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## 5+2 Back to School Safety Tips

### Dates to Remember

September 3rd  
Labor Day

September 11th  
Remembrance of the terrorist attacks of 2001.

September 14th  
Talk Like a Pirate Day

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Trivia

There are lots of ways that kids get to school nowadays. Whether by bus, bike, scooter or skateboard, on foot or in the back of your car, there are important safety issues that you have to discuss with your child before setting off to their first day of school.

1. Plan your route beforehand. If your child will be traveling to school without you, do a practice walk before school starts so they're sure to know the way.

2. Make certain that your child understands all traffic signals and signs, and how to follow them.

3. Use the buddy system! Your child should be walking or riding to school with a friend, teacher or family member.

4. If your child is riding a bike, scooter or skateboard make sure they have all the proper safety equipment including helmets and kneepads.

5. Drop your kids off as near to the school as possible (no matter how much they might want you to go around the block!)

6. Talk with your children about bus safety, including how to walk near a bus and to board and deboard safely.

7. Make sure your kids know your phone number, the phone number of another trusted adult, your home address and how and when to dial 911.



# Slide Into Safety

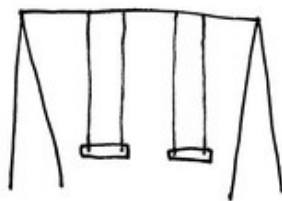
You want your child to have fun, but to stay safe while they do so. Remember this acronym, and you might just help them do both!

**S**urface. You should check to make sure that the surface the playground is built on is soft enough to protect from a fall. There should be a loose material like wood chips or rubber mats, never asphalt, concrete, or packed earth.

**A**ttention. The best protection that your child has against injury is supervision. If something were to happen, quick action could mean all the difference.

**F**all. Falls are inevitable. Never move your child if you believe they may have a serious head injury, are unconscious or having trouble breathing. Watch their behavior closely afterwards and seek medical attention if they are having trouble staying awake, have continued pain or are exhibiting other unusual behavior.

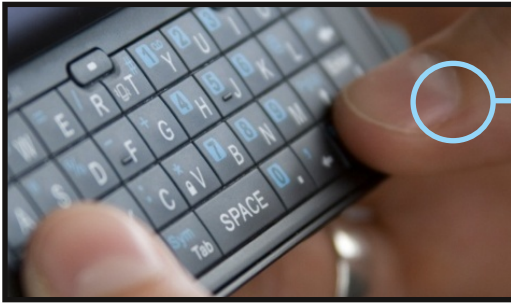
**E**ducation. Having a talk with your child about how to stay safe on the playground can go a long way. Remind them not to roughhouse on the equipment, be aware of other children, and to always wear sunscreen.



don't forget to play



Don't forget to check the back page for  
trivia and a chance to win a Starbucks  
giftcard!



# What Would You Do to Keep Your Teen Safe?

Teens are some of the most at-risk drivers on the road. Their lack of experience and questionable judgment makes them easy targets for traffic accidents. Statistically, a 2007 study showed that the leading cause of death for 13-19 year old males and females in the United States were auto accidents. Therefore it is understandable that vehicle safety would be on the minds of many parents. In reaction to this, an app was created that would allow parents to keep an eye on their child's driving. Problems start to arise, though, when you find out just how the app works. The teen gets a personalized bumper sticker on their car so that other drivers can report unsafe driving maneuvers to their parents. The issue with this is obvious—in order to report the errant teen, the other driver would have to text and drive (or at the very

least, jot down the info for later as they drive.) This would compound an already dangerous situation further. Texting and driving is incredibly risky, as is anything else that takes your eyes off the road. The best way to prevent an accident from happening to your child is to have a frank conversation with them about the danger that driving poses and that putting down their phone while behind the wheel might just save their life, or the life of someone else.

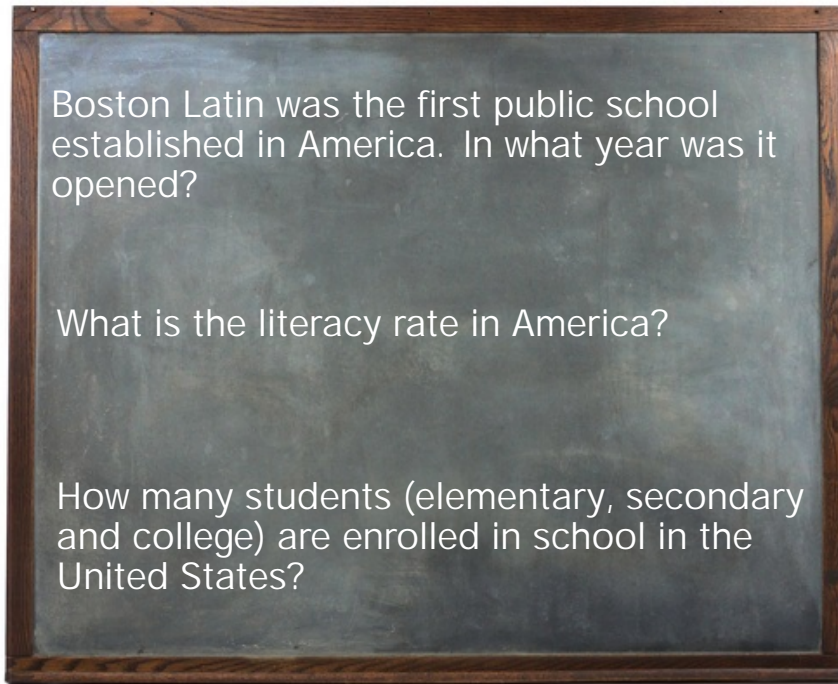


Teens Against Distraction Driving is an organization created by Premier Law Group attorney Jason Epstein. He travels to high schools around Washington teaching teens the dangers of texting and driving.

You can take the pledge to never text and drive, and learn more about ways to help by visiting

[www.teensagainstdistracteddriving.com](http://www.teensagainstdistracteddriving.com).

Answer all these educational trivia questions and win a Starbucks giftcard!



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