Bike and Skate Safety

You want to be able to ride your bike right out of the store. When you buy a new bike, choose one that is the right size for you, not one you will grow into.

• Buy a helmet that fits you and that you like. Wear it every time you ride your bike, skateboard, scooter, etc.
• Ride on the sidewalk, so you don’t have to worry about cars.

Traffic Precautions

• Always cross the street with an adult. Make sure to look left, right, and then left again before crossing and to only cross at corners using traffic signals and crosswalks.
• Do not run out into the street or cross between parked cars. Make eye contact with drivers before crossing their path.
• Walk on sidewalks or paths whenever you can. If there is no sidewalk or path, walk facing traffic as far to the left as possible.
• If you need to use your cell phone, stop walking and find a safe place away from the street.
• Do not ever wear headphones when you cross the street.
• Do you want to learn more and become an advocate for safety on the way to school? Visit http://saferoutespartnership.org/ for resources.

Preventing Burns

• Matches, gasoline, lighters, and fireworks are not toys. Do not ever play with them.
• Do not use a microwave by yourself unless your parent allows you to. Microwaves may look harmless, but using them improperly can be very unsafe.
• Do not play in the kitchen, around electrical appliances, or near outlets.
• Ask for help if you don’t know how to use an appliance in the kitchen.
• Playing with your friends can be a blast, but a painful sunburn can ruin the day. Apply sunscreen before going outside and reapply every two hours and after swimming.

Safety In and Around Cars

• Millionaires and celebrities pay lots of money to sit in the back seat and be driven around. Pretend to be a celebrity for as long as you can: sit in the back seat until you are at least 13.
• A booster seat could save your life. You should always sit in a booster seat until:
  • You can bend your knees at the edge of the seat when your back and bottom are against the vehicle seat back,
  • The vehicle lap belt fits across your upper thighs,
  • The shoulder belt fits across your shoulder and chest.
• Trunks are not meant for playing or hiding. Do not play or climb in a trunk at any time.

Avoiding Falls

• Don’t play on high porches, decks, stairs, balconies, or on top of furniture. Being a daredevil is only fun until someone gets really hurt.

www.stanfordchildrens.org
Sport Safety

• Ask your parents to take you to the doctor for a pre-participation physical exam (PPE) before playing in sports at school or with a sports club or team.
• Drink water before, during, and after athletic activities.
• Always warm up and stretch before playing, so you don’t get hurt.
• If something hurts, tell your coach. You want to take care of pain early before it gets worse.
• You should take 10 weeks in a row off for rest from any one sport every year to let your body rest.
• Always wear your helmet, pads, shin guards, mouth guard or other sports gear you need to stay safe.

Water Safety

• Do not ever enter or go near water without an adult near by.
• Whether you are in your best friend’s swimming pool or the ocean, make sure you always swim with a buddy.
• If you have a pool at home, make sure it has a proper drain cover or shut-off function, which will keep you from getting your body, hair, or clothes caught.