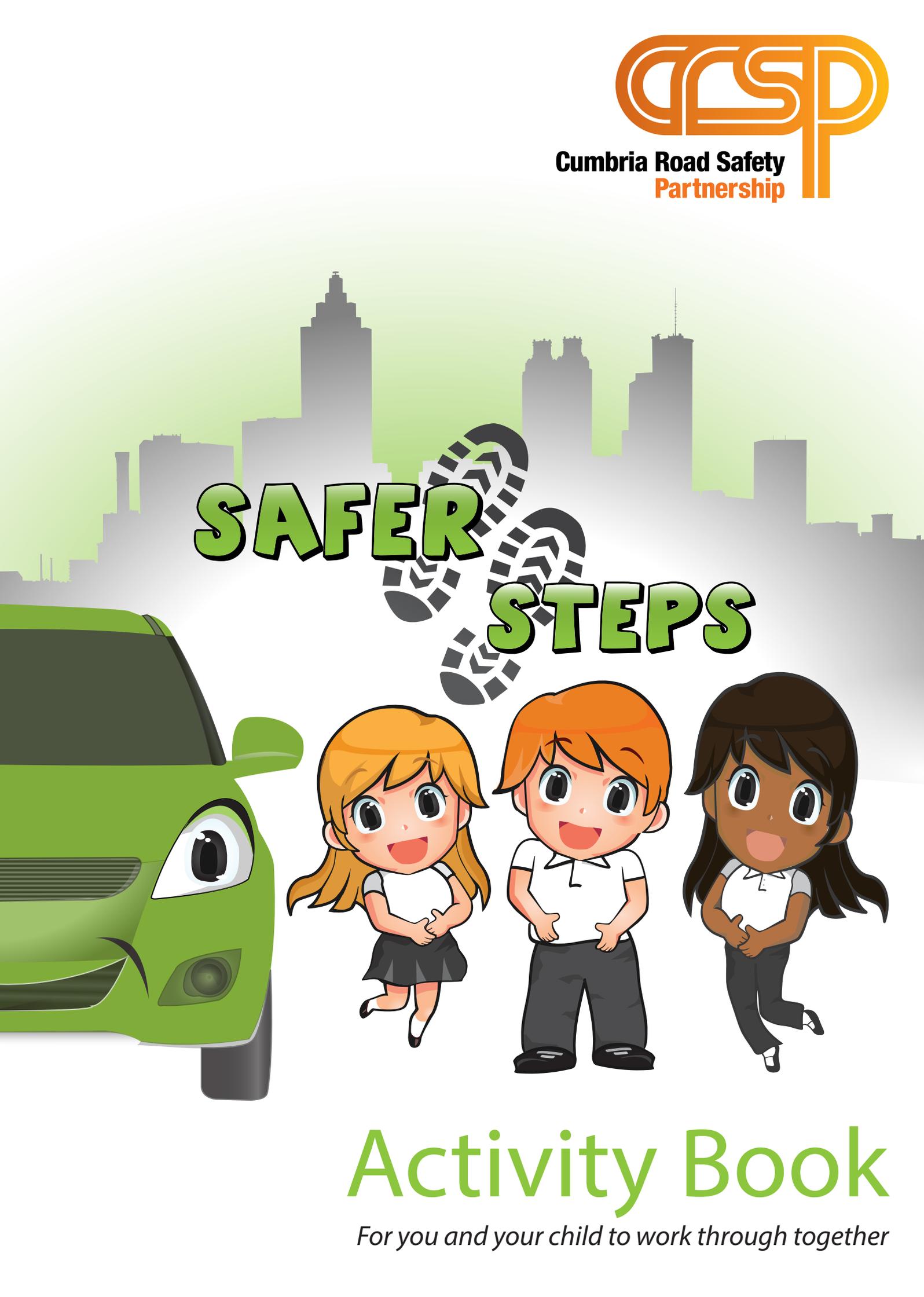
