**Bicycle Safety Social Media**

**Facebook, X, Instagram**

When posting to X and Instagram, consider adding trending or relevant hashtags, like #Cycling and #BicycleSafety, to any of the below posts.

**For Drivers**

* If you see a cyclist, slow down! Bicyclists are most often killed by drivers who strike them with the front of their vehicle at high speeds.   
  Avoid tragedy:  
  🚘 Slow down.  
  🚘 Drive sober.   
  🚘 Don’t drive distracted.
* Make room! 🚴 When you pass a bicycle, give them three or more feet of space. Be sure to check your state’s specific laws.

**For Bicyclists**

* Safety in numbers! 🚲 🚲 🚲 🚲 Studies show that drivers are MORE careful when they see more cyclists on the road. If you can, ride in a group.
* Protect your noggin! When riding a bicycle, always wear a helmet. Make sure it fits – get info from NHTSA.gov/bicycles.
* Just like a seat belt protects you in a vehicle, a helmet protects you while bicycling. Don’t skip that lifesaving piece of equipment – always wear a helmet.
* Be seen! Reflectors and lights on your bike, and wearing retroreflective and bright clothing, help drivers see you better.