

# Going To and From School More Safely



Millions of kids ride a bike, take the bus or walk to school every day. Help get them to and from school more safely by following this checklist.

- Review the four rules of personal safety with your children. Remind them to:
  - Check first with you or the adult in charge before going anywhere, helping anyone, accepting anything or getting into a car.
  - Take a friend when going places or playing outside.
  - Tell people "NO" if they try to touch you or hurt you. It's OK for you to stand up for yourself.
  - Tell a trusted adult if anything makes you feel sad, scared or confused.
- Walk the route to and from school with them pointing out landmarks and safe places to go if they need help. Tell them not to take shortcuts and to stay in well-lit areas.
- If your younger children take the bus, wait with them or make sure they're supervised by someone you trust at the bus stop.
- Teach your children to recognize the tricks someone may use to abduct them such as asking for help or offering them a ride. Tell them to never approach a car without getting your permission first.
- Encourage your children to kick, scream and make a scene if anyone tries to take them.
- Instruct your children to get away as quickly as possible if someone is following them. If they are being followed by someone in a car, teach them to walk in the opposite direction from the one in which the car is driving.
- Be sure your children's school has up-to-date emergency contact information. Learn about their pick-up procedures so only those you've authorized can pick up your children.
- Make sure your children know how to contact you in case of an emergency.



For more information about child safety, visit [MissingKids.com](http://MissingKids.com)