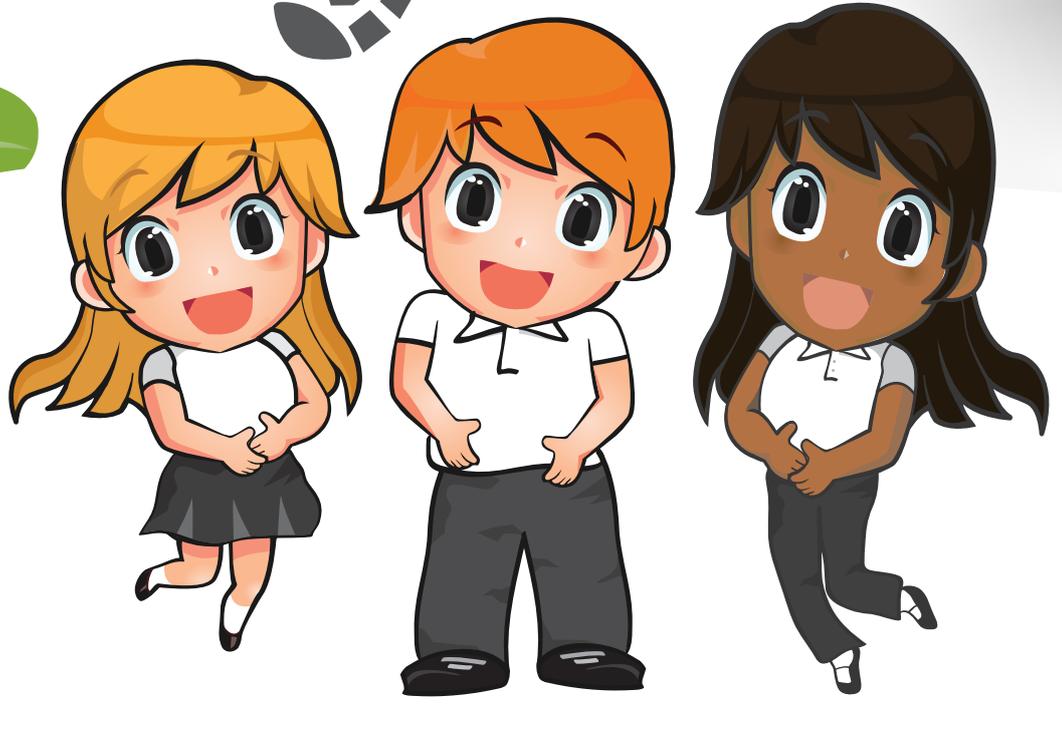




