

**NOTE TO PARENTS:** NHTSA has taken care in the preparation of this activity book, but the information it contains does not necessarily describe every situation you may encounter. Visit the NHTSA website at [nhtsa.gov](http://nhtsa.gov) for the new AAP/NHTSA car seat recommendations and for more information about safety belts and pedestrian, bicycle and school bus safety.\*

\*Tennessee Law Supersedes American Academy of Pediatrics (AAP)/National Highway Traffic Safety Administration (NHTSA) Recommendations.

TENNESSEE HIGHWAY SAFETY OFFICE

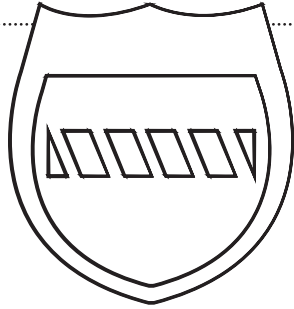
helping you **ARRIVE**

**TNTrafficSafety.org**



NAME: \_\_\_\_\_





# SAFETY PLEDGE

To be **Tennessee Traffic Safe**, I pledge:

1. To always buckle up!
2. To wear a helmet when riding my bike!
3. To only cross the street with an adult!

**SIGNATURE:**

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# BOE

# Safe



# GOOD WAYS TO GO PLACES

## TIPS FOR CHILDREN

### Riding in a Car

1. Riding in a car is fun, but you have to be safe, too! Do you know how to buckle up for safety? Ask an adult to make sure that you are safe and ready to go!
2. Make sure that everyone else is buckled up, too.
3. If you are 12 years old or younger, then you are very special! You get to ride in the backseat! It's the safest place for kids to be when they ride in the car.

### Crossing the Street

1. If you are 10 years old or younger, you need to cross the street with an adult. You should not cross by yourself. Ask an adult to tell you who can help you cross the street.
2. Before you step off the curb to cross, stop and look "Left—Right—Left" to see if cars are coming. Do you know your left from your right? If you do, that is great! If you don't, here is a hint: When you hold your left hand up, your thumb and first finger will make the letter "L," and that stands for "left."

### Riding a Bike

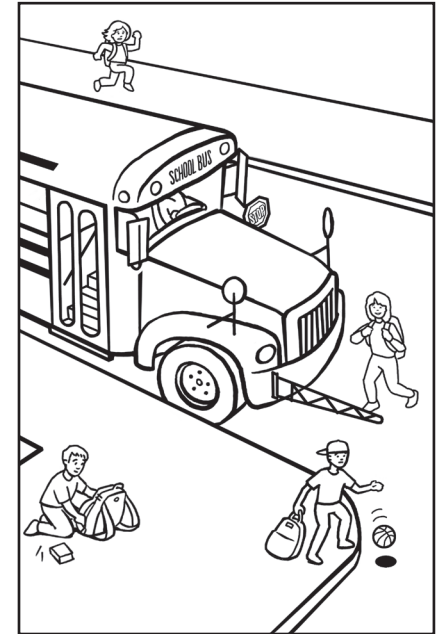
1. The best and smartest bike riders always wear their bike helmets! They know that a bike helmet will keep their head and brain safe. Are you one of the best and smartest riders?
2. Ask an adult to make sure that your helmet fits correctly. The helmet should fit low on your forehead so that two fingers fit between it and your eyebrows.
3. To ride safely, you need to know the "Rules of the Road." Do you know what the "Rules of the Road" are for bikes? If you don't, then you should not ride in traffic or without an adult.
4. When you ride your bike, wearing a helmet helps to keep you safe. You should also wear bright colors during the day and right before the sun rises or sets. This makes it easy for drivers to see you!
5. If you have to ride your bike at night, you should ride with an adult. You should also have lights and reflectors on the front and back of your bike. You can also get lights and reflective materials to put on your shoes, helmet and clothing. When light hits this material at night, it makes it easier for a driver to see you!

### Riding the Bus

1. Get to the bus stop at least five minutes early.
2. Line up at least five giant steps away from the street.
3. Wait until the bus stops and it is safe to get onto the bus.
4. Make sure that your backpack, book bag or clothing straps are not dangling so they don't get caught in the bus handrails or doors.
5. Look "Left—Right—Left" before you step off the bus to be sure no cars are coming.
6. If you have to cross the street in front of the bus, walk on the sidewalk or along the road to a point at least five giant steps ahead of the bus before you cross. Look "Left—Right—Left," and wait until it is safe before you cross.
7. NEVER walk behind the bus.
8. Walk at least five giant steps from the side of the bus.

## BUS SAFETY QUIZ

Find four things wrong with this picture. Circle them, then color the picture.



