

RACQ Streets Ahead

Pedestrian Safety

Parent Activity Pack

What is this activity pack for?

Children need to learn road sense as early as possible. To do this, they need to know the dangers of the road and how they can avoid these dangers. Parents play an important role in teaching their child safe pedestrian behaviours by repeating key messages and by setting a good example. The more times children hear the safety messages and see safe road use modelled, the better their chances of avoiding harm.

Why is pedestrian safety so important?

Between 2012 and 2017, 74 pedestrians under the age of 17 lost their lives on Queensland roads¹ and 27,495 road users under 16 were hospitalised in a 4-year period².

In Queensland, from 1 July 2015 to 30 June 2019, 102 children aged 0 – 14 years were hospitalised with an injury due to a low speed vehicle runover. 0-4 year olds make up the greatest number of these injuries with 80 requiring hospitalisation. The injuries to the 102 children most commonly occurred in driveways (83) followed by public carparks (13) and farms (6). Males have a much higher incidence of injury³.

What is in this pack?

The activities in this pack are designed for children aged between 2-12 years.

- Ideas for how you can teach your child road safety during your everyday activities together.
- Activity sheets that you can work through with your child to help them remember the key rules for staying safe near roads.
- Tips from teachers about types of communication that help children's learning.

Key points

- Allow your child time to think about all aspects of road safety when completing the activity sheets and encourage them to ask questions to deepen understanding and make connections.
- Question and challenge your child to ensure they assess different alternatives and options in a range of situations.
- Generate opportunities for discussion with your child to enable them to see consequences, make effective and appropriate decisions and understand the importance of road safety and safe environments.



1. "Australian Road Deaths Database." Bureau of Infrastructure, Transport and Regional Economics, Bureau of Infrastructure, Transport and Regional Economics, 14 Sept. 2019, www.bitre.gov.au/statistics/safety/fatal_road_crash_database.

2. "Queensland Road Crash Weekly Report ." www.tmr.qld.gov.au/Safety/Transport-and-road-statistics/Road-safety-statistics. Queensland Government Department of Transport and Main Roads

3. Jamieson Trauma Institute. Queensland Trauma Insights – March 2020 Low Speed Vehicle Run Over related injury hospitalisations: Queensland from 2015/16 to 2018/19 <https://metronorth.health.qld.gov.au/jamieson-trauma-institute/qti-0320>

How to cross safely instructions

Work through the following dot points with your child to help them to know how to cross the road safely.

- Walk on a footpath or grass verge rather than the road.
- When walking on the footpath, an adult should be between the road and child (to keep them as far away as possible from the traffic).
- Children should hold an adult's hand when walking near roads or when crossing.
- Use the Stop, Look, Listen, Think method before crossing the road.
- Cross at pedestrian crossings such as traffic lights or zebra crossings where possible and always wait for drivers to come to a complete stop before crossing the road.
- If there is no crossing, cross on a straight part of the road with a clear view of traffic in both directions.
- Always walk sensibly across the road.
- Take out any headphones and put down devices. Keep attention on the road.

Stop, Look, Listen, Think



STOP in a safe place away from the road with clear visibility of traffic.



LOOK in both directions more than once to check both sides of the road are clear and wait until the vehicle has come to a complete stop.



LISTEN for any traffic sounds that might indicate it is not safe to cross. For example, emergency sirens, horns/beeping, braking/screeching etc.



THINK 'can I get all the way across the road safely?' Remember to use sensible walking feet.

Crossing the road song

Help your child remember the four steps they need to do before they cross the road: Stop, Look, Listen and Think.



Activity

Approximate age range: 2 – 8 years old

Estimated time frame: 15 – 20 minutes

Resources: Audio equipment to play the song

- Learn this song at home. You can take turns singing one verse and your child singing the next.
- Play the song just before your walk to school, the shops, a friend's house etc. This will help remind your child to Stop, Look, Listen and Think before they cross roads whilst out walking.
- Play the song in the car just before you are about to get to your destination. Then it will be fresh in your mind after you have exited the car and are crossing roads as pedestrians.