Cumbria Road Safety
Partnership



SAFER STEPS



Activity Book

For you and your child to work through together

Getting Started

This booklet aims to help you build your child's road safety skills using your knowledge and example as a foundation. Please discuss the topics in this booklet with your child so that they can put them into practice safely with your guidance.

Helping you to cross safely throughout this book are Jiya, Milly & Jack.



Please aim to complete each section before moving on to the next one. Throughout this booklet you will find sections (like the one below) which you can fill-in to say that you have completed a practical exercise with your child:

Now It's Your Turn...

Name of Road:

Time: Date:

Don't feel like you have to tackle everything in one go - crossing the road is a life skill that will take time for your child to build up.

When you have worked through the exercises with your child you can fill in their certificate for them which is at the back of this booklet.

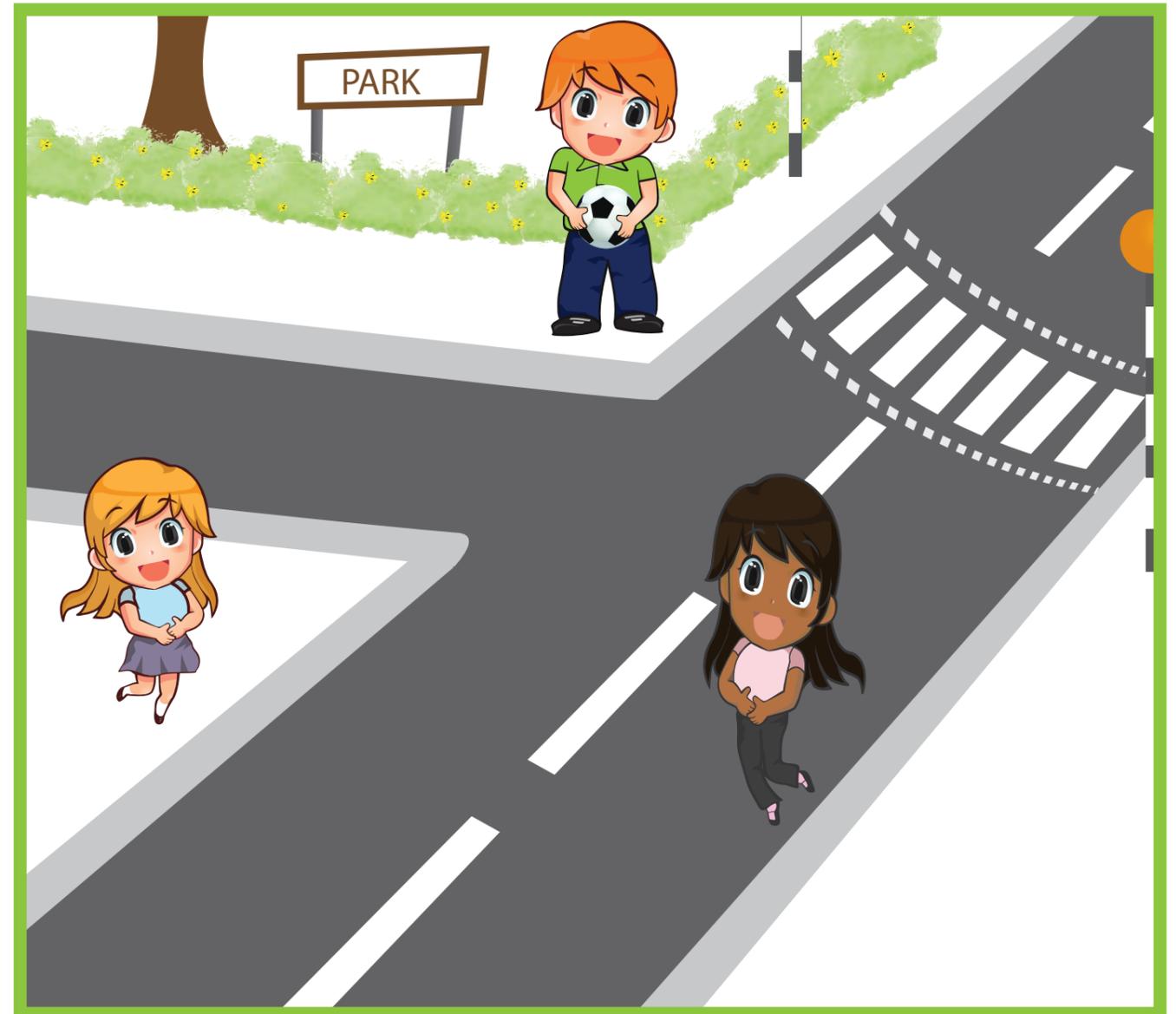
Please do NOT let your child walk alone until you are confident of their abilities and safety.

Research has shown that most children cannot judge speed and distance until they are ten years old or over.



Always Think!

Look at the picture below, can you see who might be in the most danger?



Where would the safest place for crossing the road be?

Can you see a safer place for Jack to play with his ball?

Notes for helper:

Help the child to learn that the street is not a playground



Be Safe, Be Seen

On a very dull day can you see vehicles clearly?

What is the brightest and best colour you see most clearly?

Reflective strips help drivers to see you in the dark, as the material reflects light straight back when the car headlights shine on the strip.

What do you own that is reflective?

Fluorescent materials are useful in daylight as they are very bright

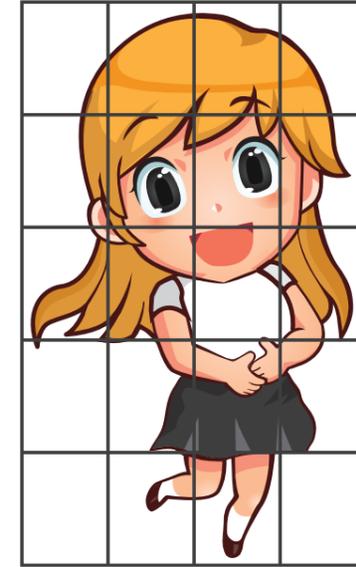
Activity

Jack hasn't always got his fluorescent jacket on - colour in the picture on the right to make him look bright.



