

Pedestrian Safer Journey for Ages 10 – 14

Skills for Safe Walking

Developed by the Federal Highway Administration

Provided by the National Highway Traffic Safety Administration (NHTSA)/U.S. Department of Transportation (DOT)

What is Pedestrian Safer Journey?

Pedestrian Safer Journey helps educators, parents and others who care about pedestrian safety to get the conversation started with children and youth.

Why do children and youth need skills for safe walking?

Whether walking with adult family members or with friends, learning basic pedestrian safety may help prevent injuries and prepare school-age children and youth for a lifetime of safe walking. As young people become drivers, it may help them be more aware of pedestrians as they navigate their community's streets. Preventing pedestrian injuries requires a combination of approaches: engineering strategies to improve the physical environment for walking, enforcement strategies to reduce vehicle speeds and increase driver yielding to pedestrians, and safety skills development and education for drivers and pedestrians.

Pedestrian Safety Lesson Plan for Middle School Students

First, watch the video that stars three students who are old enough to walk without an adult. They show off their pedestrian safety skills and build on what they know with a little more about how to cross busy streets. To watch the video, click on this link:

http://www.pedbikeinfo.org/pedsaferjourney/mi_en.html

After watching the video, take a quiz to test what you know.

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Student Quiz

1. Which of these actions did the characters already know about walking safely?
 - A. Walk on the sidewalk
 - B. If there is no sidewalk, walk on the side of the street facing traffic
 - C. Don't push and shove when walking with others
 - D. All of the above

2. Talking with friends while walking can sometimes make it hard to pay attention to traffic. What else can be a distraction while walking?
 - A. Listening to music using ear buds
 - B. Talking on a cell phone or with friends
 - C. Texting
 - D. All of the above

3. Your parent asked you to walk home from school with your younger brother who is seven years old. What should you do to help keep him safe?
 - A. Make sure he stays close to you when walking on the sidewalk, and take his hand before crossing the street
 - B. Carry his backpack
 - C. Ask him about his day

4. You're walking and before you step off the curb, the walk signal changes from "Walk" to "Don't Walk"...You should:
 - A. Start running so that you can be sure to get across the street
 - B. Look all around to make sure no cars are coming, then cross the street
 - C. Stop and wait for the next "Walk" signal

5. Before crossing a street you know you're supposed to stop and look for traffic, even if you're crossing at a crosswalk. But aren't drivers supposed to stop for you? Why do you have to do all of this stuff?
 - A. Cars don't have to stop for pedestrians
 - B. Cars are bigger and move faster than you. No matter who is responsible, if you get hit while crossing the street, you'll come out worse than the car.
 - C. Even though drivers are supposed to let you cross, sometimes they can't see you or they get distracted.
 - D. Both B and C

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Student Quiz (continued)

6. You need to cross a street and there's no corner nearby. There are cars parked on the street that make it hard for you to see traffic and drivers to see you. What do you do?
 - A. Look for cars as best you can and then run quickly across the street.
 - B. Step to the edge of the parked cars and look again before walking across the street, continuing to look as you cross.
 - C. Keep walking as long as it takes to find a corner.

7. You're waiting to cross at an intersection. Why do you need to look behind you and in front of you after looking left, right and left for traffic before stepping off the curb?
 - A. To look for friends
 - B. To make sure bicyclists aren't coming
 - C. To make sure cars aren't turning
 - D. Both B and C

8. It's late afternoon and it will start to get dark as you walk. What do you wear to help drivers see you?
 - A. Bright clothes and/or reflective materials
 - B. A coat and gloves
 - C. Running shoes