

# Stay safe – arrive alive



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

Produced by:



With support from:

Department for  
**Transport**



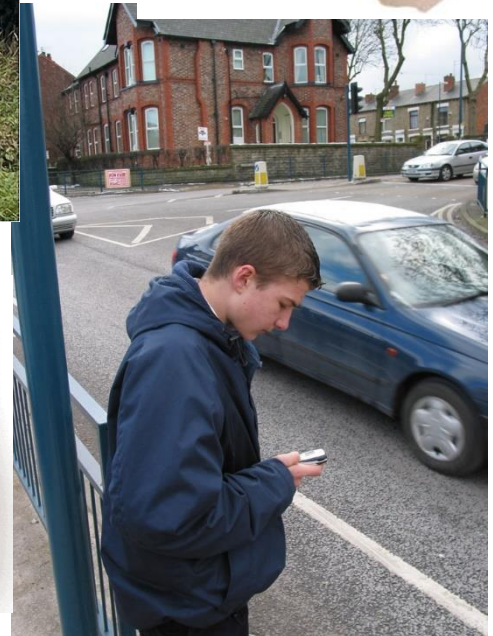
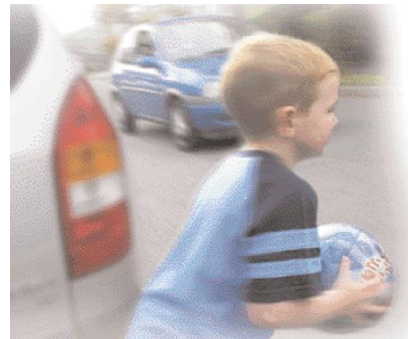
# HANDS UP! How do we use roads?

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?

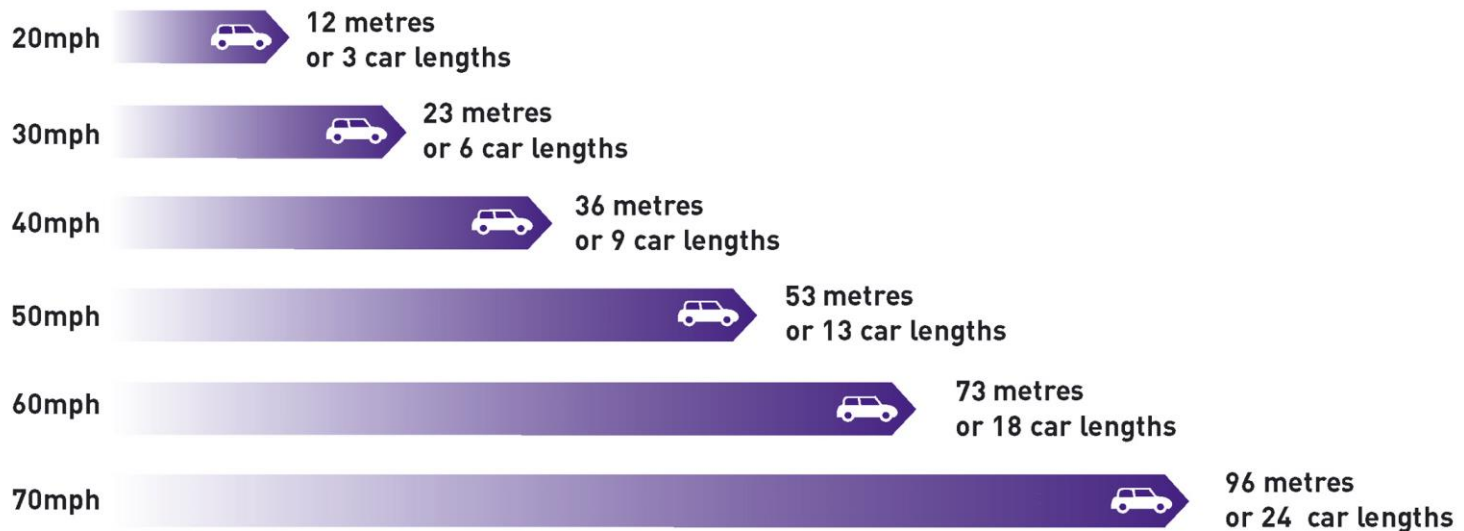
 **FACT:** It takes time for vehicles to come to a complete stop.

