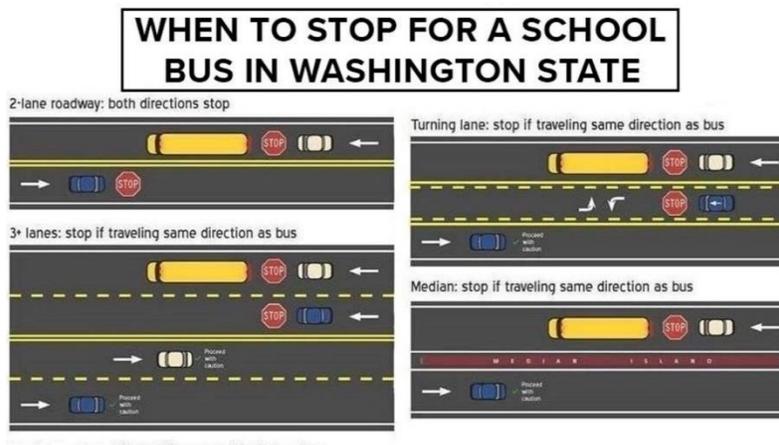


Dear King County families,

Welcome back to a new school year! As your children head back to class, **Public Health – Seattle & King County** wants to help everyone travel safely. Whether you're driving, walking, biking, or riding the bus, here are some key tips to keep in mind:

For Drivers:

- **Slow down in school zones.** Speed limits save lives, especially near schools.
- **Buckle up, every time.** Make sure everyone in the car is safely strapped in.
- **Put your phone away.** Distracted driving is a leading cause of crashes. Place your phone in the glove box or switch to “Do Not Disturb.”
- **Stop for school buses.** Not sure when to stop? Follow these guidelines:



For Passengers:

- [Washington state law](#) requires **children under 2 to ride rear-facing**. Best practice: keep them rear-facing as long as possible, ideally until closer to age 4.
- While state law requires all children under the age of 4 to be in a harness, **the best practice is to keep a child in a harness until they can sit properly in a booster seat 100% of the time.**
- **The back seat is safest.** Kids under 13 must ride in the back to avoid airbag injuries.
- Booster seats are required until your child is **at least 4’9”** and passes the **5-step seatbelt test**:



*Please note: Linked resources are available in English only.

For Teens:

- **Help your teen build safe driving habits:**
 1. Use a contract like [this one](#) available from the CDC and the American Academy of Pediatrics.
 2. Make rules such as:
 - No phones while driving – set the expectation that they can text once they arrive.
 - Follow the speed limit.
 - Plan safe, sober rides home.
 - Buckle up every ride.
 3. Discuss the top fatal crash risks: distraction, speeding, late-night driving, impairment, and not wearing a seat belt.
 4. Encourage them to download the [You in the Driver's Seat](#) app, which rewards safe driving with gift cards.
 5. Learn more: [t-driver.com](#).

Walking or Rolling to School:

- Look left, right, and left again at every intersection. Obey stop signs and red lights.
- Make eye contact with drivers before crossing.
- Always walk on sidewalks or the left side of the road, facing traffic.
- For biking, remember your **ABCs**:
 1. **A** [properly fitted helmet](#).
 2. **B**ike lights or reflective gear.
 3. **C**lothing that's bright and visible.

Resources:

- [kingcountytaragetzero.com](#) and [wacarseats.org](#).
- Find a certified Child Passenger Safety Technician: [cert.safekids.org](#) or [attend a local car seat check event](#).
- Bike helmet help: [Bike helmets and bicycle safety - King County, Washington](#) and [Free or low-cost providers](#).

Wishing you a safe and successful school year!

Sincerely,

Your King County Target Zero Traffic Safety Team

Facebook: [King County Target Zero Coalition](#)

Instagram: [@KCTargetZero](#)