Teacher tips

Add some actions to match the lyrics:



STOP



LOOK



LISTEN



THINK

To challenge older children ask them to create another verse for the song – what to do we need to think about as we are crossing the road? For example, walking not running, looking both ways as we cross, don't stop until you are safely on the other side.

Crossing the road song lyrics

Help your child remember the four steps they need to do before they cross the road by learning the lyrics to the song below.

You better stop, look and listen... and think!

Before you cross that street

You better stop, look and listen... and think!

Before you cross that street

You better stop, look and listen... and think!

Before you cross that street

You better stop, look and listen... and think!

Before you cross that street

You better stop...

[Click here](#) to sing along to the song on YouTube.

Or download the song [here](#).

Where is safe to cross?

Help your child learn what to look out for when crossing the road.



Activity

Approximate age range: 2 – 8 years old
Estimated time frame: 20 – 45 minutes
Resources: Pencil and clipboard

- Take a walk around your neighbourhood with your child, pointing out different types of traffic, roads and crossings.
- Use the worksheet for ideas about questions you can ask your child to get them thinking about safe and unsafe crossings.
- Use conversation to help your child understand why some areas are safer and others are more dangerous.
- Help your child to notice any other traffic noises and signs that can help them understand where is safe and unsafe for pedestrians.

Children aged 4-8

- Have your child tick off the items on the activity sheet.
- Discuss how the items relate to a pedestrian's safety. For example, check driveways are clear before walking across them, choose safe places to cross - roundabouts are busy directing traffic in different directions and not safe to cross.



Teacher tips

Have a two-way conversation with your child rather than just telling them. Give them time to think and answer. Ask them to explain further if required.

Children learn best if they are encouraged to think for themselves and to explain their thinking.

Where is safe to cross?

Take a walk around your street and identify all traffic, roads and crossings.

Can you see...

1.



☐ Cars

Why do we have to wait for cars?

2.



☐ Trucks

Why is it hard for truck drivers to see pedestrians?

3.



☐ Buses

What are the dangers about crossing near buses?

4.



☐ Bicycles

Where should bicycles ride?

5.



☐ Footpaths

Why do we have footpaths?

6.



☐ Pedestrians

Are these people walking in a safe place? Why?

7.



☐ Roundabouts

Are these safe places to cross?

8.



☐ A zebra crossing

Why do we need to wait before crossing at a zebra crossing?

Answers: 1. Cars might not stop when they are supposed to and we can get injured if we are hit by a moving car. 2. Trucks are a lot larger than normal cars and their visibility is restricted. 3. Buses frequently stop and start making their movements unpredictable. They block the view of the road for both pedestrians and other vehicles. 4. On a footpath, shared path or road, where it is safe to do so. 5. To provide a safe separate space for pedestrians. 6. Yes because they are walking on the footpath and not on the road. 7. Roundabouts are not safe places to cross because there is lots of traffic travelling in multiple directions. 8. We need to wait for vehicles to come to a complete stop so we know they can see us and are aware that we will cross the road in front of the car.

Where is safe to cross?

Take a walk around your street and identify all the traffic, roads and crossings.

Can you see... (continued)

9.



☐ Driveways

Why are driveways dangerous?

10.



☐ Speed limit sign

How does speed affect how a car slows down?

11.



☐ Traffic lights

When is it safe to cross at traffic lights?

12.



☐ Stop sign

Is it safe to cross at a stop sign? Why?

What other signs, crossings and sounds did you see and hear on your walk? How do they affect you crossing the road safely?

During today's walk, where was the safest place to cross the road? Why?

Answers: 9. Driveways are dangerous because vehicles are often travelling backwards / reversing from a driveway making visibility difficult. 10. The faster a vehicle is travelling, the longer it takes for it to slow down. Even if the driver has seen you, they may not have enough distance to stop in time. 11. When the traffic lights are red for traffic, the pedestrian lights are green and all vehicles have come to a complete stop. 12. Stop signs are for drivers of vehicles to stop. They are usually at intersections so it would not be safe to cross where cars are coming from multiple directions.

What is the safest route? Part 1

Help your child assess risks and plan the safest routes.



