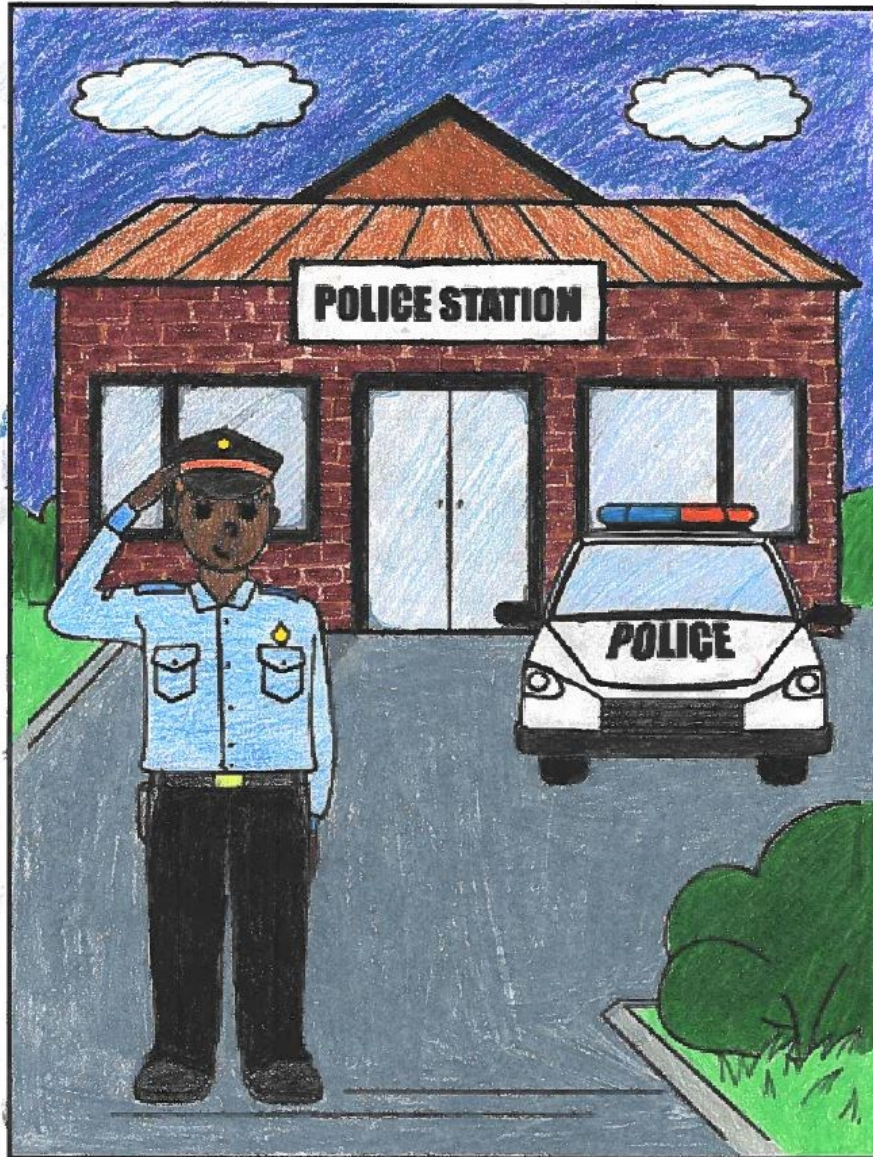




## **North Bay Police Service**

**Our vision: A safe, engaged and inclusive community.**

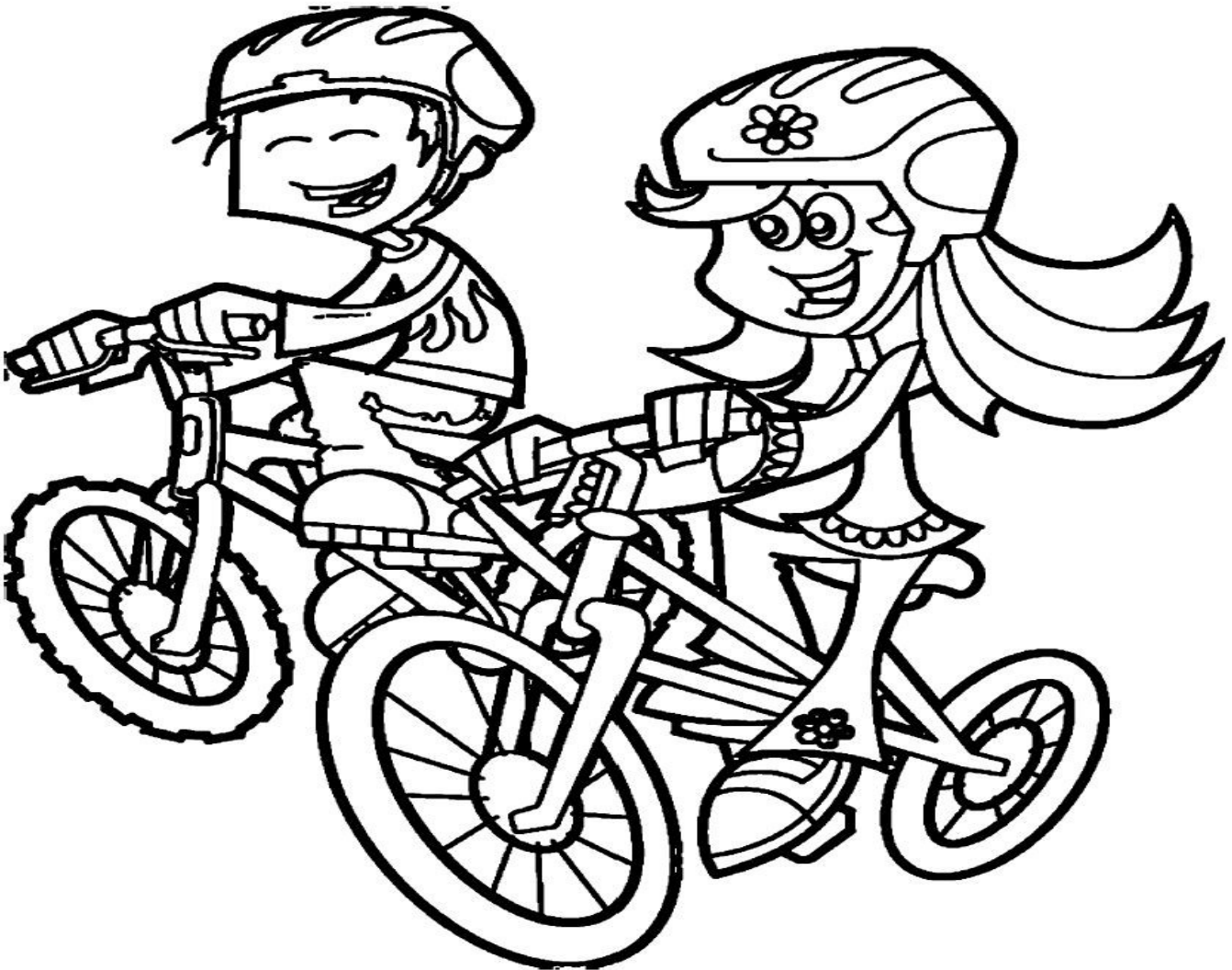
# **CHILDREN SAFETY COLORING BOOK**



**This picture above was colored by Julia Peake the winner of the North Bay Police Service Coloring Contest. As a service we strive to get involved with the community and show our passion towards our youth.**

# **Bike Safety Tips**

- **Wear a helmet and fasten it**
- **Wear bright clothing so you are easily seen**
- **Have reflectors on your clothes, bike and helmet for night riding**
- **Obey the rules of the road / Look both ways**
- **Ride on the right hand side of the road at all times**
- **Walk your bike across busy intersections**
- **Lock your bike when leaving it somewhere**



