

"I was hit by a car"

When The Girl Who Didn't Dress Bright was run over one evening, she learned that to be safe on the road, she had to be seen!

The girl's gory story...

- She was on her way to a sleepover with a friend.
- They started to cross a busy road, but a car hit them.
- She now knows that she needs to 'be bright to be seen'!

"I loved dance lessons, but as the clock ticked away during one class last March, I couldn't wait to get to my friend Jade's sleepover. We'd learned loads of cool moves and wanted to practise our routine so it would be absolutely perfect for the school disco the following week. Everyone was going to be there!"

So excited!

"'C'mon, hurry up!' laughed my friend Amy as we rushed around the changing room, pulling on our favourite hoodies and jeans to keep warm. 'Everyone's going to be waiting for us!' She said as we stepped outside into the dull, dusky light of early evening.

"We were so keen to get to the sleepover, we were almost running along the pavement. 'I just don't know what I'm going to wear - I really want that new dress,' giggled Amy, hurrying me along.

"'I'm wearing my new jeans,' I replied as we approached a busy road on our route to Jade's. We didn't pay too much attention to the traffic as we gossiped about the school disco and Amy texted our mates. 'U won't believe r moves - they r 2 cool!' she wrote, and then pressed send.

A horrible accident

"We could see all the cars coming and their headlights were nearly blinding us, so I thought they'd easily be able to see us. But as we stepped out into the road,

I heard a terrifying, ear-piercing screech of tyres and felt a stab of fear. One car hadn't spotted us and it hit us both, knocking us onto the tarmac. Everything went black after that.

Paying the price

"When I woke up, I was in hospital and my whole body was aching and covered in cuts and bruises. Amy was in the hospital too and neither of us ever made it to the sleepover. We didn't get to go to the disco either - or show off our new moves. So our hopes of impressing everyone came to nothing, and all our rehearsals had been a total waste of time.

A bright future

"I know now that if we'd been wearing colourful or reflective clothes, the driver would have seen us and the accident would never have happened. From now on, I'll always dress in fluorescent or reflective clothing whenever I'm walking anywhere. Next time, I'll be seen instead of being sorry."

How to be safe, and be seen!

- Dress in colourful or fluorescent clothing when you go out on a dull, dark day, so drivers see you.
- When you go out in the evening, wear reflective clothes or accessories, so that vehicles can see you in their headlights.
- Customise your bag (see right).



"I heard a terrifying screech and felt a stab of fear."

Look on the bright side
Ways to look cool, stand out and help you to stay safe!

In the day...

Being bold is bang on trend this summer! A statement T-shirt like this one from New Look, £12, will help you be seen.



Try bold trainers. They're super-stylish and you can't miss 'em! We love these Skechers high-tops, £29.99.



Buy a bag that's bright! This gorgeous pink one, £14.75 from www.asos.com will make you stand out in style.

After dark...

To really stand out and keep warm at night, wear reflective clothing. Try a high visibility fleece, £25, from www.brightkidz.co.uk



Add reflective stuff to your bag or rucksack! You can use reflectors, badges or stickers. These smiley stick-on reflectors are sooo cute! £1.67 for 10, from www.brightkidz.co.uk

Help & advice

Check out www.direct.gov.uk/talesoftheroad for games, competitions, and more tips on being safe and being seen!

