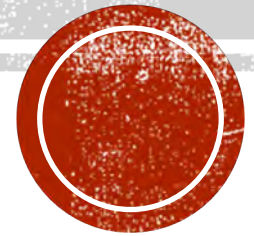


PEDESTRIAN SAFETY



WHY WALK?

According to the Mayo Clinic, walking is beneficial for:

- Maintaining a healthy weight.
- Preventing or managing various health conditions
- Strengthening your bones and muscles.
- Improving your mood.
- Improving your balance and coordination.
- Increasing your knowledge of your community.



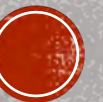
PEDESTRIAN SAFETY: WHAT DO WE NEED TO KNOW?

- What are some of the dangers pedestrians face?
- What behaviors can increase risk ?
- What can we do to walk safer?





**WHAT DO YOU THINK ARE THE
GREATEST DANGERS TO
PEDESTRIANS?**





PEDESTRIAN DATA

- Nearly one-fifth (19%) of children 14 and younger killed in traffic crashes were pedestrians.

KNOW THE FACTS.

According to the National Highway Traffic Safety Administration:

- 76% of all fatalities occurred in urban areas
- 74% of all fatalities occurred in the dark
- 72% of all fatalities occurred at non-intersections
- 70% of all fatalities were males



WHAT CAUSES PEDESTRIAN INJURIES & FATALITIES?

PEDESTRIANS

- Not being visible to drivers
- Dark clothing
- Walking on the wrong side of the roadway
- Not crossing at corners or in crosswalks
- Crossing between parked cars
- Failure to use traffic signals
- Failure to see or judge oncoming vehicles

DRIVERS

- Drivers not seeing pedestrian
- Distractions (texting, in vehicle technology, eating, make-up)
- Speeding
- Failure to stop/obey signals
- Blind curves obstructing vision





What behaviors can increase risk ?



THESE IMPACT YOUR SAFETY!



Hooded sweatshirts limit peripheral vision. Cell phones increase manual, visual and cognitive distractions, headphones and earbuds decrease ability to hear surrounding vehicles.







REMEMBER “POKÉMON GO”?

- A 25-year-old male who suddenly crossed a road while playing Pokémon Go and was hit by a van, reporting several injuries (Padova, Italy).
- A 15-year-old girl was playing Pokémon Go and crossed an intersection about 20 miles outside of Pittsburgh when she was hit by a vehicle.
- Two men in their early 20s fell an estimated 50 to 90 feet down a cliff in Encinitas, California, on Wednesday afternoon while playing Pokémon Go.

There are serious consequences to distracted walking.





WHAT CAN WE DO TO WALK SAFER?



FOLLOW THE RULES:

- Walk on the sidewalk or the left side of the road, facing traffic.
- Look *Left-Right-Left* before crossing the street
- Wait patiently until you can cross safely in a crosswalk or at a corner
- Never assume a driver sees you or will give you the right-of-way
- Avoid earbuds/ headphones
- Be visible: wear bright colors



BE VISIBLE AT NIGHT





BE PREDICTABLE

- Use crosswalks
 - Make eye contact with drivers to indicate your next move- wave!
 - Obey the crossing signals
 - Don't cross between parked cars
-
- *What could be the consequences of not following the pedestrian traffic signs?*



BE ALERT



ADDITIONAL RESOURCES

- <https://www.safekids.org/walkingsafelytips>
- <https://www.nhtsa.gov/road-safety/pedestrian-safety>
- <https://www.cdc.gov/features/pedestriansafety>





TICKET TO LEAVE

- Complete the ticket to leave at the end of your notetaking sheet.
- Be prepared to share one thing that you wrote down.





**WALK
SAFELY!**





TOPIC: Pedestrian Safety

GRADES: 6 - 8

STANDARD(S): Health Education

OBJECTIVES FOR HEALTH EDUCATION

- Analyze the relationship between safe pedestrian skills and injury prevention
- Describe ways to reduce or prevent pedestrian injuries while walking
- Explain how appropriate health care can promote personal health
- Describe the benefits of and barriers to practicing safe pedestrian skills
- Examine the potential seriousness of injury if engaging in unsafe pedestrian behaviors
- Explain the importance of assuming responsibility for personal health behaviors
- Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others
- Demonstrate behaviors to avoid or reduce health risks to self and others

PROCEDURE

- Assign students to review the **Pedestrian Safety** PowerPoint presentation, including videos.
- Assign student worksheet.
- Classroom Connection: Contact a school crossing guard, or pedestrian safety educator in the community to arrange a virtual classroom presentation to conclude this lesson. Review AAA.com/Community for local contacts.

OPTIONAL ACTIVITIES

- Assign students to go on a neighborhood walk, then create a neighborhood map marking traffic control devices and the locations of crosswalks. Students should identify the safest route for walking to popular destinations, including their school and parks, and identify potential hazards.
- Assign a peer-to-peer pedestrian safety education poster or video project.

ADDITIONAL INFORMATION

- More educational downloads on the benefits of walking and pedestrian safety tips:
 - CDC.gov
 - Safe Kids Worldwide

SUMMARY

By the end of this lesson students should be able to explain why walking is a healthy activity and why practicing pedestrian traffic safety skills are important in reducing injuries. Through videos and research of digital resources, including information provided by government agencies, students will acquire knowledge of safe walking practices.

HEALTH EDUCATION STANDARDS

The lesson plan meets the following National Health Education Standards (NHES):

Standard 1: 1.8.1; 1.8.5; 1.8.6; 1.8.7; 1.8.9

Standard 7: 7.8.1; 7.8.2; 7.8.3

NAME:

DATE:

REVIEW

Review the accompany **Pedestrian Safety** PowerPoint presentation.

ANSWER

After reviewing the Pedestrian Safety PowerPoint presentation, answer the following questions:

What percentage of pedestrians killed are 14 years old and younger?

According to the National Highway Traffic Safety Administration (NHTSA):

_____ % of all fatalities occurred in urban areas

_____ % of all fatalities occurred after dark

_____ % of all fatalities occurred at non-intersections

_____ % of all fatalities were males

List three common behaviors of young people that increase their risk of being struck by a vehicle while walking:

What are three things all pedestrians can do to stay safe while walking?

If there is no sidewalk on a roadway, what side of the street should you walk on for safety?

Why do earbuds/headphones increase risk of injury while walking/jogging?

Do you believe people are addicted to their cell phones? In your opinion, does this contribute to pedestrian injuries?

Do you think laws should be passed to limit cell phone use while walking on public streets? Why or why not?

If you could create a video or poster to teach younger students how to walk safely, what are the main ideas you would include in your message? *(Print the next page and draw a poster if you'd like, then scan or take a picture and email your teacher!)*

NAME:

DATE:

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