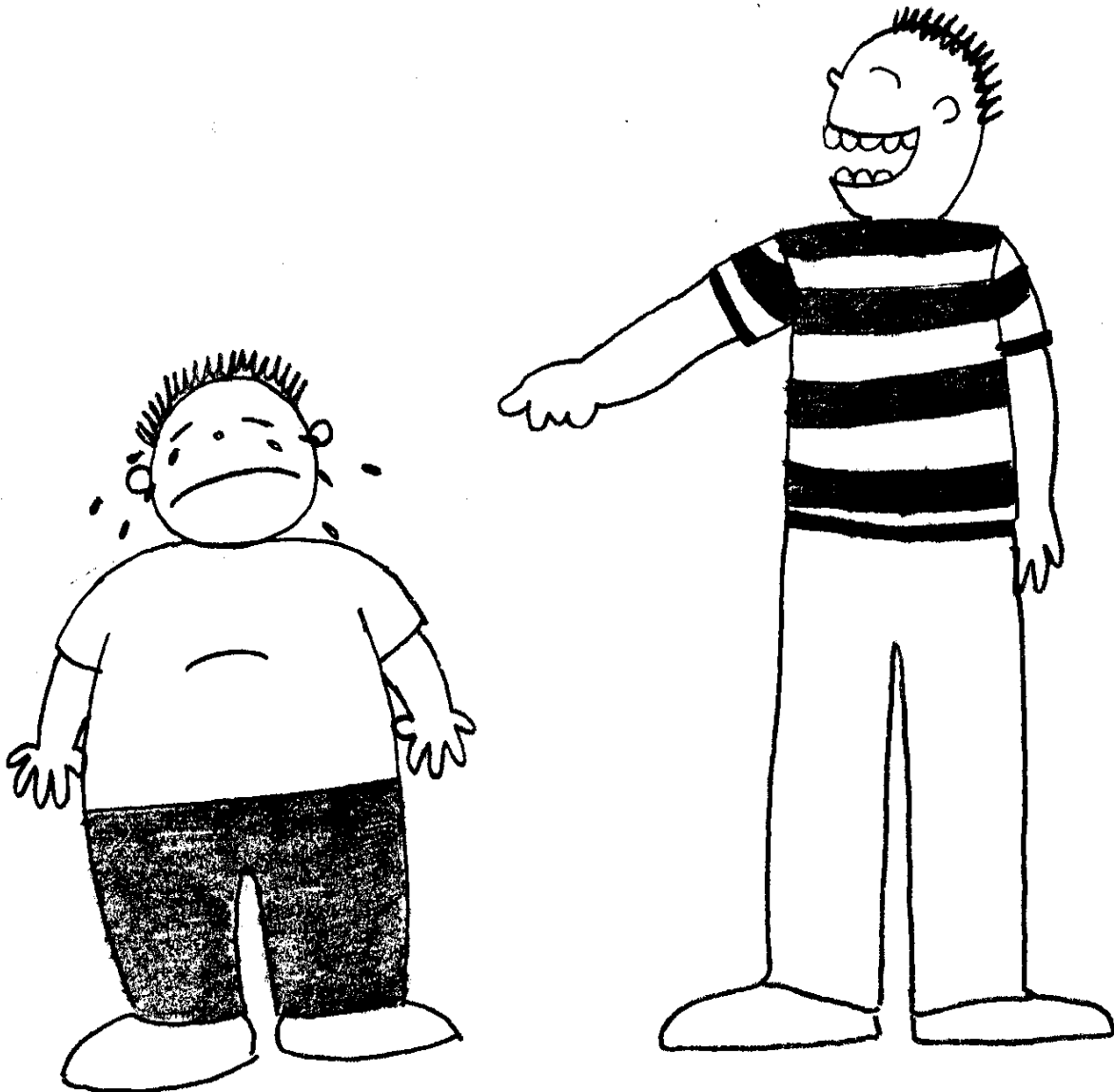
# Bus Safety Tips

- **Walk calmly and in single file onto the bus**
- **Walk to your seat / Sit with legs facing forward at all times**
- **Use a quiet voice / Keep aisles clear**
- **Always listen to your driver**
- **get on and off the bus SLOWLY and SAFELY**
- **If you need anything, raise your hand to get drivers attention**