1. Girl should be walking, not running to the bus.
2. Boy kneeling didn't arrive early enough to be prepared.
3. Girl in front of bus where driver can't see her.
4. Boy playing with ball in street.

**ALWAYS  
WEAR A BIKE  
HELMET**



**ALWAYS  
CROSS THE STREET  
WITH AN ADULT**



# GROWING UP SAFE: It's a four-step process.

1

INFANT



2

TODDLER



3

BOOSTER



4

SEAT BELT



Tenny C. Bear from  
Tennessee Highway Patrol says:



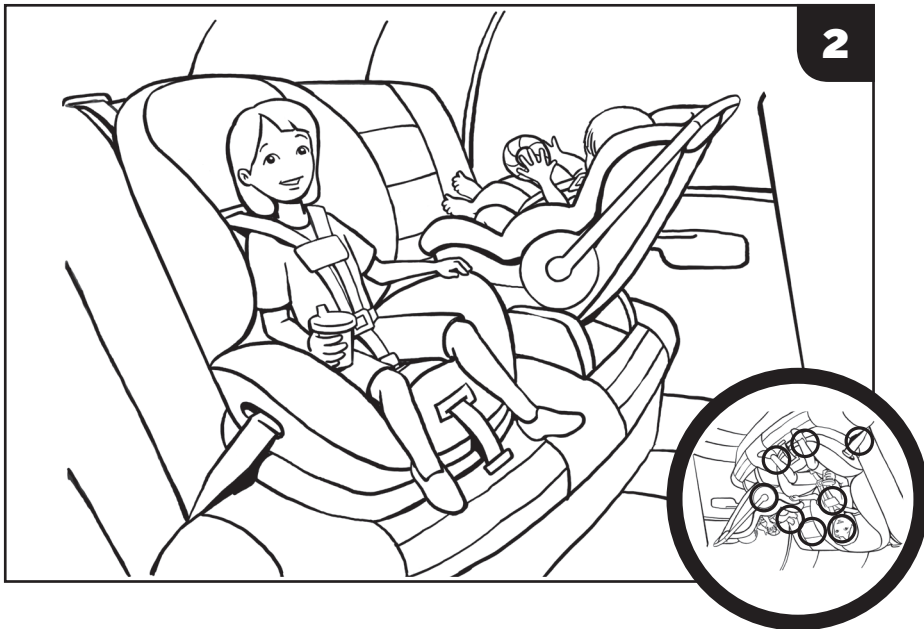
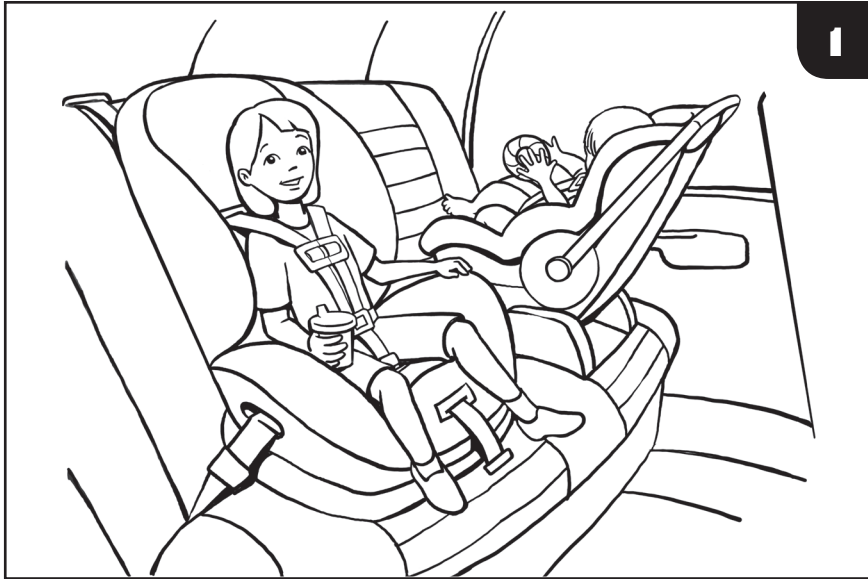
*Don't forget to  
**BUCKLE  
UP!***

Ollie Otter from the  
Booster Seat & Seat Belt Safety Program says:

