



Empower your kids today!

## ARE YOUR CHILDREN "KID SMART?" ATA TIPS FOR GOING TO AND FROM SCHOOL MORE SAFELY

Every day millions of children take to the streets and roadways to get to and from school. They walk, ride their bicycles, take buses, and arrive in automobiles with one purpose-getting to and from school safely. Every year approximately 440,000 public school buses travel more than 4 billion miles to transport 24 million children to and from school and school-related activities. For many children, this experience is a new one, and they may not understand the safety rules. Young children do not have the same frame of reference for safety as adults do. They may not "look before they leap," which is why it is so important for families to supervise young children and practice safety skills with their older children. The tips noted below will help prepare your children for a safer journey.

1. Instruct your child to always **TAKE A FRIEND** when walking or riding his or her bike to and from school. It's safer and more fun to be with your friends. Walk and ride in well-lit areas, and never take shortcuts. When walking and biking, stay aware of your surroundings and observe all traffic rules in place to more safely share the roads and sidewalks with others.
2. Even though there is safety in numbers, it is still not safe for young children to walk to and from school especially if they must take isolated routes before or during daylight. Always provide supervision for your young children to ensure their safe arrival to and from school.
3. Your child should stay with a group while waiting at the bus stop. If anyone bothers your child while going to and from school, you should teach him or her to get away from that person, and **TELL** you or another trusted adult. If an adult approaches your child for help or directions, remember that grownups needing help should not ask children for help; they should ask adults.
4. Instruct your children that if someone they don't know or feel comfortable with offers a ride, say **NO**. Children should never hitchhike or accept a ride from someone unless you have told them it is okay.

Most ATA/WTTU/STF schools offer FREE Child Safety/Child Abduction Awareness seminars to protect children in their communities. These seminars allow parents and children to learn and practice safety tips, techniques and strategies. Contact your local Songahm Martial Arts school to find out more!

