



## USEFUL NUMBERS:

112 (Police) to report a crime.  
If it's not an emergency call 101

School Phone Number:

REMEMBER ICE  
In Case of Emergency  
phone number  
on your mobile



## FURTHER INFO:

[www.StepUpSussex.co.uk](http://www.StepUpSussex.co.uk)



Secure,  
independent  
travel app

# STEP UP MOVING ON



Advice  
for the  
STEP UP  
to Year 7

**Sussex Safer Roads**  
PARTNERSHIP

[www.SussexSaferRoads.gov.uk](http://www.SussexSaferRoads.gov.uk)

**LET'S GO**



**TRAVEL CHECKLIST:**

- ✓ Emergency money/ prepaid card
- ✓ Mobile phone charged
- ✓ Keys
- ✓ Plan your route

**DON'T GET DISTRACTED**

! (Warning sign)

DON'T LOOK AT YOUR PHONE

DON'T WEAR HEADPHONES

MAKE SURE YOU CAN SEE AND HEAR

**REMEMBER**  
THE GREEN CROSS CODE

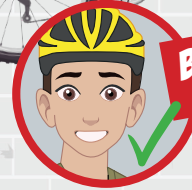
**CROSSING ROADS**

- Plan your route
- Use the pedestrian crossings
- Try not to cross between parked cars

**STOP  
LOOK  
LISTEN!**

**CYCLING**

Book your Bikeability training!



WEAR A HELMET

- A:** AIR - Do your tyres have enough air?
- B:** BRAKES - Are both brakes working properly?
- C:** CHAIN - Does the chain need any oil?