

# It's Time to Talk about E-Bikes:

## A Parent Conversation Guide

E-bikes and e-scooters are becoming a fun and popular way for kids and teens to get around, but their speed and power mean safety has to come first. This guide helps parents start important conversations about safe riding, smart choices, and how to keep everyone protected. Whether your child is on wheels or walking near them, together, we can make sure every ride is a safe one.

### 1 Talk about the big picture.

"These are powerful, and they are not toys. We need to treat them like cars; carefully and responsibly"

"Let's talk about what can happen if we underestimate the speed of these bikes"

### 2 Talk about responsibility.

"Do you feel confident judging how fast you're going and how close cars are?"

"Can I trust you to follow the rules of the road?"

### 3 Set the rules!

"Let's check our City's rules together."

"Whenever you ride, I need you to..."

"If your friends break the rules, it does not mean you need to."

### 4 Emphasize helmets.

"Your safety is important to me - you always need to wear your helmet before you ride. No exceptions."

"I trust you. I just want to make sure you stay safe out there."

### 5 Discuss what to do in unsafe situations.

"What will you do if a car gets too close?"

"If something feels unsafe, what would you do?"

"What will you do if your friends pressure you to ride at an unsafe speed?"

### 6 Model safe behavior.

Children learn from what they see. Follow the same rules you provide and enforce them.

"I like to check my brakes and tires before I ride, let's do it together"