The Walk Sense program aims to improve pedestrian safety and promote student wellness through walking. This 3-day curriculum contains lessons and activities that teach pedestrian safety skills through the use of videos, outside simulation activities and art projects. This program has been adapted from Miami Dade’s Walk Safe Program.
TABLE OF CONTENTS

1 INTRODUCTION ........................................................................................................................................... 1
2 TABLE OF CONTENTS .................................................................................................................................. 2
3 LESSON ONE .................................................................................................................................................. 3
4 LESSON TWO ................................................................................................................................................ 7
5 LESSON THREE .......................................................................................................................................... 13
6 PRE/POST-TEST .......................................................................................................................................... 14
7 SIGNS ........................................................................................................................................................... 16
Lessons include cross curricular connections:
- Arts and Humanities
- Lifetime Physical Wellness
- ELA
- Science: Environmental wellness

Materials needed:
- Technology for videos
- Orange cones for road simulation
- Road sign print outs (one set)
- Pre/Post Test hand outs

Day One (50 minutes)

Lesson Objectives:
The objective of this introductory lesson is to teach students basic vocabulary and safe street crossing behaviors. It is important teens understand they should help younger students/siblings cross the street safely and are responsible for themselves and others.

Daily learning targets:
- I can define and use appropriate walker safety vocabulary
- I can identify basic street signs

Applicable National Standards of Learning:

Kentucky Common Core Standard: positive health habits can help prevent injuries…to self and others NHES: 7
National Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

ICE BREAKER:

Instruction: Every 4 minutes a walker is hurt in traffic (nationally). Ask students if they know anyone who was hit by a car, then ask why they think pedestrians are hit so frequently.

Discussion: Review the following traffic signs and vocabulary words. Larger versions of these signs can be found on page 16-19.
<table>
<thead>
<tr>
<th>Safe</th>
<th>To be careful and avoid danger.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pedestrian</td>
<td>A person who is walking.</td>
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<tr>
<td>Curb</td>
<td>Raised pavement between the edge of the road and the sidewalk.</td>
</tr>
<tr>
<td>Crosswalk</td>
<td>A marked place to cross the street.</td>
</tr>
<tr>
<td>Corner</td>
<td>Where the road bends or turns.</td>
</tr>
<tr>
<td>Signals</td>
<td>Lights that tell cars and people when to stop and go.</td>
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<tr>
<td>Intersection</td>
<td>Where multiple roads meet</td>
</tr>
<tr>
<td>Visual Screen</td>
<td>An object that blocks your view while crossing.</td>
</tr>
</tbody>
</table>

2. VIDEO: Play “Pedestrian Safer Journey”


3. CONCEPT MAP: Instructions: Ask students what they think safe walkers do vs unsafe walkers. Inform students that they will be learning how to be safe walkers. Create a concept map on the board that reflects students’ current knowledge.

Discussion:
Response: Since we started, there have already been 3 pedestrians hurt in traffic. To prevent being hurt in traffic follow the safe tips. Here are some more safe tips…

Review these tips and see if class can develop their own WALK acronym. (Example below)

- Be aware of surroundings (this means not listening to music or talking on the phone)
- Walk against traffic (walk with traffic coming at you, this way you can see cars and they can see you.)
- Follow crosswalks (use buttons whenever possible)
- If someone has been drinking encourage them to walk home with a sober friend or tell a trusted adult.
- When you walk, stop at the curb or the edge of the street before you cross and make sure cars have stopped.
- Look left, look right, and look left again
- Be aware that cars may not stop even if you have the right-of-way.
- Never run across the street or walk out between parked cars; walk when crossing the street.
- Know what the different signs and signals mean and always try to follow them.
- Early in the morning or in the evening and at night, wear reflective and/or light colored clothing, carry a light, and/or wear a flashing light.

Walk Acronym:

Wear bright/reflective clothing
Always be aware of your surroundings
Look left right and left again before crossing
Know your signs and signals

4. EXTRA ACTIVITY (depending on time left)

Instructions: Ask children what the benefits of walking are and write them on the board.