Activity

Approximate age range: 7 – 10 years old

Estimated time frame: 10 – 30 minutes

Resources: Pencil and clipboard

- Take a walk with your child on a usual route, for example the route to school, the park, a friend's house or the shops.
- Choose two different routes to the same destination.
- Assess the risks on the route. For example, driveways, road type (suburban streets, highways, multi lanes etc.), speed limits, footpaths, pedestrian crossings etc.
- Observe if there are any features that make the route safe. For example, a zebra crossing, traffic lights, footpaths, no need to cross the road etc.
- Use the questions on the sheet to encourage discussion and understanding around traffic, crossings and safety.
- Use the responses and findings to plan the safest routes to different places.



Teacher tips

When asking a question, use 'open' questions that require more than just a 'yes/no' or one-word answer.

For example, "*Why do you think this is the best way to go to the park?*" rather than "*Is this the best way to go to the park?*"

Open questions require more thinking about the answer. The more your child is thinking, the better they are learning.

What is the safest route? Part 2

Example: My route to the park.

Road name	Risks and Safety Concerns (Driveways, high speed limits, no footpaths, parked cars)	Total	Safety features (Pedestrian crossings, footpaths, no need to cross the road, straight road with a clear view)	Total
Margaret Street	Obstructed view with parked cars, so I won't easily be seen.	1	Traffic lights Footpath No need to cross	3
Alice Street	Steep driveways where a driver might not see me when reversing.	1	Footpath all the way to entrance No need to cross the road	2

1. My route to _____

Road name	Risks and Safety Concerns	Total	Safety features	Total

2. My route to _____

Road name	Risks and Safety Concerns	Total	Safety features	Total

1. Which route is safer and why?

2. What roads would be the most difficult to cross? Why?

3. What can you do to make walking your chosen route safer? (how you cross, visibility, choosing your route)

Safe places to play

Encourage your child to choose places to play that are safe from moving vehicles.



Activity

Approximate age range: 2 – 7 years old

Estimated time frame: 15 – 45 minutes

Resources: Pencil

- Look at the pictures with your child and talk about what features make a place safe or unsafe. For example, a park has been designed for pedestrians but not cars, so it will have barriers stopping cars from entering. A backyard is away from the road and cars, making it safe from moving vehicles.
- After talking about each picture, ask your child to write underneath the pictures if they are, safe or unsafe? (You can write the words for young children.)
- Encourage your child to discuss/write why they are safe or unsafe.
- Talk with your child about the local safe places to play and the safest routes to get there.



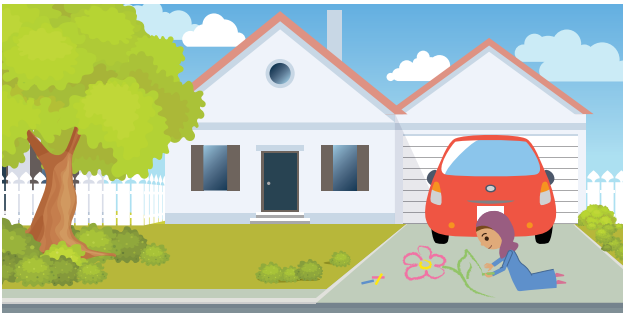
Teacher tips

Ask your child who, what, where, when, how and why questions. These are called “thinking questions” because they make children (and all of us) think about the answer.

The more we think, the better we learn.

Safe places to play

1. Your driveway at home



2. Your backyard



3. A park



4. A carpark



5. The end of the cul-de-sac



6. The beach



1. Unsafe because reversing vehicles will not see you. It is not safe to play anywhere that vehicles can be. 2. Safe because there is no vehicle access. 3. Safe because car parks and moving vehicles are separated from the park. 4. Unsafe because there are lots of reversing and moving vehicles that can't see you. 5. Unsafe because it is a road designed for vehicles. Vehicles will also be reversing onto the road from driveways and will not see you. 6. Can be safe or unsafe. Safe with appropriate adult supervision, correct protective clothing etc. Unsafe because there are life saver vehicles travelling on the beach or other vehicles if it is a camping beach with vehicle access.

Answers