

Vol. 19 No. 2 Northern NJ SAFEKIDS/Safe Communities Fall 2017  
[www.preventionworks-nj.org](http://www.preventionworks-nj.org)



## Research Finds 40 Percent of Teens Say They've Been Hit or Nearly Hit While Walking

Cell phones are a great way to keep in touch with teens who are on the go. New research from Safe Kids Worldwide, however, examines how cell phones and other handheld gadgets are causing teens to be more easily distracted, which is leading to greater risk on the roads.

"Teens on the Move," a report made possible with support from FedEx®, explores the walking habits of 1,040 teens ages 13 to 19. The research found that an astonishing 40 percent of the teens surveyed said they had been hit or nearly hit while walking. The teens admitted to three unsafe habits that could be putting them at risk.

Distraction. Half of teens surveyed say they cross the street while distracted by a mobile device.



Walking in the dark. Seventy-three percent of teen pedestrian deaths occur between 7 PM and 7 AM.

Crossing midblock or running across the street. Teens who had been hit or nearly hit more frequently reported crossing midblock or running across the street.

Every hour of every day, a teen pedestrian is killed or injured in the U.S. after being hit by a car, bike or motorcycle. Safe Kids developed the study to better understand why teens have the highest pedestrian death rates among children 19 and under. The death rate for teens ages 13 to 19 is nearly three times that of 5 to 12-year olds. In 2012, 490 children ages 19

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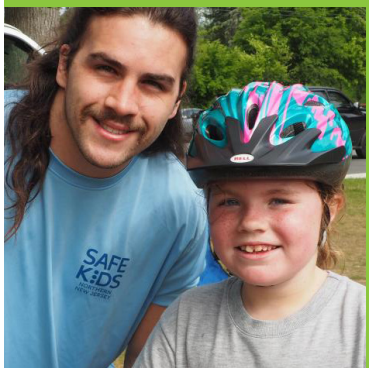
### Scrapbook



(Top) The Briggs School 2nd Graders are ready for the summer with their new PFD's. Officer Fabian and the Jefferson Township Police and Fire Department made sure all life jackets were fitted properly.

(Bottom left) The Wildwood School in Mountain Lakes was ready to ride with well fitted helmets. Thanks to Sgt. Gil Benitez and the Safe Kids Volunteer Jake Feury for supporting the day.

(Bottom right) CPS Techs are looking good as they prepare to inspect seats.



**SAFE  
KIDS**  
NORTHERN  
NEW JERSEY

Prevention Works is the official triennial newsletter of Northern NJ SAFE KIDS/Safe Communities. We welcome articles of interest highlighting your community or organization. Let us know how you have made your community a safe community. If you have any comments or topics you would like to see covered, please feel free to contact Karen Jean Feury, RN  
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and under died after being hit by a car while walking. Of those, 284 were teens ages 13 to 19.

The research expands on findings from a 2013 Safe Kids report that observed middle school and high school students crossing the street. That study revealed 1 in 5 high schoolers and 1 in 8 middle schoolers cross while distracted by technology.

Safe Kids Worldwide and FedEx recommend the following tips to keep teens, and all of us, safe while walking:

Put down phones and headphones when crossing the street.

Cross at a traffic signal or crosswalk, when possible and make eye contact with drivers before crossing.

Be especially alert when it's dark out, and make sure you're visible to drivers.

Safe Kids also encourages teens and parents to participate in [The Moment of Silence Campaign](https://www.safekids.org/video/moment-silence), (<https://www.safekids.org/video/moment-silence>), which asks for this simple commitment: put down your device and pay attention when crossing the street. Safe Kids launched the campaign in memory of Christina Morris-Ward, a 15-year old who was killed when crossing the street while distracted. She was wearing head phones and carrying a cell phone.

To learn more about teen pedestrian safety and the Moment of Silence Campaign, visit [safekids.org](http://www.safekids.org) (<http://www.safekids.org>).



## Fire Safety Checklist

### TIPS FOR PARENTS

#### CHECK SMOKE ALARMS

- Make sure there is a working smoke alarm on every level of your home, inside bedrooms and near sleeping areas.
- Test smoke alarms every month.
- Replace smoke alarms every 10 years.

#### CREATE AND PRACTICE A FIRE ESCAPE PLAN

- Create a home fire escape plan with two ways out of every room.
- Practice a home fire drill at least twice a year with your family.
- Choose a place to meet outside that is a safe distance away from your home.

#### IN AN EMERGENCY, LEAVE HOME IMMEDIATELY

- Make sure your family leaves the home immediately if there is a fire.
- Choose the safest escape route. If there is a lot of smoke, get low and crawl out of the house as quickly as possible.
- Call 911 after you are a safe distance away from your home.



# Sports Safety 101: Concussions



Look for signs and symptoms.



When in doubt, sit it out.



Back to play, when the doctors say.



# BE SEEN ON HALLOWEEN

## A CHILLING FACT

Kids are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

## WHAT YOU CAN DO

Make it easier for drivers to see kids.

Have kids carry a flashlight or glow stick, wear light costumes or attach reflective wristbands or tape to their outfit.



## WHERE TO FIND VISIBILITY STUFF

These items can be found at mass retailers, party stores, sporting good stores and online.



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