

## ***FIND YOUR WAY***

- Check your route before you set out so that you don't get lost and end up in a rush, which could contribute to you making bad road safety decisions. It will also allow you to risk assess your route before you leave (either in your head, or discussing it with a parent). You should think about which route is safest, and when you've decided which route to take, think about any ways in which you can make it safer.
- Wearing some lighter and brighter clothing will help drivers to see you in daylight, and carrying a bag or wearing a jacket with reflective strips will help them to see you at night.
- Always tell a parent or carer where you are going. Think about whether you have forgotten anything before you leave the house.
- Being prepared can help to keep you safer (for instance taking an umbrella may make you less likely to make bad decisions, such as running across a road instead of using a crossing, or taking an unsafe short cut).
- Make sure you keep enough money aside so that you can get home safely, e.g. by bus.
- Give the road your full attention. Don't be distracted by friends, mobile phones and i-pods.
- It pays to have your route planned in advance. Print out a map before you go to avoid getting lost.
- If you have a phone, and you're meeting people, try to keep enough credit to call them if you get lost, or to call your parents.