



**Texas Children's
Hospital**

Center for Childhood
Injury Prevention

Pedestrian Safety

Everything you need to know to keep your kids safe while walking.

Unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19. Whether your kids are walking to school, the park or a friend's house, here are a few simple tips to make sure they get there safely.

Teach Kids the Basics

- When possible, walk on sidewalks or paths and cross the street at the corner, using traffic signals and crosswalks. Most injuries happen mid-block or someplace other than intersections. If there are no sidewalks, walk facing traffic and as far away from vehicles as possible.
- Kids should look left, right and left again before crossing the street.
- Teach children not to run out into the street or cross between parked cars. They should make eye contact with drivers before crossing and watch out for cars that are backing up or turning.
- Children under 10 should cross the street with an adult. Each child is different, but it can be hard for kids to judge speed and distance of cars until age 10.
- If you walk when it is dark, make sure to be seen. Wear reflective colored clothing so drivers can see you.



Take Action Against Distraction

- Teach kids to look up and pay attention when using their cell phones or other electronic devices. They should put these down when crossing the street. This is especially important with teenagers.
- If your kids need to use a cell phone, teach them to stop walking and find a safe place to talk.
- If your child uses headphones, they should pull them down or turn down the volume before crossing the street.



Drive with Extra Care

- Be alert in school zones and residential neighborhoods. Be on the lookout for bikers, walkers and runners who may be distracted or may step into the street unexpectedly.
- When driving, put cell phones and other distractions in the back seat or out of sight until you arrive at your final destination.

