

Stay safe – arrive alive



Information for 8-11 year-olds
on staying safe on roads





Produced by:



With support from:



HANDS UP! How do we use roads?

Ways of getting to school	How many kids get to school that way	Good points	Bad points
			
			
			
			

- We all use roads to get about
- Roads are shared by people on foot, on bikes, and in vehicles
- We all need to look after ourselves and other people on roads

Danger zone

Can you spot what's safe and what's not?



Danger zone



BRAINSTORM: Have you seen any **children** do dangerous things while walking, cycling or in cars?

Have you seen any **adults** do dangerous things while walking, cycling or in cars?

Hazard spot

Can you spot what's a hazard
and what's there to keep you safe?



Hazard spot

What are the hazards around your school and home?

QUIZ TIME: why is fast traffic dangerous?

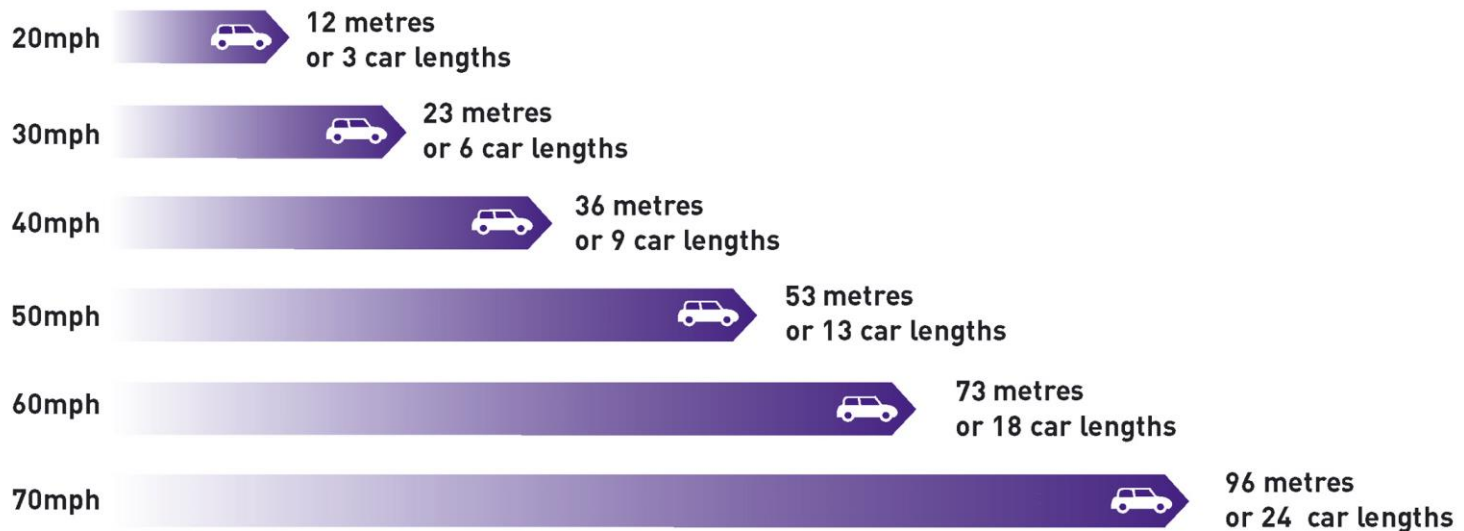
 **FACT:** It takes time for vehicles to come to a complete stop.

Q: As vehicles get faster, do their stopping distances:

a) Increase? b) Decrease? c) Stay the same?

A: Increase

Typical Stopping Distances



Average car length = 4 metres

What happens if you don't stay safe on roads?



THE FACTS:

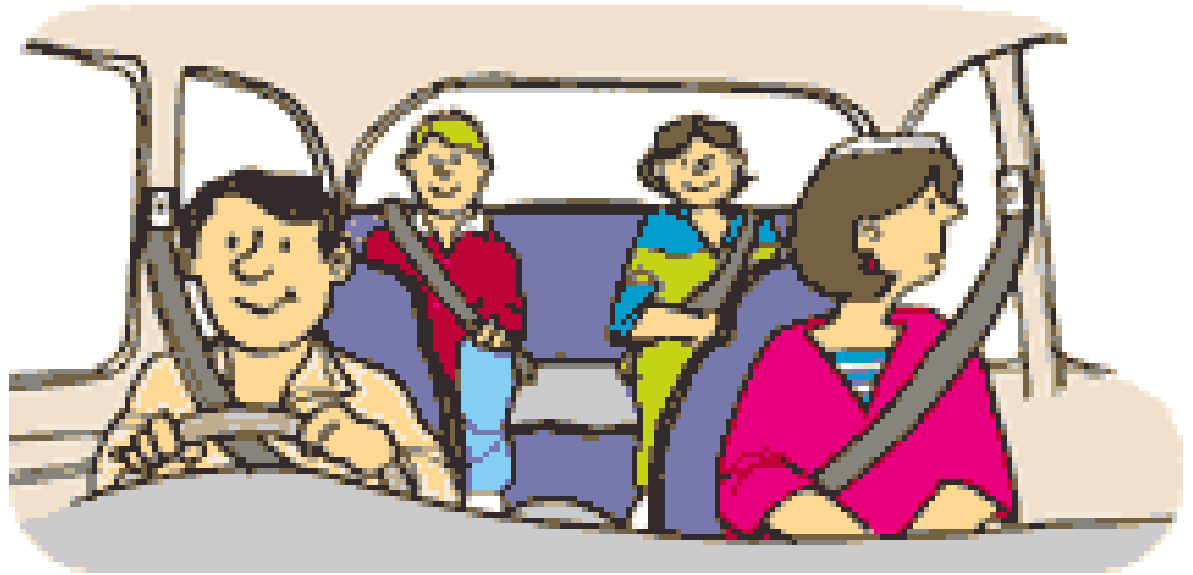
- You could get seriously injured – or even killed
- 160 8-11 year-olds are hurt or killed on roads every week in Britain
- Kids age 11-14 are more likely to get hurt or killed while walking or cycling than younger kids



BRAINSTORM:

Why do you think older kids are more likely to get hurt or killed than younger kids?

BELT UP AND SHUT UP!



- ✓ Belt up before the car sets off – tell the driver to hold on
- ✓ Belt up for every journey – short and long
- ✓ Check everyone else belts up too – front and back, kids and adults!
- ✓ Never undo your seat belt on the journey
- ✓ The law says you have to use a booster seat if you're under 135cm tall – otherwise your seat belt can't do its job

FACT: if you're not belted up and you're in a crash, you would be thrown forward with the force of a small elephant



GET THE GEAR!

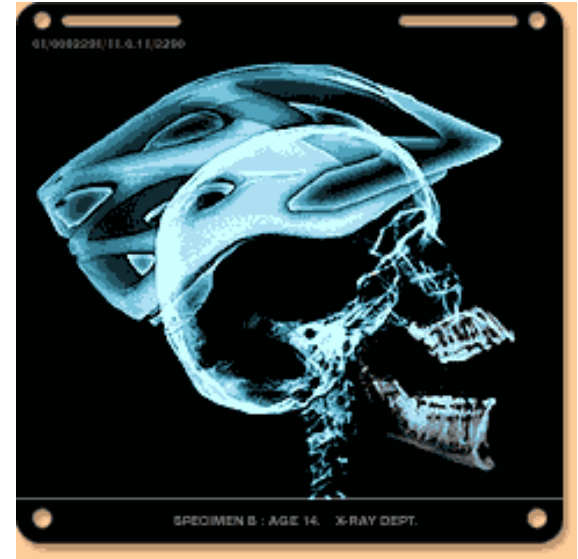
- ✓ Wear a helmet whenever you cycle
- ✓ If you have a bike, keep it in good shape

For more info on cycle safety, go to

www.cyclesense.net

- ✓ Be bright, be seen – wear high-vis gear morning and night!

[CLICK HERE](#) to see a Hedgehogs advert about being bright





FACT: at night a driver can usually see you from about **30 metres** away. If you wear high-vis gear they can see you from **160 metres** away (more than five times further!)

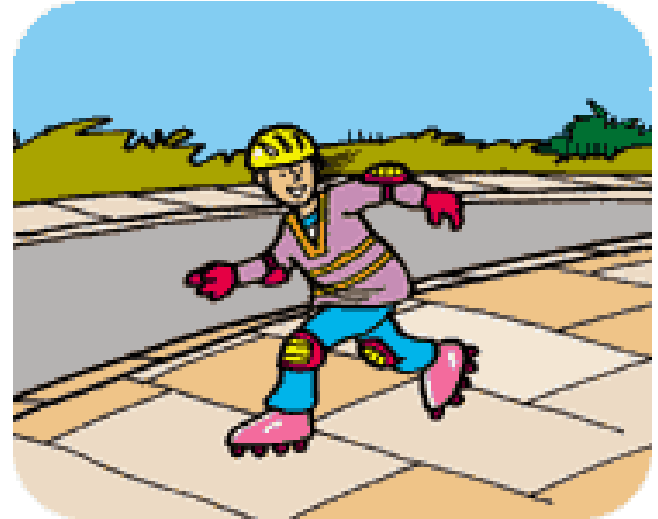


BRAINSTORM:

**Look at the pictures of Amy and Ben.
What high-vis gear could they wear?**



PLAY IT SAFE!



