

**Be Bright,  
Be Seen**

# Changes?

What do we do to our clocks at the end of October every year?



What happens to the amount of daylight we get when the clocks are set back an hour?

# Longer Nights



It gets darker much earlier in the winter with the sun setting a lot earlier in the day.

**How could this affect  
your safety?**

# This is a driver's view

Why is this?

The person in the road isn't very easy to see.





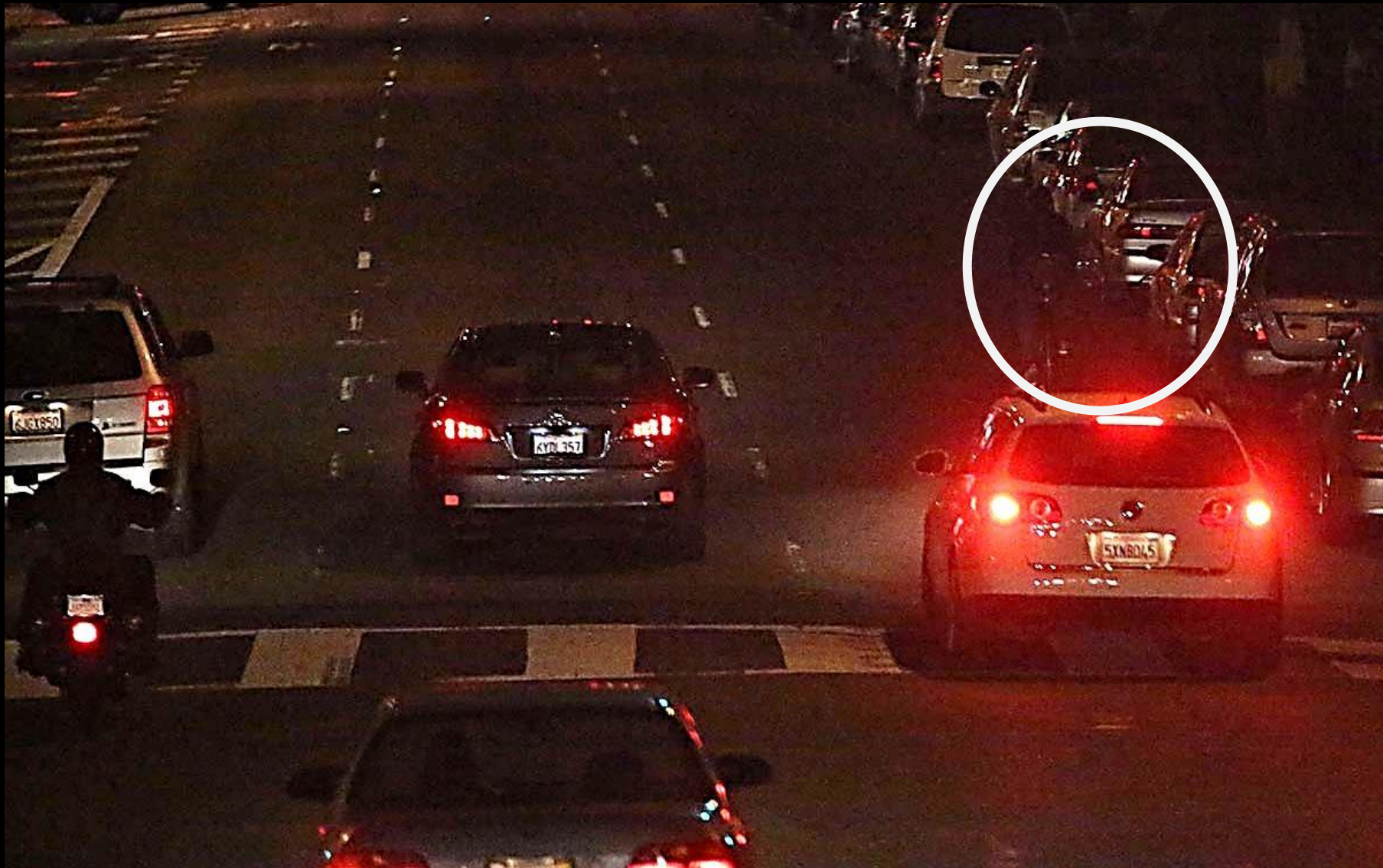
# Spot the difference?



The same child is in the same spot in the bottom picture. Look how much harder it would be for a driver to see them.



# Spot the cyclist?



# What can help you to be seen?

There is a special type of clothing that people can wear to make themselves more visible near roads.

This is known as high visibility clothing or high-viz.



# Who wears it?



# What is High-Viz?

High Viz clothing, bags or accessories are usually made up of 'fluorescent' material as well as having 'reflective' strips or pieces on them.



# Fluorescent Material

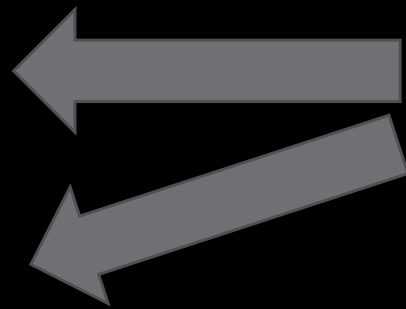
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They react with the fluorescent  
Fluorescent material  
look like they are glowing.  
is usually yellow but  
seen better during the  
can be orange or  
weather or when daylight is  
pink.