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

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

**A: Increase**

## Typical Stopping Distances



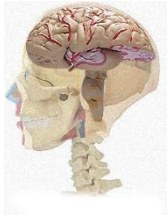
Average car length = 4 metres

# 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

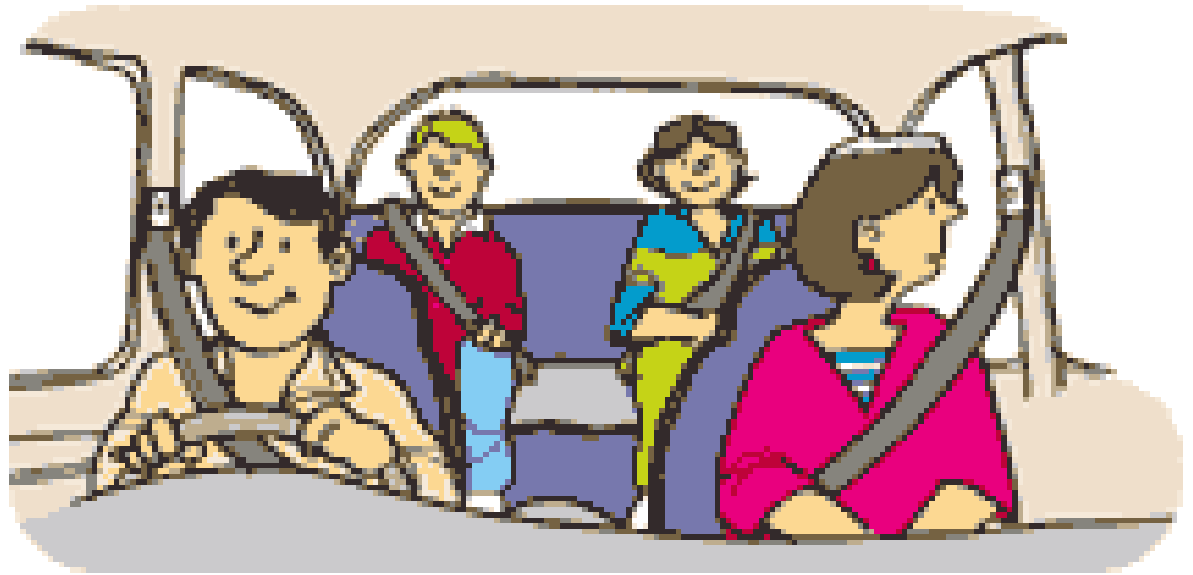


## BRAINSTORM:

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!

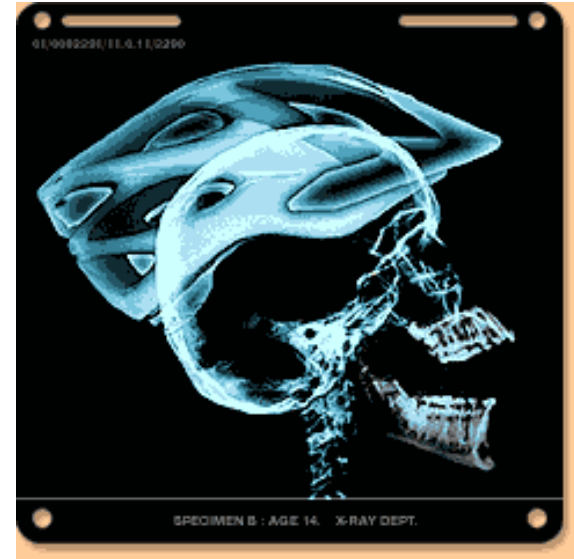
- ✓ Wear a helmet whenever you cycle
- ✓ If you have a bike, keep it in good shape

For more info on cycle safety, go to

[www.cyclesense.net](http://www.cyclesense.net)

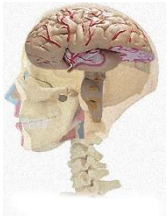
- ✓ Be bright, be seen – wear high-vis gear morning and night!

