LOOK THINK

GRADlES 2 - 3

LOOK THINK

GRADlES 4 - 5

SOME TRAFFIC SAFETY TIPS FOR KIDS
Look, Think is a teaching tool based around three short videos which bring awareness to children about traffic safety and offer some useful safety tips.

Children are always going from one place to another. Whether they are playing or walking, they need to LOOK and THINK at all times.

Pedestrians of all ages are at risk. Children are at even greater risk of injury or death from traffic crashes due to their small size, inability to judge distances and speeds, and lack of experience with traffic rules. Nearly one in four traffic deaths among children ages 14 and under are pedestrian deaths\(^1\).

In 2010, almost one-fifth (19\%) of all children between the ages of 5 and 9 who were killed in traffic crashes were pedestrians\(^2\). Children ages 15 and younger accounted for 7 percent of pedestrian fatalities and 23 percent of pedestrian injuries were in traffic crashes\(^2\).

As teachers, parents, drivers and kids, we can all do our part to help keep our streets safe for all pedestrians, and in particular for the children.

\(^{1}\) Source: CDC.gov \(^{2}\) Source: nhtsa.gov
This booklet does not cover every instance a child could face while walking, playing or riding outdoors. It addresses some of the basics of being safe where motorists and other hazards may be. Using your own method of teaching, "Look, Think" will assist you in the classroom discussion of being safe.
Lesson Plan

Time:
Approximately 20 minutes

Objectives:
To teach the basic concepts of sharing the road with motorists and others and how to be observant of your surroundings.

Materials:
DVD, Comic Book, Lesson Activity Sheets, Crayons, Pens & Pencils

The DVD & Comic Book:
Three short videos cover safety while Bicycling, Ball Playing and Playing Video Games or using Electronic Devices while walking.

How to Use:
Download each of the three videos found at teenlane.org in the TWEEN section of the site. Remove and copy relevant handouts found on pages 7, 13 and 19. Copy the back cover reproducible pledge that children can bring home to discuss with parents or guardians and sign together.

Useful Information*

💡 Unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5-19.

💡 Children sustain more than 39,000 nonfatal pedestrian injuries each year.

💡 One in four child pedestrian deaths occur between 3-7p.m.

💡 83 percent of child pedestrian deaths occur at non-intersection locations.

💡 The maturity level of children under 10 years of age makes them less able to correctly gauge road dangers and puts them at greater risk for injury and death.

*Source - SAFEKIDS Worldwide 2013
Why are YOU so bad at riding?
I'm the best at riding!

Note: Always put your helmet on properly. Not like this.

Okay, you're on!!!

Let's have a race, from here to the end of the hill. I'll even give you a head start!

*Go to page 35 to learn how to properly wear your helmet*
I'm winning!

Watch out boys!
Look
Think
Whew, that was a close one!

Brought to you by The National Road Safety Foundation.
BICYCLES/RECREATION TIPS

- Wear safety gear. Helmets should be properly fitted and secured.
- Wear reflective clothing and shoes with reflective strips.
- You should not speed.
- Make sure you ride with the flow of traffic, never against it.
- Pay attention to your surroundings at all times.
- Never wear ear plugs (i-pods, radio etc.) while riding.
- ALWAYS REMEMBER TO LOOK and THINK!

List other ways you can be safe while on your bike, skateboard, scooter or rollerblades.

1. 

2. 

3. 

4. 

5. 

Have you ever ridden your bike in the street or at dusk? Did you practice being safe? On the back of this page, draw a picture showing what happened and how you stayed safe.
Look

Think

Hey, kick the ball over here!
Don't worry, I got this!

Let the car pass!

Going into the street is dangerous. Talk to your parent about it.
Look

Think
Looking both ways!
Soccer/Ball Playing Tips

• Always get permission from your parents to play near the street.
• Look both ways, and look again before entering the street.
• Watch out for yourself and friends.
• Wear bright clothing and reflectors if you are playing during dusk hours.
• ALWAYS REMEMBER TO LOOK and THINK!

List other ways you can be safe while at play.

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________

Have you or a friend ever played near the street? Did you practice being safe? On the back of this page, draw a picture showing what happened and how you stayed safe.
Look
Think

Hey, I just got a higher score!
Okay, let’s play the next level!

I’m going to win!

You think you can keep up with me?
We need to Look and Think before we cross the street.
VIDEO GAMES/HAND HELD DEVICE TIPS

- You shouldn't use electronics while crossing the street. Even using phones or games while walking on the sidewalk can be dangerous.
- Cross at corners or marked crosswalks.
- If there is no sidewalk, walk facing traffic.
- Wait for cars to fully stop before you cross, even if the light is green for you.
- Look both ways and then look again before crossing the street.
- ALWAYS REMEMBER TO LOOK and THINK!

List other ways you can be safe while crossing the street.

1. 

2. 

3. 

4. 

5. 

