

# Conversation Guide

## A message for Parents & Caregivers

Children learn by watching others, so your own safe travel behaviours can be one of the best ways to teach children about traffic safety skills. Children do not perceive traffic in the same way as adults. Their ability to understand and make decisions about when, where and how to travel safely changes as they grow and develop.

### Did you know?

Not following the rules of the road could result in a fine or someone getting hurt. Below are just a few key practices to remember:

	<p>Always look in all directions before crossing a street, crossing at an intersection or crosswalk. It can be unsafe to “jaywalk” or cross in the middle of a block without a designated crossing.</p>
	<p>People cycling have the same rights and responsibilities as a person who drives. It is the law for children under the age of 18 to wear a helmet when riding a bicycle. Children under the age of 14 may ride on the sidewalk.</p>
	<p>The default, unposted speed limit for driving in Calgary is 40 km/hr; always yield to people crossing at intersections, even without crosswalks. Do not drive, walk or ride while distracted. Always pay attention to your surroundings and look out for others.</p>
	<p><b>Do not park within 5 metres of a crosswalk;</b> this blocks the visibility of children crossing and increases the risk of a collision. Watch for children crossing the street near schools, bus stops and in playground zones.</p>



# How to use the Mobility Safety Activity Book

**Ask questions.** Ask children about their understanding around topics such as bicycle safety, how to cross the street, and/or jaywalking.

*See below for question ideas.*

**Make real world connections.** Give children a chance to observe and experience scenarios from this book in real life.

**Lead by example.** Children learn by observing others. Show children how you practice safe travel behaviours when out and about.

**Practice.** Just as new drivers need to practice their skills under supervision before travelling independently, so too must children practice safe walking and wheeling skills. The best way for children to learn is by repeating safe travel skills under the supervision of a trusted adult.

Where is it safer to cross the street?	It is safer to cross the street at an intersection or in a crosswalk.
Where are some places that would be unsafe to cross the street?	It is unsafe to cross the street in the middle of the block (jaywalking), or between parked cars.
What should you always wear when riding your bike, scooter, skateboard or rollerblades?	Always wear a helmet when riding or wheeling! Other safety equipment like gloves, knee pads, wrist guards and elbow pads can help reduce the severity of injury when it occurs.
What should you do before you cross the street?	Always stop and look in all directions, including behind you to ensure that approaching traffic or turning vehicles have come to a stop before crossing. Try to make eye contact with drivers before crossing. Look for walk signals at traffic lights.
How do you stay safe while travelling inside a vehicle?	Always wear your seatbelt. Do not hang your head, hands or feet out the window.
What are some of the rules around where cars can stop or park?	<b>People driving may NOT:</b> <ul style="list-style-type: none"> <li>• Park in a crosswalk or intersection.</li> <li>• Park within 5 metres of a crosswalk, intersection, or stop sign.</li> <li>• “Double park” alongside other vehicles already parked on the street.</li> <li>• Stop or park in a bus zone.</li> <li>• Anywhere a sign says “No Parking” or “No Stopping.”</li> </ul>