Environmentally friendly       Good exercise
Free                                Fun

Response: Walking is good for our bodies because it strengthens our muscles, (ask the children if they know which muscles) keeps our heart active by pumping blood through our bodies more easily, and it’s fun! Walking is also good for the environment because it reduces C02 emissions vehicles give off. EXTRA (only if you have time) Carbon dioxide is not bad and occurs naturally in the environment, we even breathe it out. But vehicles release too much carbon dioxide into our environment which can’t be absorbed by trees which breathe it in. This causes environmental issues. Think about C02 like trash. What would happen if the trash man stopped coming?

Key Objectives Lesson Review
• Pedestrians should be careful and practice safety steps when walking.
• Safe walkers stop, look, and listen for cars before crossing the street.
• Always stop at the curb then look left-right-left before crossing the street.
• Walk on the sidewalk and cross at the corner, not the middle of the street.
• Obey traffic signals and keep looking left-right-left while crossing.
Day 2 (50 minutes)

Lesson Objectives:
The objective of this lesson is to teach students skills for crossing the street safely and to teach them traffic signals to aid in their understanding. It is important children understand that they must pay attention, and that sometimes drivers are not paying attention. They must also understand that dark clothing is problematic to wear and that running into the street is an unsafe behavior.

Daily learning targets:
- I can demonstrate safe behaviors while crossing the street
- I can identify clothing pedestrians should wear
- I can explain why wearing dark clothing is unsafe
- I can explain why running into the street is unsafe
- I can explain why drinking and walking is unsafe

Applicable National Standards of Learning:
Kentucky Common Core Standard: PL-6-S-S-1: explain reasons for safety practices (e.g. pedestrian safety,...staying calm in dangerous situations) for dealing with a variety of health hazards (e.g. walking near motorized vehicles or potentially unsafe or threatening situations) encountered by adolescents NHES: 1

National Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

1. Show the Safe Streets for Adults Power Point Presentation.

Ask the Pre Test Questions aloud.

Slide 6
Louisville’s pedestrian fatality rate pre 100,000 is greater than the national average. Because of this Louisville was eligible to receive grant funding from the National Highway Traffic Safety Administration to help decrease pedestrian fatalities through pedestrian education and enforcement efforts.
National ave is 2.09 per 100,000 http://www-nr.d.nhtsa.dot.gov/Pubs/812124.pdf
Louisville ave is 2.64 per 100,000 assuming 2010 population data of 597,265 and 15.8 ave fatalities from 2006-2010

Slide 7
The majority of pedestrian crashes in Louisville occur in people 25-54 years old. This age group makes up 49% of all pedestrian crashes. The above graph depicts percentage of pedestrian crashes by age group. The age group circled in red is 25-54 year olds.
Slide 8
The majority of pedestrian fatalities in Louisville occur in people 25-64 years old. The average age is 44 and Louisville averages 16 pedestrian fatalities a year.

Slide 9
From 2006 to 2014 pedestrian crashes in 25-54 year old increased 32%.

Slide 12
Driver factors that result in pedestrian crashes include:
1. Inattention
2. Failed to Yield right of way
3. Alcohol and drugs

Slide 13
It’s important to stay mentally alert at all times while operating a motor vehicle or while walking in front of one. The bottom line is to keep your head out of your app. Cars weigh 3000 plus pounds while pedestrians weigh significantly less. Think of it like a train crashing into a car, that can’t feel good.
Here are some tips for pedestrians and motorists
- Put your phone down
- Don’t use ear buds while walking or driving
- Don’t talk to other pedestrians while crossing the street
- Be aware of motorists and make eye contact

Slide 14
Pedestrian factors that result in pedestrian crashes include:
1. Darting into roadway
2. Walking in roadway
3. Crossing with signal

Slide 15
There isn’t always a sidewalk available, so sometimes it’s necessary to walk in the roadway.
Tips to prevent being hit while walking into the roadway are;
- Be aware of your surroundings
- Acknowledge cars may not stop, even if you have the right of way
- Walk on the left side of the road or facing traffic if there is no sidewalk
- Use a crosswalk when one is provided
- Don’t walk against the signal

As Americans we are wired to do the most in the shortest amount of time, and when we are being timed, it’s automatic to go at full speed ahead. Productivity is wired into our brains, but this does not mean running across the crosswalk when the traffic signal says “4 seconds|” or
darting across the street to beat cars. In the back of your mind you might be thinking the same thing I did, “the faster I run the less chance I have of being hit,” but this is faulty thinking. Wearing dark clothing at night drastically reduces visibility and increases your chances of being hit by a motor vehicle.

