



**School is Out.  
Kids are About.**



## **BRAKE FOR BELA**

### **Tips for Neighborhood Safety This Summer**

#### **FOR DRIVERS**

**CHANGE YOUR WAYS** and recognize the activities that distract you; such as eating, talking on the phone, texting and changing the music. Once you recognize these distractions, you can work to eliminate them.

**PULL OVER** if you need to do something that will take your eyes and/or mind off the road.

**MAKE A PLAN.** Know your route in advance and make sure that you have a good understanding of your directions.

**MANAGE YOUR TIME** so that you do not have to multi-task or drive aggressively on the road.

**DON'T LET YOUR DRIVE TIME BECOME YOUR DOWN TIME.** Understand that driving is not your "down time" or a time to catch up on phone calls, personal grooming or dining.

**SCAN** the roadway to make sure that you are aware of others on the road at all times. Be prepared for the unpredictability of others.

**CONCENTRATE** on your driving. Make sure that you are not upset or tired when getting on the road. This is not the time to have a serious or emotional conversation with your passengers.

**SLOW DOWN** and obey all posted speed limits.

**USE CAUTION** when driving in residential areas where children are more likely to be at play.

#### **FOR PARENTS & CHILDREN**

- Teach children proper pedestrian behavior, such as crossing the street at a corner, using traffic signals or crosswalks whenever possible.
- Instruct children to look left, right and left again when crossing a street and to continue looking as they cross.
- Dress children in reflective materials and carry a flashlight at dawn and dusk and in other low-light situations, such as rainy or foggy weather.
- Set boundaries. Children should not play in driveways, streets, parking lots or unfenced yards adjacent to streets.
- Remind your children regularly of the dangers of running out into the street!

Learn more about Brake for Bela and how you can get involved by visiting [www.cig-pr.com](http://www.cig-pr.com) or find us on Facebook at [www.facebook.com/brakeforbela](https://www.facebook.com/brakeforbela).