Always cross at a crosswalk and never between parked cars. Before crossing:

- Look left
- Then right
- Then left again

**Always wear a bicycle helmet** with a safety approved label. Remember, different helmets are designed for different activities. Be sure to wear a helmet designed for use when riding a bicycle.

Check your bicycle for a good fit by standing over it. **There should be 1–2 inches between your body and the top bar.**

Always ride in the same direction as traffic. Follow all traffic signs to stay safe around cars. **Stay visible** to drivers by wearing bright, reflective clothing and by installing a reflector on your bicycle.

For more information on bicycle safety, call 214-456-1870 or visit safekids.org.