Pavements are for People

Activity



This is Milly. She needs to find the safest place to cross the road.

Look at the picture below and draw another picture of Millie in the box where you think it is safest for her to walk.

Road Kerb Pavement

Notes for helper:
Explain to your child the importance of wearing bright or white clothing so pedestrians can be seen and safe.
Do you and your child use fluorescent or reflective materials?

X THE GREEN CROSS CODE

Crossing for Yourself



Think
 First find a safe place to cross and where there is space to reach the pavement on the other side. Where there is a crossing nearby, use it. It is safer to cross using a subway, a footbridge an island, a zebra, pelican, toucan or puffin crossing or where there is a controlled crossing point controlled by a police officer, a school crossing patrol or a traffic warden. Otherwise choose a safe place where you can see in all directions. Try to avoid crossing between parked cars and on a blind bend or close to the brow of a hill. Move to a space where drivers and riders can see you clearly.



Stop
 Stop just before you get to the kerb where you can see if anything is coming and where drivers can see you. Do not get too close to the traffic. If there is no pavement, keep back from the edge of the road but make sure you can still see approaching traffic.

Look
 Look all around for traffic. Traffic could come from **any** direction so make sure you look in **every** direction. Try to make sure that nothing is stopping you from being able to see clearly. Things like hedges, bins and parked cars can all block your view.

Listen
 Listen very carefully as well, because you can sometimes hear traffic before you see it. If you have to cross near to a parked car, listen carefully for the sound of the engine running.

If traffic is coming, let it pass. Keep looking all around and keep on listening. Do not cross until there is a safe gap in the traffic and you are certain that there is plenty of time. Remember, even if traffic is a long way off, it may be moving very quickly.

When it is safe, go straight across the road – do not run. Keep looking and listening for traffic while you cross, in case there is any traffic you did not see, or in case other traffic appears suddenly. Look out for cyclists and motorcyclists travelling between lanes of traffic. Do not walk diagonally across the road.



Activity

Name of Road:
 Time: Date:

First: Find a safe place to cross. Can you explain why it was safe?

.....

Stop: Stop just before you get to the kerb. Why should you stop before crossing the road?

.....

Look all around for traffic:
 Did you see any vehicles?
 Were they near or far?
 Were they travelling fast or slow?

Listen! What sounds did you hear?

.....

Which vehicle made the most noise?

.....

When safe to go straight across the road:
 Was it safe to cross? YES NO
 Why was it safe to cross and what did you do?

.....

Notes for helper:
 Help your child to learn the meaning of 'Think | Stop | Look | Listen'
 Relate to various road conditions. Let your child guide you across the road.
 Remember to keep looking and listening.

The Safest Way

Knowing the safest way to cross the road you also have to understand that the more time spent in the road, the more dangerous it is for you.

