



Stay safe when it gets dark

Now that autumn is here, you'll notice the days getting shorter and the nights getting longer. On 30 October, the clocks will go back one hour, which means it will get dark an hour earlier in the evenings. This could affect things like travelling home from school, going to the shops or walking your dog. According to research, young people are more likely to have accidents near roads on the way to and from school during the winter months than at any other time, so it's really important to stay safe and be seen while you're out and about.

1 Be seen

Most winter coats are dark colours and can be hard to spot in low light, so why not add some reflective gear? Reflective vests, sashes and wristbands are easy ways to improve your visibility. You can add smaller bits too, such as gloves, keyrings or stickers on your clothes and school bag.



2 Be bright

If you're walking a dog, make sure other people can see them too. There are lots of ways to light up your pet, including reflective collars and harnesses, flashing collars and colourful lights that clip on to leads. You'll already have a bag for poo, but bring a small torch to check you've picked all of it up.



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3 Be careful

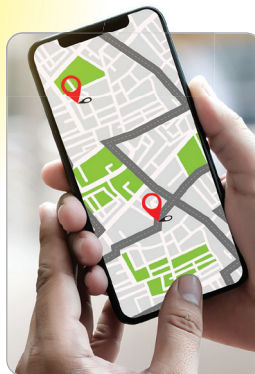
If you cycle to school, remember it's the law to have clean, working lights when it's dark. They must be white at the front, red at the back, and you should have a rear reflector. You can get spoke reflectors and reflective stickers for your helmet. Allow time to ride more slowly because roads get slippery in wet and cold weather.



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4 Be prepared

You shouldn't stop walking to school and seeing your friends during the autumn months. However, you might need to change your route. That short-cut home through the park might be closed, or a path or alley may not be well lit, so preparation is essential. With a grown-up, plan a safe route in advance.



5 Be aware

Stay alert to any extra dangers and try to avoid distractions such as playing on your mobile phone or listening through headphones. Make sure you tell a trusted adult where you're going and what time you'll be home. Lastly, remember there's safety in numbers, so stay with other people when you can.



Wearing reflective clothing helps you show up.

SHINE BRIGHT!

Studies show that red or yellow clothing stands out best in the dark.

Head to theweekjunior.co.uk/activityhub for lots of crafts and recipes.



SCAN ME