# Reflective Material

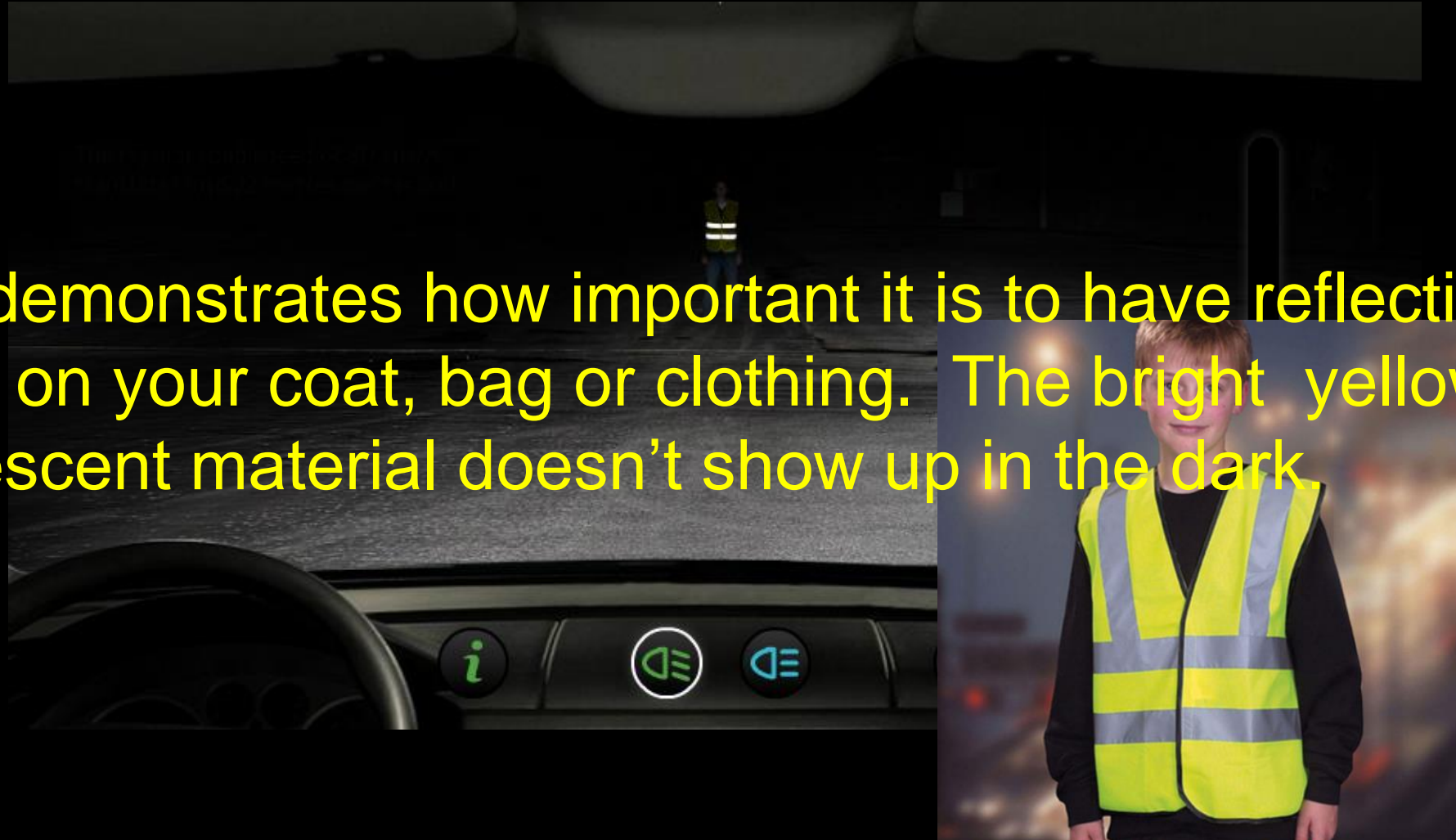
Reflective clothes help you to be more visible when a light shines on them. Reflective material on clothes is usually silver / grey.





# What a driver sees

This demonstrates how important it is to have reflective items on your coat, bag or clothing. The bright yellow or fluorescent material doesn't show up in the dark.



**The reflective material  
needs light to shine on it  
to reflect back to a driver**





**Look at the difference!**



# Remember!

It is much harder to be seen by roads when it is dark.

If you have to go out when it is dark remember that bright clothing doesn't show up very well.

Reflective pieces on clothes or accessories show up really well in the dark when the lights of a vehicle are shining on it.

# Remember!

Bright or reflective clothing will help drivers to see you more easily.

**It is your job to keep yourself safe!**  
However, it is up to you to keep yourself safe. Always stop and look properly in *all* directions before crossing.

If you have to go near roads when it is dark always choose a well lit route.

# Competition!



A letter will be going home which has this outline of a hoody on the back.  
Your task is to colour it in, or customise it, so that it is nice and bright.  
Remember though that it needs to be seen by day and at night!