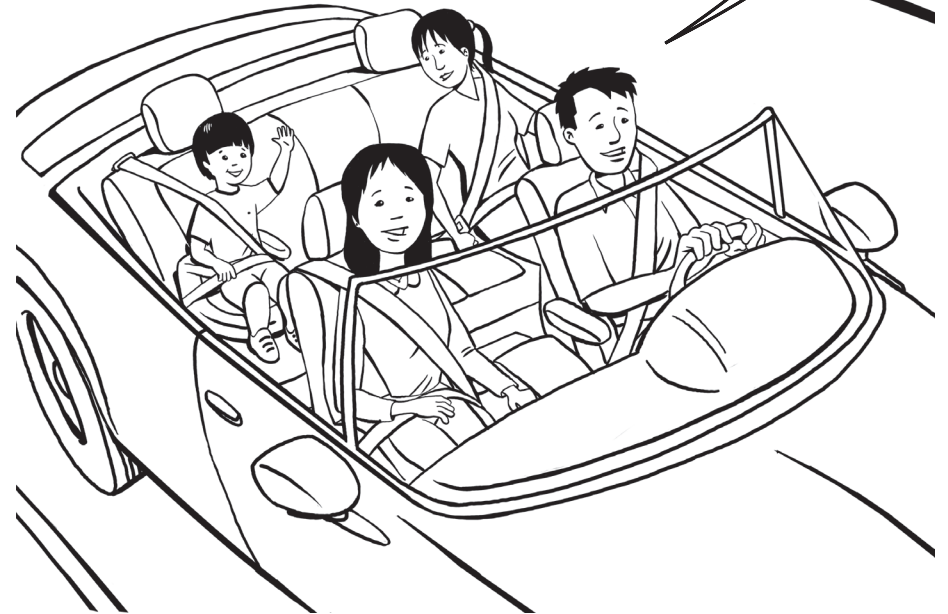


*Under 4'9" –  
**BOOSTER  
TIME!***

# "FIND THE DIFFERENCE" SAFETY GAME



**Always use  
SEAT BELTS!**



# “TRAFFIC SAFE” WORD SEARCH GAME

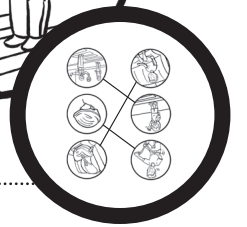
Find the TRAFFIC SAFE words from the key in the puzzle below.

- |                                    |                                    |                                 |
|------------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> CROSSWALK | <input type="checkbox"/> SEAT BELT | <input type="checkbox"/> DANGER |
| <input type="checkbox"/> CAR SEAT  | <input type="checkbox"/> CAUTION   | <input type="checkbox"/> STOP   |
| <input type="checkbox"/> EMERGENCY | <input type="checkbox"/> HELMET    | <input type="checkbox"/> GO     |

**E M E R G E N C Y J K**  
**L M N O P Q R S T U V**  
**W X Y C A B C D E F G**  
**H I D A N G E R P Q R**  
**S T U U W X Y Z H T C**  
**S E A T B E L T A M R**  
**O P Q I H T Q T W X O**  
**G A B O D E A G P I S**  
**K O M N L E L O S T S**  
**V W X L S A T M D E W**  
**O H R R D S E T E P A**  
**R H A U V W X Y Z T L**  
**M C E F G H I J K L K**

# “GOOD WAYS TO GO PLACES” MATCHING

Draw a line between the activity and the item that makes it safer.



# MORE SAFETY INFORMATION

## TIPS FOR PARENTS

### AAP/NHTSA Car Seat Recommendations\*

- Select a car seat based on your child's age and size; choose a seat that fits in your vehicle; and use it every time.
- Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system; and check height and weight requirements.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the backseat at least through age 12.

\* Tennessee Law Supersedes American Academy of Pediatrics (AAP)/National Highway Traffic Safety Administration (NHTSA) Recommendations.



If you need more information on **car seats, school buses, walking, bicycles, seat belts or more**, visit the National Highway Traffic Safety Administration's Parents Central website at

**safercar.gov/parents**

### 4 STEPS FOR KIDS



**TENNESSEE CARES ABOUT**  
 ★  
**Child Passenger Safety**



## GROWING UP SAFE: It's a four-step process.

1

**REAR-FACING INFANT SEATS**

Birth through age one and 20 pounds or less, rear seat if available.

2

**FORWARD-FACING TODDLER SEATS**

Age one through age three and greater than 20 pounds, rear seat if available.

3

**BOOSTER SEATS**

Age four through age eight and less than 4'9" tall, rear seat if available.

4

**SEAT BELTS**

Age nine through age twelve and greater than 4'9" tall, rear seat if available.

As children grow, how they sit in your car, truck or SUV should change.\* Save your child from injury or death by observing all four steps:

**Check out the National Highway Traffic Safety Administration website for the latest news and updates.**

[nhtsa.gov](http://nhtsa.gov)

\* To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.

A certified child passenger safety technician can check your installation and answer questions.

**To find a technician or an inspection station near you, go to**

[tntrafficsafety.org](http://tntrafficsafety.org)



TENNESSEE HIGHWAY SAFETY OFFICE  
 helping you **ARRIVE**



**REMEMBER: All children under 13 should ride in the backseat.**