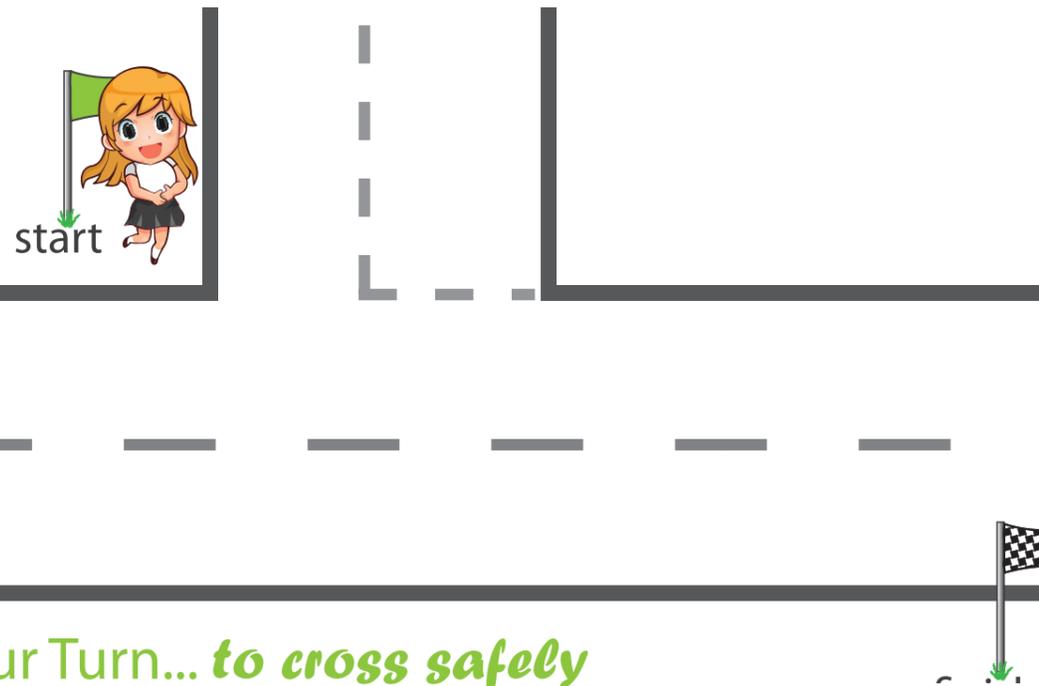
Millie's Top Tips



Look at the road and where you want to go
 Before you start to cross Think!
 Which way is best so that I spend less time in the road?
 Only cross when you have thought about the safest way.
Remember less time in the road is safer for you

Millie needs to get to the flag on the other side of the road.
 Draw a line showing the best way for her to cross the road.

Activity



Now It's Your Turn... to cross safely

Name of Road:

Time: Date:

Notes for helper:
 Remind your child that straightest way to their destination is not necessarily the safest way.



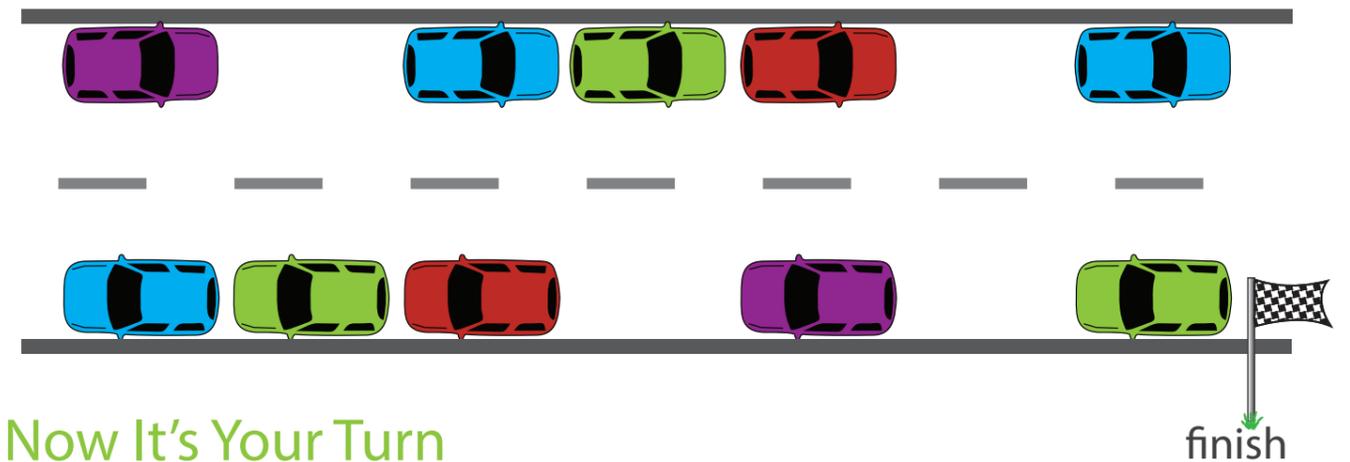
Around Parked Cars

Sometimes a road is very busy with many parked cars but no safe places to help you cross so what could you do?