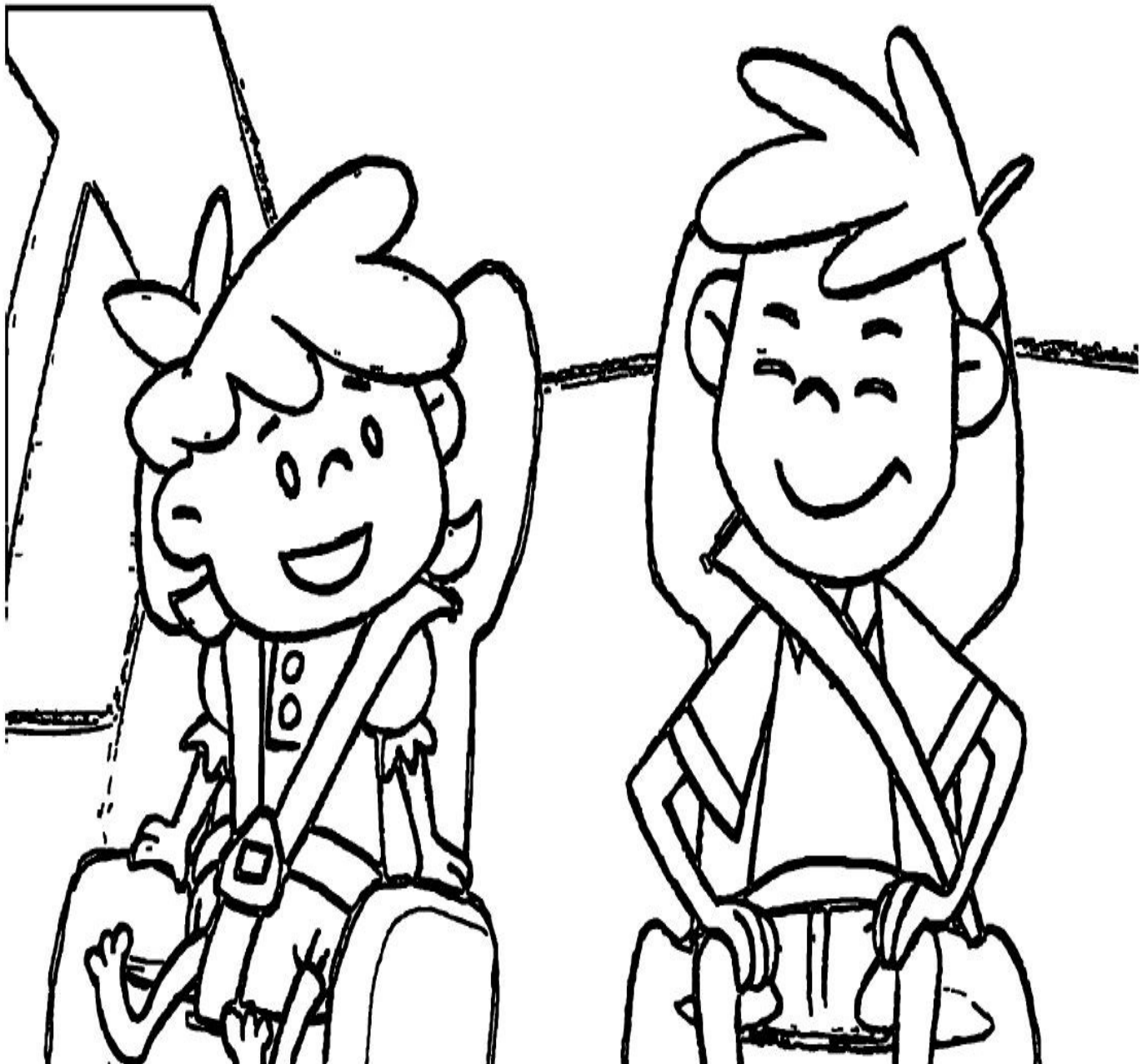
# Don't Be A Bully

- **Treat others the same way you would like to be treated**
- **Refuse to participate in taunting and teasing**
- **Tell adults if you witness cruelty or violence**
- **Stand up for others**
- **Walk away from fights by being the better person**
- **Be kind to everyone even if they aren't like you**



# **Car/Passenger Safety**

- **Put on your seat belt and leave it on until your car trip is over**
- **Stay calm so that you don't distract the driver**
- **Don't throw things out the window**
- **Never open the door while the car is moving**
- **When getting out of the car look both directions to make sure its safe**



# Internet Safety Tips

- **Never give your personal information without making sure with your parents that its safe**
- **Never send pictures to strangers**
- **Always keep your passwords private**
- **Don't download anything without permission**
- **Tell an adult if you get any strange messages**





