

# EDUCATION

## MA Safe Routes to School Pedestrian Safety Education

The Massachusetts Safe Routes to School program provides Pedestrian Safety Education to School Partners. This program trains adult volunteers to lead students on safety walks, allowing students to experientially learn about safe pedestrian behaviors. MA SRTS also provides a Middle School Mentor program.

### ✓ Our Pedestrian Safety Training Model is based on the following beliefs:

- Children need Pedestrian Safety Education skills consistently reinforced because they are still developing the cognitive, problem-solving and visual skills needed to cross the street, identify a safe place to cross and to estimate speed and distance to make a safe crossing.
- A pedestrian safety training program must provide a supervised and structured real world context that will be easy for children to recall when applying these skills.
- Learning occurs in the context of social interactions. Both peer and adult onsite training will help children grasp the safety concepts that cannot be achieved through a lecture-type format.
- In order for children to demonstrate this knowledge as part of their daily routine, the training should include positive reinforcement for correct behaviors to ensure healthy habits are developed.

### ✓ What does Pedestrian Safety Education involve?

- **Part 1:** 30 minutes: A SRTS trainer instructs a group of up to 20 adult volunteers in how to teach pedestrian safety to children.
- **Part 2:** 30 minutes per class: Newly-trained volunteers lead second grade students on walks within the vicinity of the school. The ideal volunteer-to-student ratio is 1:2, but ratios up to 1:4 are acceptable.
- **Part 3:** 10 minutes: Volunteers return to the training room and complete program evaluations.

### ✓ What do students learn?

- **Parking lots:** Where to walk, the "Sneak and Peek" method, and how to look and listen for approaching cars.
- **Sidewalks:** Where and how to walk with or without sidewalks.
- **Driveways:** How to walk adjacent to and across a driveway.
- **Crossing streets:** Where to cross, how to prepare to cross, what to do when crossing.



Massachusetts Safe Routes to School Pedestrian Safety Education brings students out of the classroom and introduces them to real world situations they may encounter when they walk to school. These 30-45 minute sessions review basics such as how to properly cross the street in a crosswalk, as seen above.

### Massachusetts Safe Routes to School Education Classroom Tools

Safe Routes School Educational Resources are available for download on

[www.mass.gov/safe-routes-to-school](http://www.mass.gov/safe-routes-to-school)

Including:

- Posters
- Flyers
- Parent Handouts
- Walking School Bus Tool Kit materials

Questions? Your SRTS

Outreach Coordinator is here to help.

Massachusetts Safe Routes to School

1.857.383.3810

[www.mass.gov/safe-routes-to-school](http://www.mass.gov/safe-routes-to-school)

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## ✓ Who Provides SRTS Pedestrian Safety Education?

The training is offered by the Massachusetts Safe Routes to School program, an initiative of the Massachusetts Department of Transportation (MassDOT). MA SRTS Outreach Coordinators will organize each Pedestrian Safety Education course, as well as serve as a statewide resource for School Partners following the training. MA SRTS also works with local pedestrian safety experts at WalkBoston to offer Pedestrian Safety Education services

## ✓ My school wants to provide Pedestrian Safety Education to students. How do we get started?

Pedestrian Safety Education training is free for all School Partners. Follow these four easy steps to schedule training at your school:

1. Obtain approval and schedule a date with your school's administration.
2. Express an interest in organizing a Pedestrian Safety Education session to your SRTS Outreach Coordinator.
3. Recruit volunteers from the community. Potential volunteers include parents, police officers, senior citizens, school staff and older students. If you are having trouble recruiting volunteers, ask your Safe Routes to School Outreach Coordinator for help.
4. If necessary, obtain CORI checks for volunteers and permission slips for students.

## ✓ How do I ensure my students receive Pedestrian Safety Education each year?

Upon completion of the Safe Routes to School training session, you will be eligible to receive an instructional tool kit, providing the necessary resources to duplicate your Pedestrian Safety Education efforts. SRTS asks each School Partner to conduct pedestrian safety classes each school year to refresh their student's knowledge and educate new students. The toolkit includes:

- Step-by-step guide to organizing the training and sample schedule
- Classroom talking points
- Safety vests for your school
- A wealth of additional information, sample letters & form templates

I'm a faculty member interested in teaching pedestrian safety skills to my students. What should I do?

MA Safe Routes to School offers Train the Trainer sessions, meant specifically for school educators. In this program, up to 20 faculty members receive an hour long training session consisting of a course demonstration, a discussion of the key instructional points and a performance run through. Educators will then have the tools to teach their students safe pedestrian behavior.

For more information about this option, contact your Safe Routes to School Outreach Coordinator.

## Pedestrian Safety Education Middle School Mentor Program

Experience has taught us that sometimes students learn best when the lesson is being taught by a peer.

MA Safe Routes to School conducts a Train the Trainer course for middle school students who then lead their younger classmates and elementary school students in a Pedestrian Safety Training workshop. Review the Middle School Mentor Handout in this Tool Kit for more information.

Questions? Your SRTS Outreach Coordinator is here to help.

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