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

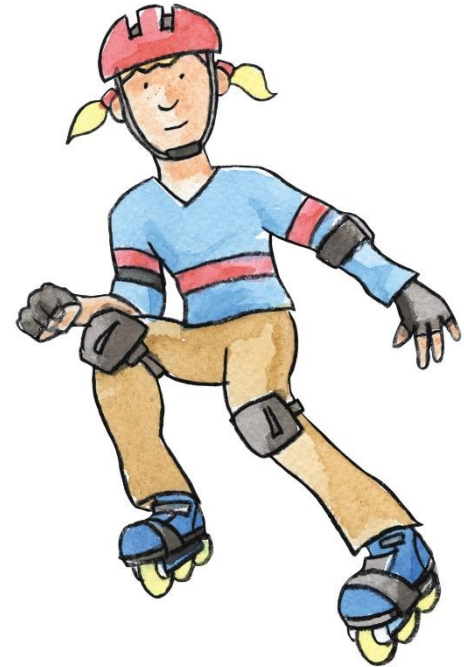




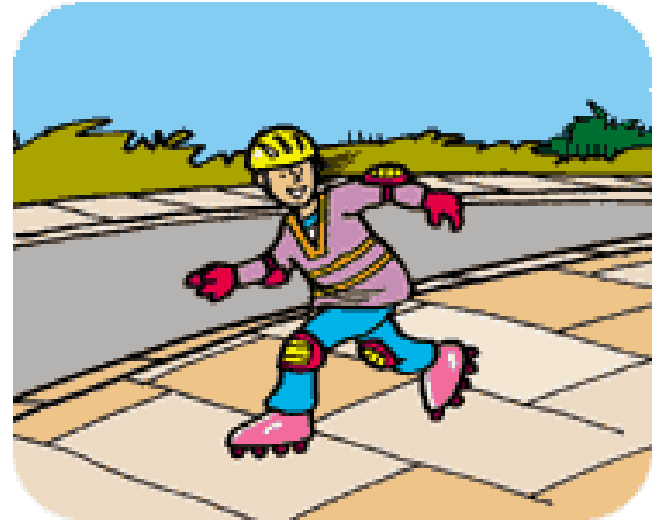
FACT: at night a driver can usually see you from about **30 metres** away. If you wear high-vis gear they can see you from **160 metres** away (more than five times further!)



**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**

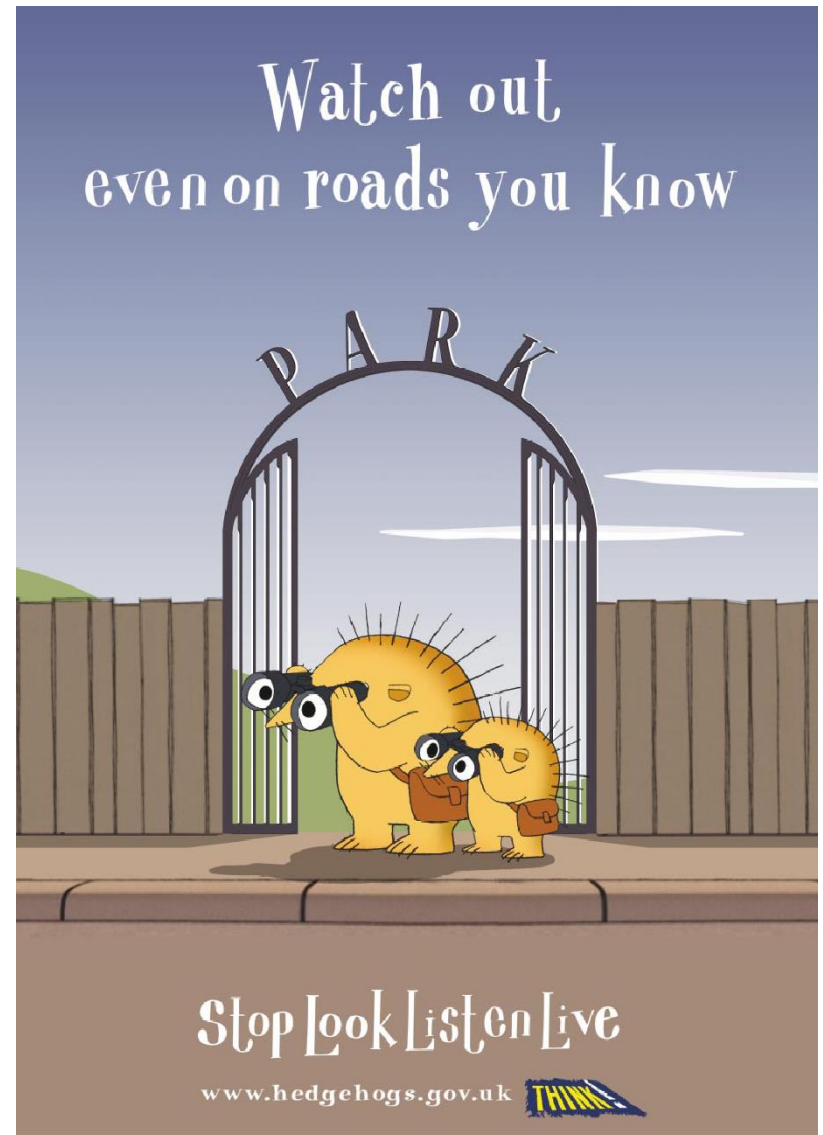
**LOOK AND LISTEN**

**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**