

BE SAFE BE SEEN

BY THE JRSOs



# WHAT IS “BE SAFE BE SEEN?”



“Be Safe Be Seen” is a campaign that is all about making children bright at night. Its important that you are seen especially at this time of the year. This time of year is especially dangerous because its getting dark really early.



# Bright clothing

We wear bright clothes to help us be seen by car drivers in the dark of night.

Things you should wear:

- Reflective bands
- Jackets with reflectors
- Maybe even a bright hat.



# Bright bikes at night



At night its getting darker, so if you're out and about cycling you need to make sure you have bike lights in the right places and are wearing a helmet.

# *Crossing roads.*



**Try to cross roads at zebra crossings, puffin crossings or where there is a warden or crossing patrol.**

# Top tips



- **Never bike more than two side by side.**
- **Ride in single file on narrow or busy roads and when riding round bends.**
- **Ride far enough from the edge of the road to avoid drains and gutters.**
- **You should not use a mobile phone or music players whilst cycling.**

# Thanks for watching

- So think more bright today!!!