Jack needs to cross this very busy road with lots of parked cars on it. Can you help him to find the safest place to cross?

Activity



Now It's Your Turn

Name of Road:

Time: Date:



Think first: Choose a space between two parked cars. Use the clues below to check they are not going to move.

- Are the lights on?
- Can you hear the engine?
- Can you see/smell any exhaust fumes?
- Is there a driver in the car?

Why is it not safe to cross near a van, lorry or bus?

.....

When you are sure both cars are NOT going to move, walk carefully between them but **only as far as their outside edge**.
Stop! Carefully **look** around the sides of the car for traffic.
Listen for traffic. Only when you are sure that that road is clear walk straight across.
Keep looking and listening until you reach the pavement on the other side.

Notes for helper:
 Remind your child only to cross between parked cars if there is no other alternative. This activity needs to be practised regularly under supervision.



How to use Zebra Crossings

Think first: Stop at the kerb.

Look and listen all around for traffic.

Watch approaching traffic and wait until ALL traffic stops on both sides of the zebra crossing.



When you are sure ALL traffic has stopped, walk straight across the zebra crossing, looking and listening at all times.

Why might traffic not stop at the zebra crossing?

Why should you keep looking and listening?

Now It's Your Turn... *to use a zebra crossing*

Name of Road:

Time: Date:

Notes for helper:

It is important for your child to experience the correct use of safer places to cross. Take your child to find a zebra crossing: wait for traffic to stop before crossing the road.



Pelicans and Puffins

A pelican crossing has a green man and a red man which can be seen on the opposite side of the road from where you start to cross.

Jack's 'How to...'

How to use a Pelican Crossing

Think first and Stop at the kerb

Press the button and wait

Watch the man change from red to green

- The Red man means stop
- The Green man means you can cross, but only if its safe

Wait for the traffic to stop

Cross the road keep looking and listening

If the Green Man is flashing, do not start to cross



What should you do if you have started crossing the road and the green man starts flashing?



WAIT



Activity

Can you remember what goes where?

Draw lines to show where each of the pictures fits on the unit.

Puffin Crossings



Puffin crossings look different. Normally you will only see the red and green man on the post by the side of the road you are crossing. There is no flashing green man at a puffin crossing.

Make Sure

You still wait for the Green Man and do not start to cross until the traffic has stopped.



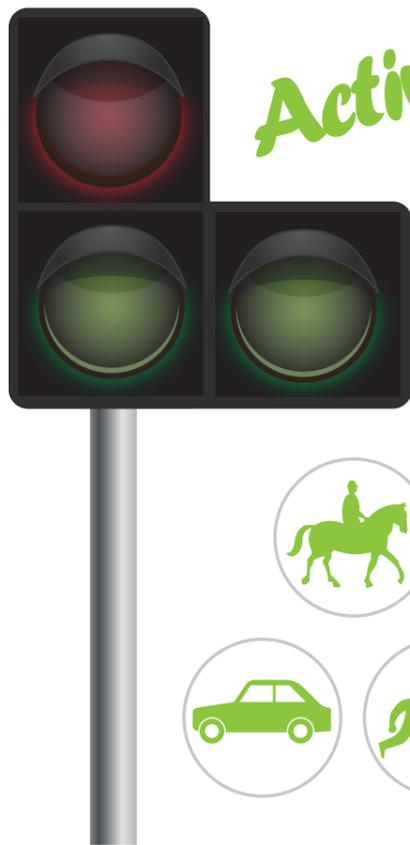
Toucan Crossings

A Toucan crossing is a place where people who are walking and people who are on bikes can cross the road together. At a Toucan Crossing you need to take a little extra care to watch for the bikes as well as looking carefully for traffic in the road.

Activity

Can you remember what goes where?

Again, you need to draw lines to show where each of the pictures fits on the lights, but this time it is a bit harder. There are more pictures than you need so choose carefully.



Now It's Your Turn... to use one of these crossings

Name of Road:

Which type of crossing: Pelican Puffin Toucan

Time: Date:

Notes for helper:

It is important for your child to experience the correct use of safer places to cross. Take your child to find a pelican/puffin crossing: remember this is only safe if used properly. Wait for traffic to stop and do not just go on the green man.



