

Head Up, Phone Down

With more and more children and teenagers owning digital devices, it is crucial that children understand the importance of pedestrian safety. And according to statistics posted on www.safekids.org, 61 children are hit by cars every day in the United States.

According to a study by The Nielsen Company, kids age 13 to 17 send more than 3,400 texts a month. That's [seven messages every hour they are awake](#).

School age children need to learn and practice basic safety tips while walking to and from school, around school buses and cars, and to other activities. Keep these rules in mind during the school year, and they should be practiced at all times

- Be aware of the surroundings
- Never cross the street while using an electronic device
- Look left, right, then left again before crossing the street
- If texting, move out of the way of others and stop on the sidewalk
- Always walk on the sidewalk if one is available; if a child must walk on the street he or she should face oncoming traffic
- Cross only at crosswalks
- Do not walk with headphones on

Source: National Safety Council