands, walk between the lines as you cross the road together in front of the supervisor
- Anyone can use a School Crossing – you don't have to be a school student





STOP LOOK LISTEN THINK



Suggested discussion points:

- Always hold hands with an adult before you cross a road – never cross alone
- When we get to a road, we need to Stop, Look, Listen & Think before we cross
- **STOP** – stop before you get to the road
- **LOOK** – use your eyes, look left & right, look for cars, bikes, trucks, etc and a safe place to cross the road
- **LISTEN** – use your ears, listen for vehicles, horns beeping, sirens, etc
- **THINK** – your adult will think and decide when it is safe to cross the road together
- Adults have more experience around roads and can make safer decisions





CARPARK SAFETY



Suggested discussion points:

- Carparks are busy with vehicles and traffic, just like roads
- Do not get out of the car until your adult says you can or comes and helps you
- Your adult might be helping your little sister or brother to get in or out of the car safely, so you might have to wait
- While waiting for your adult, put your hand on your car and stay still, which keeps you away from other cars and is a safe place to wait
- Always hold an adult's hand when walking in a carpark
- If you can't hold their hand, you can hold onto something else - their clothes, their bag, the pram, the shopping trolley
- Walk close with an adult when in a carpark - don't run off
- Remember to Look and Listen for vehicles moving around the carpark
- It is very difficult for a driver to see children who are walking alone





DRIVEWAY SAFETY



Suggested discussion points:

- Driveways are not a safe place for children to play
- Driveways are for vehicles, not people
- Driveways can be dangerous for people, as vehicles can be going forward and backward/reverse
- It is very difficult for a driver to see children in front and behind their vehicle
- If an adult is moving the car, you are safest inside the house, buckled inside the car or with another adult holding your hand
- Remember to Look and Listen for vehicles coming in and out of driveways





PEDESTRIAN LIGHTS

Suggested discussion points:

- Pedestrian lights are a safe place for children and adults to cross the road
- They are like traffic lights for people – they tell us when to stop and go
- The Pedestrian lights help to stop traffic so that people can cross the road
- Always hold hands with an adult before you cross a road – never cross alone
- The Red Man means Stop – we cannot cross the road safely now
- The Green Man means Go – we can cross the road safely now
- When you get the Green Man, keep holding hands and walk between the lines as you cross the road together
- Remember to Stop Look Listen Think before you cross the road together





PEDESTRIAN CROSSING



Suggested discussion points:

- A Pedestrian Crossing is a safe place for children and adults to cross the road
- Sometimes this is also called a Zebra Crossing – because of the black & white stripes – like the animal zebra
- The Pedestrian Crossing helps to stop traffic so that people can cross the road safely
- Always hold hands with an adult before you cross a road – never cross alone
- Stand behind the line while waiting to cross
- Wait for the vehicles to stop
- Holding hands, walk between the lines as you cross the road together
- Remember to Stop Look Listen Think before you cross the road together





CAR SEATS & SEATBELTS



Suggested discussion points:

- There are different car seats for children of different sizes
- There are baby capsules, car seats and booster seats
- Always sit in your car seat, it is the safest choice for you
- Always use the harness in your car seat – you will then be ‘buckled up’
- Make sure your harness is done up before the adult starts driving – you might need to remind them
- Never undo a harness while the vehicle is driving
- It’s important to keep your arms in the harness properly
- Do not undo your harness until your adult says you can or comes and helps you
- Adults and older children must always wear a seatbelt and never take a seat belt off while the vehicle is driving
- Car seats, harnesses and seat belts protect our bodies and keep us safe
- Children need special car seats and harnesses to protect little bodies – we are too little to sit on the normal seat in our cars





LISTENING TO ADULTS



Suggested discussion points:

- Adults have more experience around roads and can make safer decisions
- Always hold an adult's hand when near vehicles, such as crossing the road & walking through carparks
- Always hold hands with an adult before you cross a road – never cross alone
- When we get to a road, we need to Stop, Look, Listen & Think before we cross
- **STOP** – stop before you get to the road
- **LOOK** – use your eyes, look left & right, look for cars, bikes, trucks, etc and a safe place to cross the road
- **LISTEN** – use your ears, listen for vehicles, horns beeping, sirens, etc
- **THINK** – about whether it is safe to cross the road together with your adult
- When waiting to get in your car, put your hand on the car and stay still until your adult is ready

