

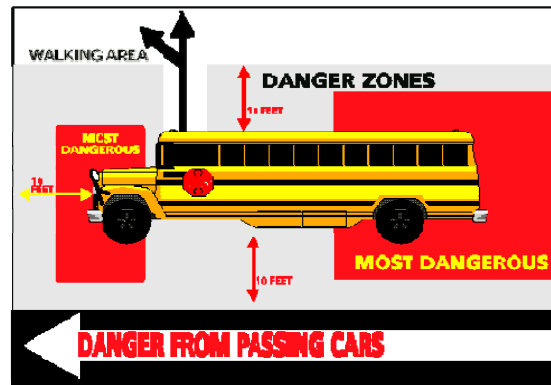
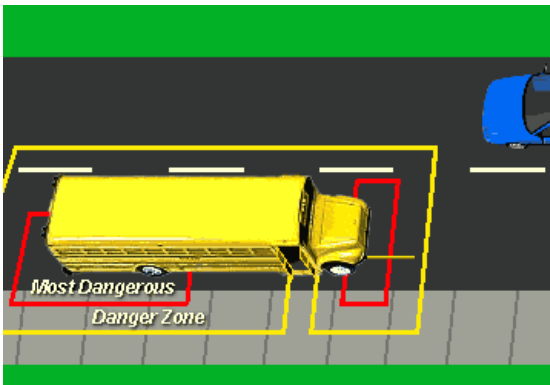
## SCHOOL SAFETY (K-8)

### PEDESTRIAN SAFETY

- Educate your child to obey stop signs, traffic signals and crossing guards
- Always cross at a street corner or cross-walk
- Before crossing, when safe, look left, right, and left again for cars before crossing
- Always walk with friends or adults, never alone

### BUS SAFETY

- While at the bus stop, keep a safe distance away from traffic
- As the school bus approaches, keep at least 10-feet from the bus, until the driver signals that it is safe to approach



Graphics from National Highway Traffic Safety Administration (NHTSA)

### CAR SAFETY

- Ensure that your child is properly seated in the back seat in an appropriate child safety seat or booster seat for children under six years of age or weighing less than 60 pounds
- For children six years of age and older or weighing more than 60 pounds, they must be seated in a lap/shoulder belt
- Adults must always wear their seatbelt
- Never leave your child alone in a car without the supervision of person who is 12 years of age or older-It's a California Law!

### BICYCLE SAFETY

- California Law requires your child always wear a helmet that meets safety standards of the U.S. Consumer Product Safety Commission (CSPC), Snell, ANSI, or ASTM, every time they ride their bicycle
- Make sure the helmet fits snugly, flat across their head, and is fastened
- Walk bikes through intersection when crossing a street



## PERSONAL SAFETY

- Children must know their home phone number, address, parent's work or contact number, or that of another parent-approved adult, and how to use 911 in case of an emergency at school or on their way to or from school. Ensure that the child carries a telephone card and knows how to use it.
- Plan a safe walking route to school or bus stop with your child. Use the most direct way to the school or bus stop that has the least street crossings. Be sure to cross at intersections with crossing guards. Walk the route with your child. Avoid vacant lots, parks, and places where few people are around.
- If an older child is left alone at home for a short time after school, ensure that:
  - Rules are in-place for locking the doors and windows as well as answering the phone and door.
  - Have a trusted neighbor agree to have the child check in with them after they return home. Provide the neighbor with your contact number in case the child does not check-in as scheduled. Ensure the child has the neighbor's phone number to check-in in case of a delay at school.
  - Provide rules to not allow friends to visit without an adult in the home.
- Educate your child to never walk to or from school alone, always stay with a school friend, family member, or trusted neighbor.
- Educate your child to never talk to strangers or accept rides or gifts of any kind.

## SPORT/PHYSICAL ACTIVITY SAFETY

- Parents should encourage their child to check with their school to learn of age-appropriate playground equipment, improve school playground and recreation facilities, such as soccer, football and baseball fields.
- Prior to participating in a sports program, ensure:
  - Appropriate safety equipment, safe playing environment
  - Proper conditioning
  - Drink adequate water or hydration drinks that replace electrolytes-no caffeine, alcohol, or sweetened drinks.
  - Adequate supervision and enforcement of rules



## BULLYING PREVENTION

- For students, if bullied:
  - Do not retaliate
  - Respond firmly or say nothing and walk away
  - Act confident
  - Talk with your parents. Telling is not tattling.
  - Talk with a trusted teacher, faculty, counselor, principal or have your parent talk with your school.
  - Have friends that stick up for each other
  - Take a different route, whether around or to and from school. Avoid unsupervised areas.
  - Avoid taking expensive items to school
- For parents, if your child is bullied:
  - Encourage your child to develop new friends
  - Maintain contact with your child's school
  - Maintain a record of bullying incidents, such as date, time, location, individuals, etc..
  - Encourage your child to share problems with you
  - Provide support for your child through positive compliments
  - Encourage your child to participate in physical activities and sports at school



To learn more, visit [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)