

BE BRIGHT & BE SEEN

this winter



When the clocks go back it will start getting dark earlier on. This makes it more important than ever to make sure that you can be seen when you're out and about near roads.

How many ways can you think of to make yourself bright?

Check over the page for some top tips!

5 top tips on how to **BE BRIGHT & BE SEEN**

- 1** Brightly coloured or fluorescent clothing shows up well in daylight and at dusk when you're heading to and from school.
- 2** If you're out and about when it's dark wear reflective items to make sure you can be seen in car headlights. Reflective vests, sashes or wristbands work well. Remember, fluorescent clothing doesn't work after dark!
- 3** Don't forget to accessorise! Even small items such as clip on reflectors, armbands and stickers on your outfit or school bag are a great way to improve your visibility.
- 4** If you like to cycle, remember that it's the law to have clean and working lights at night (white at the front, red at the back), as well as a rear reflector. It's good to fit spoke reflectors too.
- 5** Of course, 'Being Bright' helps drivers to see you but that won't guarantee that you keep safe. You still need to make sure that you stop and look in all directions for traffic every time you cross.

**Be Bright,
Be Seen**

THINK 