

# RESPONSIBLE WALKING AND BICYCLING

## YOUTH PLEDGE

You know how to walk and bike, but take a second to review what it means to **be a responsible pedestrian and bike “Roll Model” to others**. Remember, younger kids look up to you and follow your lead and some older adults learned differently or don’t remember. You can be an example to others.

**By signing this pledge, I agree to be a responsible “Roll Model” by promising to ...**

- Walk on a sidewalk if there is one. If not, I’ll walk on the side of the road facing traffic.
- Cross streets safely. I will:
  - Cross in crosswalks or at intersections.
  - Stop at the edge of the street and look left, right, and left again, and behind me, for traffic. As I’m crossing, I’ll continue to look for traffic in all directions.
  - Stop at the outside edge of parked cars and look left, right, and left again, crossing only when it’s clear. I’ll keep scanning (looking) for traffic as I cross.
- Stay alert, scanning and listening for traffic. I will:
  - Stop using personal electronic equipment, such as my phone or mp3 player when walking and biking around traffic.
  - Watch out for my own safety by adjusting my position, so I can see and get out of the way of traffic (cars, buses, trucks, pedestrians, and bicyclists) and avoid obstacles (overgrown bushes, potholes, parked cars, etc.).
- Wear my bike helmet correctly (level on my head, covering my forehead and buckled) every time I ride and encourage my friends and family to do the same.
- Always bike in the same direction as traffic whether riding on the sidewalk or road.
- Wear bright or fluorescent colors when I walk or bike during the day, to be seen.
- When I walk or bike at dusk/dawn, in fog or rain and at night, I will:
  - Wear reflective gear (vest, dots, strips, laces, etc.) on my clothes, shoes, backpack, helmet, and bike.
  - Use white front lights and red rear lights/reflector on my bike as required by law.
  - Use a flashlight or wear lights when walking.
- Stay ten feet (five big steps) away from the street when waiting for buses.
- Stop, look and listen for approaching trains before I cross railroad tracks.
- Walk/bike with my friends or in a group, whenever possible.

**ROLL  
MODEL**

★★★★★  
**NHTSA**  
[www.nhtsa.gov](http://www.nhtsa.gov)

\_\_\_\_\_  
Youth Signature

\_\_\_\_\_  
Peer Witness

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date