

# Be Bright, Be Seen

In autumn and winter the mornings and evenings are much darker, it might even be dark on your way to and from school.

There are things that you can do to help yourself be seen.

- Wear bright and fluorescent clothing in the day.
- At twilight and night time, reflective clothing or accessories are best.
  - When crossing the road, never assume you have been seen.
- Try and cross the road at a pedestrian crossing and always choose routes that are well-lit.
- If cycling or scooting, make sure you have working front and back lights, as well as red reflectors.



## REMEMBER

- Don't get distracted.
- Don't get pressurised by your friends.
  - Try not to cross between parked cars.
- If there is a crossing – use it.