**Slide 16**
The top factors in pedestrian fatalities caused by motorists are; inattention, alcohol involvement, drug involvement, and exceeding the speed limit. All of these factors contribute to late judgment calls. Inattention distracts the driver while alcohol and drugs impair a driver’s reaction time.

Driver factors that result in pedestrian fatalities include:
1. Inattention
2. Alcohol involvement
3. Drug involvement
4. Exceeded stated speed limit

**Slide 17**
The top factors in pedestrian fatalities where the pedestrian is at fault are; dark clothing, walking in the roadway, darting in the roadway and drinking. As pedestrians it is crucial to be seen, pay attention and be predictable. Drivers may not be paying attention to pedestrians crossing the street even when they have the right of way. It is also crucial that pedestrians are sober while walking, since drinking impairs judgment. We will discuss more solutions to these issues in the following slides.

**Slide 18**
Let’s take a quick look at motorist speed. If you are hit by a vehicle traveling 40 miles per hour you have a 90% chance of dying. If you are hit by a vehicle traveling only 20 miles per hour less, your chances of dying go down to 10%. Speed makes a huge difference. Be aware of your speed in pedestrian areas. Their lives are in your hands.

**Slide 19**
This image helps reminds us how far it takes a car to stop and therefore it’s a friendly reminder to go the speed limit especially in school zones when the school flashers are on.

*Review the test answers aloud and discuss.*
## 2. Discussion

<table>
<thead>
<tr>
<th><strong>Question</strong></th>
<th><strong>Answer</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. What is the first thing you do when you get to a street?</td>
<td>Stop at the curb/edge of the street.</td>
</tr>
<tr>
<td>2. What do you do next (after you stop, and before you cross)?</td>
<td>Look left-right-left.</td>
</tr>
<tr>
<td>3. Does a green light or “WALK” signal always mean go?</td>
<td>No! You have to stop and look left-right-left to make sure it’s safe to cross.</td>
</tr>
<tr>
<td>4. What do you do when the “WALK” signal is lit up at a crosswalk?</td>
<td>Stop, look left-right-left, then cross when it is safe.</td>
</tr>
<tr>
<td>5. What do you do when the “DON’T WALK” signal is lit up?</td>
<td>Wait for a “WALK” signal.</td>
</tr>
<tr>
<td>6. People who walk are known as…</td>
<td>Pedestrians.</td>
</tr>
<tr>
<td>7. If you’re not sure if a driver can see you, should you cross?</td>
<td>No! Make eye contact with the driver of the stopped vehicle before you cross.</td>
</tr>
<tr>
<td>8. What should you do while crossing the street to make sure you stay safe?</td>
<td>Keep looking in all directions to make sure no cars are coming.</td>
</tr>
<tr>
<td>9. What is the definition of a visual screen?</td>
<td>Anything that blocks your view when you are trying to look left-right-left before crossing the street.</td>
</tr>
<tr>
<td>10. Give an example of a visual screen.</td>
<td>Car, bus, or bush.</td>
</tr>
<tr>
<td>11. If you are trying to cross the street and there is a bus in the way, where should you cross?</td>
<td>In front of the bus.</td>
</tr>
<tr>
<td>12. What safety steps should you follow if there is a school bus in the way when you’re trying to cross the street?</td>
<td>Walk ahead until the driver can see you, and then follow the visual screen safety steps before crossing.</td>
</tr>
<tr>
<td>13. Is it against the law to walk in the street if there is a sidewalk next to the street?</td>
<td>Yes. It is illegal and unsafe.</td>
</tr>
<tr>
<td>14. If you are walking with a group of people, who is in charge of stopping and looking left-right-left before crossing?</td>
<td>Everyone in the group is in charge of their own safety, and should stop and look left-right-left.</td>
</tr>
<tr>
<td>15. If the road does not have a sidewalk, where should pedestrians walk?</td>
<td>Walk as far to the left of the road as possible – facing traffic – so that drivers can see you.</td>
</tr>
<tr>
<td>16. If you need help crossing a street or to understand pedestrian signals, who can you ask for help?</td>
<td>Crossing guards, AAA school safety patrols, teachers, or other adults that you know.</td>
</tr>
<tr>
<td>17. Why are open areas in parking lots dangerous?</td>
<td>Because they are just like streets.</td>
</tr>
<tr>
<td>18. In a parking lot, you should watch for cars heading for what?</td>
<td>Open parking spaces.</td>
</tr>
<tr>
<td>19. In a parking lot, before you walk behind a parked car, what should you look for?</td>
<td>Backup lights, beeping, or any other indication that the car is backing up.</td>
</tr>
<tr>
<td>20. If we look left-right-left, and a car is coming, what should we do?</td>
<td>Wait until it passes, then look left-right-left until it is safe to cross.</td>
</tr>
<tr>
<td>21. At an intersection, is it enough to look left-right-left?</td>
<td>No, because you need to look for cars coming from all four directions.</td>
</tr>
<tr>
<td>22. Why do we always look left first before crossing a street?</td>
<td>Because cars drive on the right side of the road, so cars coming from our left will be closer to us.</td>
</tr>
<tr>
<td>23. What does it mean to be safe?</td>
<td>To be careful so that you don’t get hurt.</td>
</tr>
<tr>
<td>24. Why might drivers not always see you, even if you see them?</td>
<td>Drivers may not be paying attention, even if you are.</td>
</tr>
<tr>
<td>25. Where is the best place to cross the street?</td>
<td>At the corner or crosswalk.</td>
</tr>
<tr>
<td>26. It’s good to pay attention with your eyes, but what other sense can help you stay safe?</td>
<td>Hearing.</td>
</tr>
</tbody>
</table>
What kinds of sounds should you listen for when crossing the street? Engines, horns, backing up, and beeping sounds.

