

Encourage Kids and Teens to use Active Transportation

Obesity and inactivity is on the rise, so let's do something about it! If we encourage kids to ride to school and advocate for walkable and bikeable paths from our neighborhoods to the schools, kids will WANT to get to school under their own power and you will feel safe about them doing so! So, here's a checklist that will help guide you to take action.

Educate kids & teens:

- Teach your children about safety and rules of the road.
 - o Go to: <https://www.codot.gov/programs/bikeped/information-for-bicyclists/bike-ped-manual>
- Teach your children the dangers of strangers and how to respond to an emergency.
- Mandate the use of crosswalks.
- Wear helmets, as a family, every time you ride your bike, skateboard, scooter, etc.
- Emphasize the importance of the physical and mental health benefits of walking and biking to school.

Encourage the schools to promote active transportation:

- Get the Safe Routes to School Program at your school.
 - o Go to: <http://www.grandvalleybikes.org/p/safe-routes-to-school.html>
- Join the Parent/Teacher Association to advocate for more walking and biking education, events and more!
- Discuss with the Principal the benefits of children walking and biking to school and suggest rewarding students who safely get to school via active transportation.

Advocate for a walkable and bikeable community:

- Conduct an audit of the routes to school.
 - o Go to: http://www.saferoutespartnership.org/sites/default/files/pdf/Lib_of_Res/SRTS_Program_Walking_ITE_2012.pdf
- Conduct an audit to determine if your neighborhood is active.
 - o Go to: http://activelivingresearch.org/sites/default/files/Protocol_ActiveNeighborhoodChecklist.v2.pdf
- Contact your city councilmen, commissioners and elected officials to advocate for sidewalks and bike lanes!



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