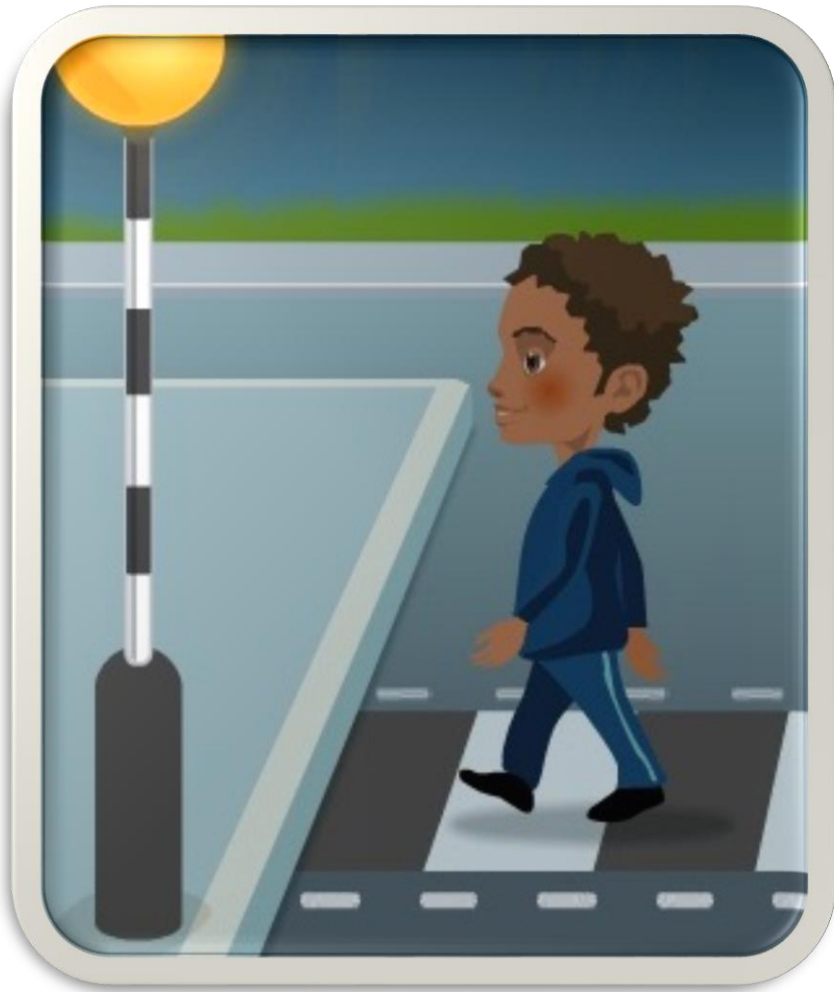


BRIGHT BE SEEN





Being seen when you are near roads is **really** important.

When it is dark or miserable weather outside it can be difficult for cars to see you...even if you are crossing in a safer place.

In October when the clocks go back and winter is on its way you begin to notice it getting darker much earlier than normal. Many people get hurt on the roads because they cannot be seen.



Bad weather like fog and heavy rain can make it even harder to be seen.



How can you be
bright and be seen?





Brightly coloured or **fluorescent** clothing shows up well in daylight and at dusk.



Reflective materials are good when it goes dark as they appear to “glow” brightly when lights shine onto them.

Having clothing that is both **fluorescent** and **reflective** is even better because they help you to be seen both day and night.



Accessories can make you be bright and be seen too.

Do you ride a bike?

If you ride a bike in the dark you need to have clean and working lights (White at the front, red at the back) as well as a rear reflector.



You can make your bike be bright and be seen by adding spoke reflectors and other reflective and bright accessories.

Remember...

Being bright isn't the only way to stay safe on the roads.

Whether it's night or day always choose a well lit route with safer places to cross and remember to use the **Green Cross Code**



**Stop
Look
Listen
Think**

Think!

Be Bright Be Seen

Resources

On the following pages you will find some useful links and resources provided by <http://think.direct.gov.uk>.



Don't be like the GIRL who didn't
DRESS BRIGHT in the DARK



Make sure cars can see you
**DRESS BRIGHTLY &
BE SEEN**

www.direct.gov.uk/talesoftheroad



BE BRIGHT & BE SEEN
this winter



Now that the clocks have gone back and it's getting darker earlier on, it's more important than ever to make sure you can be seen when you're out and about near roads.

There are loads of ways to be seen and stay safer
- so check over the page for some top tips!

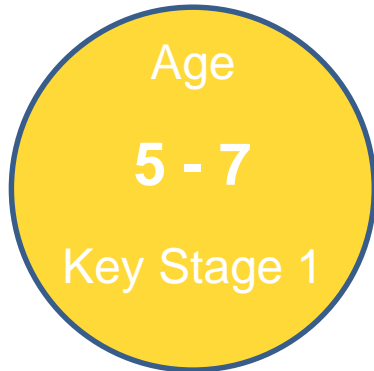
Posters available for download from the JRSO pages at www.lifewise999.co.uk or printed copies available direct from the [THINK! Shop](#)

Bright Be Seen Resources for Teacher's



Fun road safety activities to teach under fives how to be visible near traffic.

<http://think.direct.gov.uk/resource-centre/under-5/be-bright-be-seen>



Teaching children aged 5-7 why it is important for other road users to be able to see them.

<http://think.direct.gov.uk/resource-centre/key-stage-1/be-bright-be-seen>



Teaching children aged 7-11 why it is important for other road users to be able to see them.

<http://think.direct.gov.uk/resource-centre/key-stage-2/be-bright-be-seen>