Pedestrian Islands

A pedestrian island is a special place built into the middle of a road where people can cross the road in two stages, using the island to wait safely in the middle.

Jiya's Top Tips

You need to use the Green Cross Code twice!

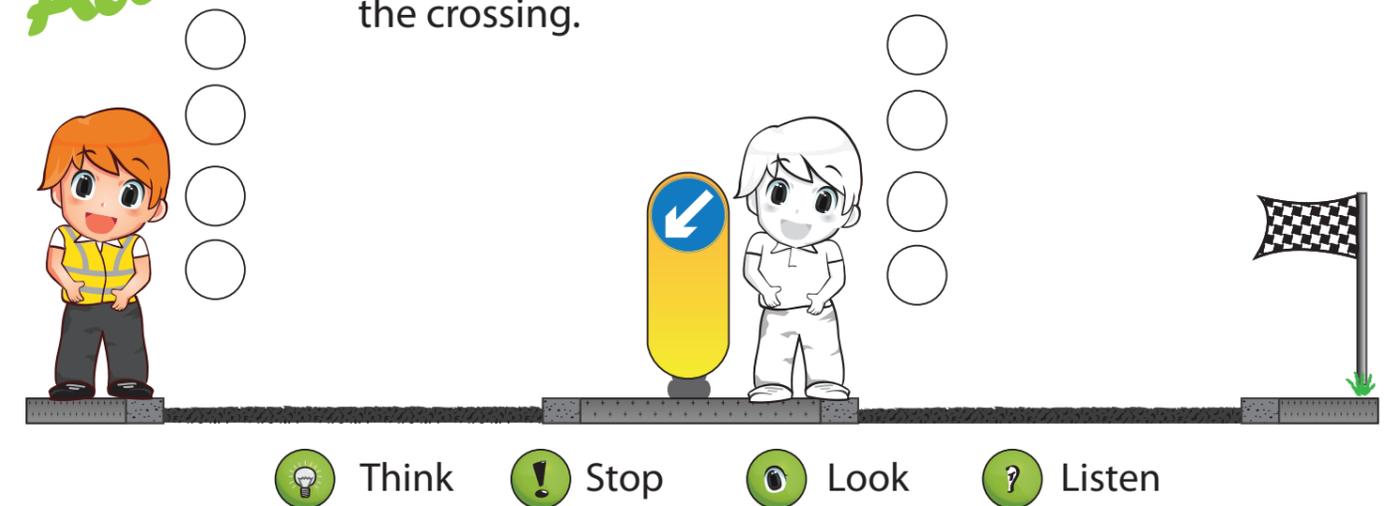
- Once from the kerb to the pedestrian island
- And again to get from the island to the other kerb



REMEMBER: You must STOP, stand still and wait on the pedestrian island until it is safe to cross the rest of the road. Vehicles will be passing close to you both in front and behind so THINK carefully.

Activity

To help Jack cross the road safely, draw pictures in each of the circles to show what he needs to do on each part of the crossing.



Now It's Your Turn... to use a traffic island

Time: Date:

Notes for helper:

Remind your child to use the Green Cross Code. Explain that they should STOP on the island and use the Green Cross Code again



Word Search

Activity

p	h	c	t	k	l	h	n	t	g
i	e	e	r	i	n	n	x	r	h
c	o	d	s	o	y	i	e	d	w
r	i	t	e	d	s	e	h	a	w
o	e	f	a	s	n	s	l	t	t
n	t	o	f	x	t	p	i	l	o
t	r	r	c	a	e	r	o	n	a
l	o	o	k	f	r	s	i	t	g
e	d	h	y	u	e	t	s	a	s
e	p	a	v	e	m	e	n	t	n

Words to find:

crossing

greenxcode

listen

look

pavement

pedestrian

road

stop

think

traffic



Certificate

This is to certify that:

Name

Has completed all the tasks in the

SAFER STEPS

activity book

Signed

Well Done



Safer Steps is brought to you by:



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