

Traffic crashes are the leading cause of death for North Carolina kids ages 1-17.

Kids learn by watching grown-ups. Teach your children how to be safe around traffic by:

Showing what safety looks like by setting an example.

Explaining your decisions and thought processes on the road.

Practicing safe walking, biking, riding, or driving with your child.

Your child will follow in *your footsteps*.

Teach them **safety** early and they'll carry it *for life*.



PLAY SPOTS!

“SPOTS” stands for
See
People
On
The
Street

To play the game, every time you see a person walking, biking, rolling, etc, say “SPOTS!” and tap your own head lightly. The player with the most “SPOTS!” wins.



How To Talk To Your Kids About Traffic



For more information, visit ncvisionzero.org/srts

SHOW

Children learn through imitation. By setting a good example when you walk, ride, or drive, you are ensuring their safety for years to come.

Kids notice and absorb your habits. Protect your child by modeling safe choices on the road.



Try It:

- 1 Keep both hands on the wheel (and off of your phone).
- 2 Buckle up, every trip.
- 3 Slow down and drive with patience.

EXPLAIN

Describe your decisions and observations as you travel to help your child understand your thought process. As you explain your choices, you help them build safe habits which will stay with them for life.



Try It:

- 1 “Oh look, there is a person waiting to cross the road. I’ll stop and wave so they know it’s safe to cross.”
- 2 “Looks like the cars ahead of me are braking. I will slow down too.”
- 3 “It’s raining! I better turn on my headlights so that other people can see me.”
- 4 “Sounds like someone is calling me. I’ll find a place to stop and then call them back.”

PRACTICE

As you travel, ask your child questions about what you see and practice a variety of situations together. This will build your child’s confidence and prepare them for real-life situations in the future.



Try It:

- 1 Before crossing a street, ask your child: “What should we look for? What should we listen for?” Then practice looking, listening, and crossing safely.
- 2 While driving, ask your child to point out people that they see. Talk about how to notice people walking or crossing.
- 3 Practice walking to places that you visit regularly. Plan times to walk with your child so they can practice being safe in parking lots, crossing roads, using crosswalks, etc.