Have you or a friend ever walked while playing a video game or listening to an iPod? On the back of this page, draw a picture showing what happened and how you stayed safe.
This booklet does not cover every instance a child could face while walking, playing or riding outdoors. It addresses some of the basics of being safe where motorists and other hazards may be. Using your own method of teaching, "Look, Think" will assist you in the classroom discussion of being safe.
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**HOW TO USE:**
Download each of the three videos found at teenlane.org in the TWEEN section of the site. Remove and copy relevant handouts found on pages 25, 29 and 33. Copy the back cover reproducible pledge that children can bring home to discuss with parents or guardians and sign together.

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*Source – SAFEKIDS Worldwide 2013*
You are asking to lose!

Make sure helmets fit correctly.

Not like this.

I'm winning!

Do you want to have a race... from here to there?

*Go to page 35 to learn how to properly wear your helmet
WATCH OUT BOYS!

WHOA!

WE ALMOST HIT THEM!

WE HAVE TO BE MORE CAREFUL.
BICYCLES/RECREATION TIPS

- Wear safety gear. Helmets should be properly fitted and secured.
- Wear reflective clothing and shoes with reflective strips.
- You should not speed.
- Make sure you ride with the flow of traffic, never against it.
- Pay attention to your surroundings at all times.
- Never wear ear plugs (i-pods, radio etc.) while riding.
- ALWAYS REMEMBER TO LOOK and THINK!

List other ways you can be safe while on your bike, skateboard, scooter or rollerblades.

1. 

2. 

3. 

4. 

5. 

Have you ever ridden your bike in the street or at dusk? Did you practice being safe? On the back of this page, write a brief essay telling what happened and how you stayed safe.
HERE YOU GO...

GOING INTO THE STREET IS DANGEROUS. TALK TO YOUR PARENT ABOUT IT.
LET THE CAR PASS.
SOCCER/BALL PLAYING TIPS

- Always get permission from your parent to play near the street.
- Look both ways, and look again before entering the street.
- Watch out for yourself and friends.
- Wear bright clothing and reflectors if you are playing during dusk hours.
- ALWAYS REMEMBER TO LOOK and THINK!

List other ways you can be safe while at play.

1. 
2. 
3. 
4. 
5. 

Have you or a friend ever played near the street? Did you practice being safe? On the back of this page, write a brief essay telling what happened and how you stayed safe.
HEY, I JUST GOT A HIGHER SCORE!
BEEP! BEEP!

LET THE CAR PASS.

I CAN’T WAIT TO GET HOME AND BEAT YOUR SCORE.

Brought to you by:
The National Road Safety Foundation
Traffic Safety: Some Helpful Tips for Kids
Grades 4 - 5

Teacher: ___________________________

Student: __________________________

**VIDEO GAMES/HAND HELD DEVICE TIPS**

- You shouldn’t use electronics while crossing the street. Even using phones or games while walking on the sidewalk can be dangerous.
- Cross at corners or marked crosswalks.
- If there is no sidewalk, walk facing traffic.
- Wait for cars to fully stop before you cross, even if the light is green for you.
- Look both ways and then look again before crossing the street.
- ALWAYS REMEMBER TO LOOK and THINK!

List other ways you can be safe while crossing the street.

1. __________________________________________

2. __________________________________________

3. __________________________________________

4. __________________________________________

5. __________________________________________

Have you or a friend ever walked while playing a video game or listening to an iPod? On the back of this page, write a brief essay telling what happened and how you stayed safe.
Fitting Your Bike Helmet

Buy it. Fit it. Wear it. EVERY RIDE!

The Proper Helmet Fit
Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It’s usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHDI) Web site at www.bhsi.org/.

**Size:**
Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

**STEP 1**

**STEP 2**
**Position:**
The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

**STEP 3**
**Side Straps:**
Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.

**STEP 4**
**Buckles:**
Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

**STEP 5**
**Chin Strap:**
Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

**STEP 6**
**Final Fitting:**
A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.

B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.

C. Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.

D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

LETTER TO PARENTS & CAREGIVERS:

It's evident that children learn by watching others. As parents and caregivers, it is imperative that we practice proper outdoor behavior at all times. Talk to your children about being safe while walking, playing or riding near motorists. Consider these tips to help develop valuable behavior:

Walk with your child and remind them to look both ways, and then look again for motorists

Explain stop signs, crosswalks, traffic lights and other pedestrian signs

Show your child the safest roads to walk, ride and play

Remind your child to stop at the edge of the road before crossing

Advise them to wear protective and reflective gear

Encourage your child to have adult supervision

These are just a few suggested topics to discuss while developing proper outdoor behavior for your children. We also encourage you to have your child take the pledge below to reinforce his or her understanding and agree to be safe at all times.

SAFETY PLEDGE

I agree to LOOK both ways and LOOK again before crossing the street

I agree to cross at designated crosswalks and never go into the street from between parked cars

I agree to wear protective and reflective gear when riding a bike, scooter or board

I agree to be safe at all times

Child's Name ___________________________ Date __________

Parent/Caregiver signature
The National Road Safety Foundation
Promoting driver competence through lifelong education

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- Speed & Aggression
- Drowsy Driving
- Driving Skills

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www.safekids.org
www.saferoutesinfo.org
www.nhtsa.gov
www.cdc.gov
http://safety.fhwa.dot.gov/ped_bike/