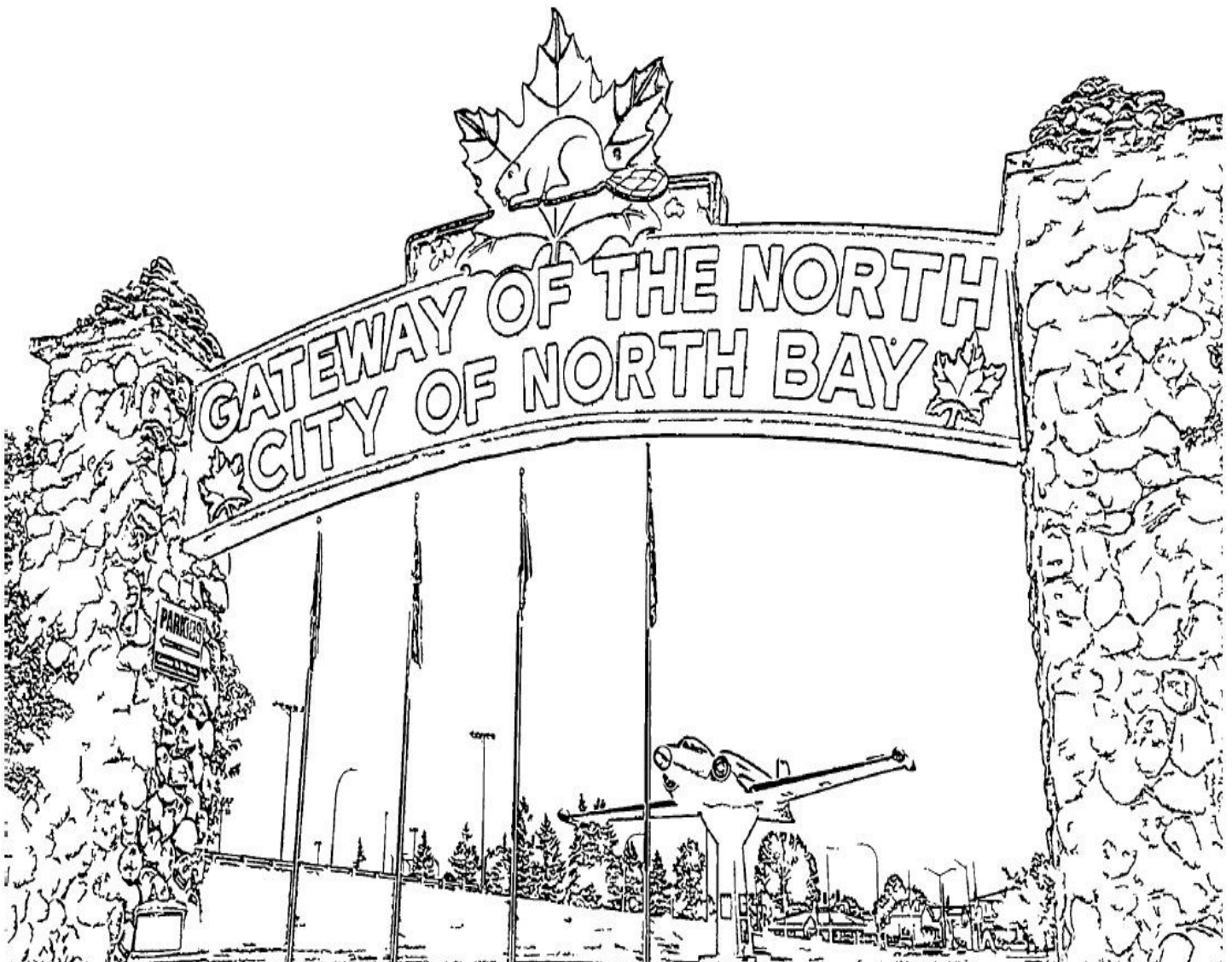
# **Pedestrian Safety Tips**

- **Look left, right and left again before crossing the street**
- **Walk on sidewalks or paths**
- **Cross at street corners, using traffic signals and crosswalks**
- **Make sure that the driver has seen you + knows you are crossing before you go ahead**
- **Make sure you can hear what's going on around you**



# History of North Bay

- **North bay became a town in 1891 and became a city in 1925**
- **Ever wondered where North Bay got its name? The legend says that a young man was shipping a package across the water and needed to tell them where it was going. He wrote “send it to North Bay”**
- **The gateway to North Bay which you can see below was North Bays passage way which people once drove through to enter our city.**





# Eating Healthy

- **Always eat breakfast, it's your first bit of fuel for the day**
- **The four main food groups are meat, dairy, grain and fruit and vegetables. You should have something from each group every-day**
- **Try new things even if you think you may not like it**
- **Drinks lots of water**
- **Don't eat alone, eat together and enjoy your food**



# Stranger Danger

- **Always play in an area where your parents can see you**
- **If someone makes you feel unsafe, run to a place where you know it's safe**
- **Never be afraid to say no to a stranger**
- **If someone you don't know offers you a ride or asks you to get in their car, DON'T do it**
- **If you feel unsafe and you need help, yell "HELP" or something to get peoples attention**



# Get Out and Play

- **Video games are fun and can be educational but getting outside or doing some active is very good for you**
- **Do something active for at least one hour a day**
- **Go and explore nature / Go for a bike ride / Go to the park**
- **Do SOMETHING that doesn't involve the use of a screen**



# THANK YOU

**The North Bay Police Service would like to thank you for completing our first ever safety coloring book. Use these tips everyday to make sure you stay safe. If you have any questions make sure to ask your parents. Also, if you are unsafe, hurt or in danger remember to call**

**911**