- ✓ Play in the park or a garden - never in the street
- ✓ Don't muck about near roads – keep your cool and stand up for safety!
- ✓ Keep well away from traffic on rollerblades or skateboards

CROSS SMART!

- ✓ Choose safe routes
- ✓ Use crossings if you can
- ✓ If there's no crossing, find somewhere safe – away from parked cars and bends in the road
- ✓ Stay focussed – never cross while using a mobile or stereo
- ✓ Don't trust traffic
- ✓ Use the Green Cross Code



THINK FIRST

STOP

USE YOUR EYES AND EARS

WAIT UNTIL IT'S SAFE TO CROSS

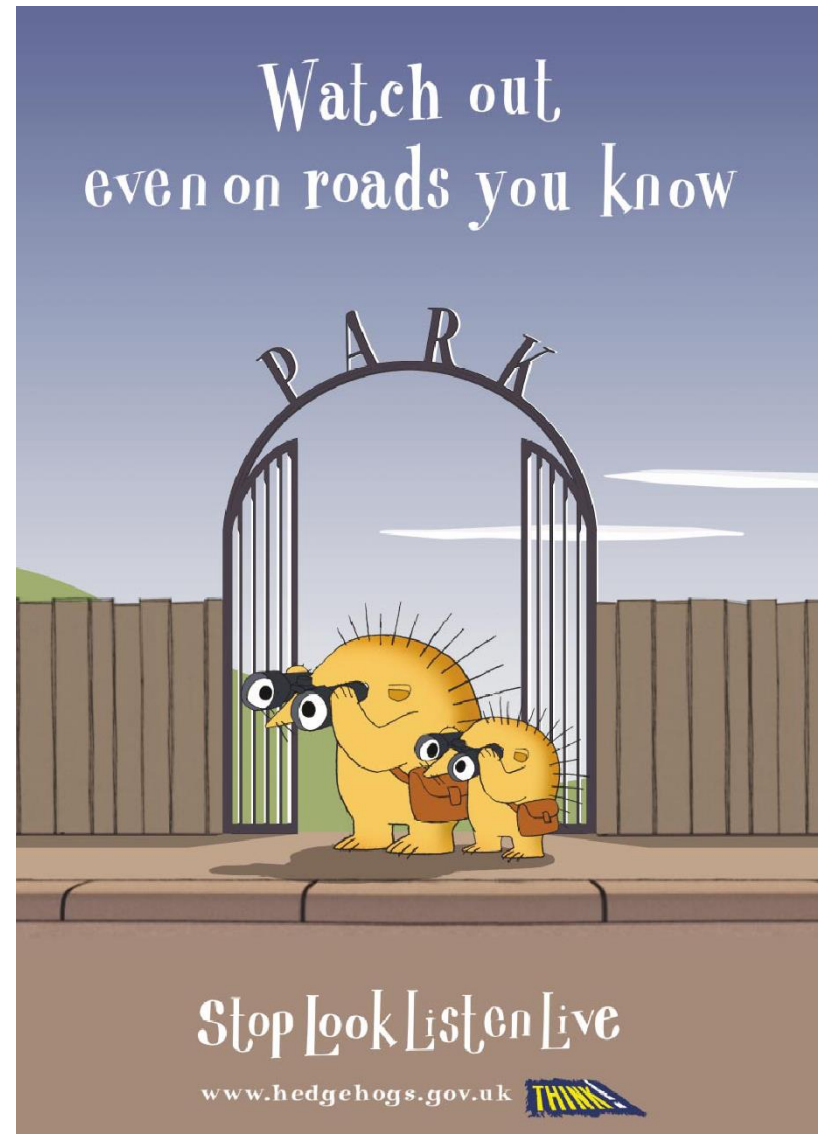
LOOK AND LISTEN

ARRIVE ALIVE



FACT: you need to watch out
– even on roads you know

[Click here](#) to see an advert about
watching out for dangers



What's road safety all about?



It's about:

- ✓ walking safely, cycling safely, and being safe in cars
- ✓ keeping yourself safe - and your friends and family too
- ✓ making smart choices
- ✓ making sure you don't get hurt – or even killed

STAY SAFE – ARRIVE ALIVE