

Most teenagers don't realise that they are more likely to be killed or injured in a road collision than any other age group.

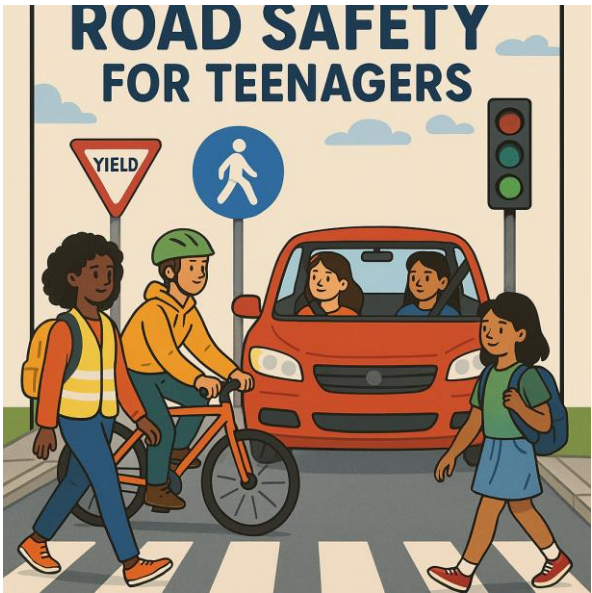
Road accidents are the **leading cause of death** for 15–19-year-olds globally.

Teens are **3x more likely** to be involved in a crash than adults.

Why?

- Peer pressure can cause young people to behave in unsafe ways near the road.
- Young people are at further risk owing to longer journeys to and from school with friends or on their own.

Staying Safe @ Heber – July 2025



BE CYCLE SMART

Wear a helmet: It reduces the risk of serious head injury by up to 70%.

Be visible: Use lights and wear reflective clothing, especially in winter.

Follow the rules: Obey traffic signals and ride in the same direction as traffic.

PEDESTRIAN SAFETY

Stay alert: No texting or headphones when crossing roads.

Use crossings: Always use zebra crossings, pelican crossings or footbridges.

Look both ways: Even if the light is green, check for turning vehicles.

SMART CHOICES SAVES LIVES

Plan your route: Know where you're going and how to get there safely.

Walking home after dark: Stick to well-lit paths.

Stay sober: Never get in a car with someone who has been drinking or using drugs.

Buddy system: Walk or cycle with friends when possible.

No phones while walking: Especially near crossings or in car parks.

Avoid social media in transit: Stay aware of your surroundings.

PASSENGER AWARENESS

Buckle up: Always wear a seatbelt, even in the back seat.

Speak up: If the driver is distracted or speeding, say something.

No distractions: Don't distract the driver with loud music.