



**Middlesex District Attorney  
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# Back to School Safety



**Safety is parents' #1 concern for their children. By working together, we can make sure our children thrive in a safe, healthy environment.**

## Riding the bus:

- Stand at least 6 feet away from the curb and wait for the bus to stop before approaching.
- Stay 10 feet in front of the bus when crossing the street.
- Never walk behind or in front of a bus.
- Good behavior on the bus is important — loud noise can distract the driver.
- Keep aisle clear of books, bags & backpacks.

## Walking to school:

- Walk in a group or with a responsible adult.
- Always walk on the sidewalk.
- If there is no sidewalk, walk facing the traffic.
- Cross at intersections with a crossing guard when possible.
- Walk, don't run when crossing the street.
- Don't dart out in front of a parked car — oncoming cars will not be able to see you.

## Riding your bike to school:

- Always wear a helmet.
- Wear bright colors.
- Respect the rules of the road.
- Know your hand signals and use them.
- Come to a complete stop before crossing the street.

## Backpacks:

- The size of the backpack should match the size of the child.
- The American Academy of Pediatrics recommends that a child's backpack weigh no more than 10-20% of a child's weight.
- Pack lightly — a heavy backpack forces a child to bend forward and may cause injury.
- Distribute the weight evenly, keeping heavy items on the bottom and off the shoulders.
- Use both straps — shifting the weight to one side may cause muscle spasms and lower back pain.