When you’re at an intersection, where should you stand to wait for a “WALK” signal? On the curb/edge of the street.

3. Key Objectives Lesson Review

• Knowing the difference between safe and unsafe ways to cross the street is an important part of being a safe pedestrian.

• Safe walkers look and listen for cars before crossing the street.

• Always stop and look left-right-left before crossing the street.

• Always cross at the crosswalk or corner if possible.

• Always walk on the sidewalk, not the street. If there is no sidewalk, walk on the left edge of the street, so drivers can see you.

• Obey traffic signals and continue looking left-right-left while crossing.

• Always pay attention when walking into the street and never run into the street.

• Always make sure drivers can see you and don’t wear dark clothing at night.

TEST

Directions: Circle best answer choice and raise your hand for any questions.

1. When crossing the street you look…
   A. Left, then right
   B. Right then left
   C. Left, right, and left again
   D. Right, left, and right again

2. If a sidewalk is not available where do you walk?
   A. Walk facing traffic
   B. Walk facing away from traffic (back turned)
   C. There is always a sidewalk
3. If you are late going somewhere can you run across the street?
   A. Never
   B. If no cars are coming
   C. If the crosswalk says WALK
   D. Always

4. Walking is good because…
   A. It’s good for the environment because less gas emissions are released into the air.
   B. It’s good exercise
   C. It’s fun
   D. All of the above

5. Talking to friends while walking can be a distraction, what else can be a distraction?
   A. Listening to music
   B. Talking on a cell phone
   C. Texting
   D. All of the above

6. It is important for children under ____ to walk with an adult or older sibling?
   A. 15
   B. 12
   C. 10
   D. 9

7. You are about to cross at a crosswalk when the walk signal changes from
What do you do?

A. Run across the street so you make it in time.

B. Look to make sure no cars are coming and then cross.

C. Stop and wait for the next signal.

8. Before you cross a street you always have to stop and look for drivers, but aren’t drivers supposed to do this? Why do you have to?

A. Driver’s may get distracted and not see you.

B. You shouldn’t have to look,

C. Even if a driver does see you, they may not have time to stop.

D. Both A & C

9. It’s getting dark outside and you want to walk to a friend’s house? What do you wear?

A. A big coat

B. Bright/reflective clothing

C. Dark clothing

10. Drinking alcohol before walking can affect your judgement?

A. True

B. False

C. Only if you are underage

10. Which is an example of a visual screen?

A. Bush

B. A car that is blocking your view.

C. A fallen tree

D. All of the above
DON'T WALK