

STEP UP



Road Safety advice for the
STEP UP to Year 7

For more information on road safety visit:
www.SussexSaferRoads.gov.uk

Sussex Safer Roads
P A R T N E R S H I P



LET'S GO

TRAVEL CHECKLIST

- ☒ Bus or train pass
- ☒ Emergency money/ prepaid card
- ☒ Mobile phone charged
- ☒ Keys
- ☒ Plan your route
- ☒ Wear bright clothing or have something reflective tied to your bag

USEFUL NUMBERS AND WEBSITES:

- **999** or to report a crime that is not an emergency call **101**
- When is the next bus coming? useful APP: **'Bus Scout'**
- School phone number

- Travel Links
www.traveline.info/se
www.bit.ly/travelwestsussex
www.bit.ly/traveleastsussex
www.brighton-hove.gov.uk/journeyplanner

- **REMEMBER ICE**
In Case of Emergency number in mobile

LET YOUR FEET DO THE WALKING

SO WHAT ARE THE BENEFITS OF WALKING:

- It doesn't cost you anything
- You get to walk with your mates to school
- You see things you wouldn't see if in a car
- You will be fitter and healthier
- Regular walking can improve your mood!
- Walking is a great form of exercise which can help you concentrate and learn!

RECORD YOUR WALKING JOURNEY DETAILS BELOW:

Distance travelled (miles)

Length of journey (minutes)

REMEMBER

DON'T GET DISTRACTED

DON'T GET PRESSURISED BY MATES

IF THERE IS A CROSSING - USE IT!

www.livingstreets.org.uk



PEDAL POWER

CYCLING IS A REALLY GREAT WAY TO GET AROUND

it gives you freedom, independence and lots of exercise



- Plan your journey – think about the route you are going to take. Be prepared, and let people know your plans
- See and be seen – wear something bright and/or reflective
- Book yourself onto a Bikeability cycle training course and become a confident and safer cyclist
- Ensure you do a simple ABC bike check every time you ride
- Protect your bike and get it marked by the police www.immobilise.com
- Ensure that you wear a correctly fitted helmet, and suitable clothing
- Use a good quality bike lock or two to help prevent theft
- Try and leave your bike in view of CCTV cameras for extra peace of mind
- Encourage your friends to cycle with you
- Use lights at night **IT IS THE LAW!**

REMEMBER ABC CHECK FOR YOUR BIKE:

LAW AROUND LIGHTS

At night your cycle **MUST** have white front and red rear lights lit. It **MUST** also be fitted with a red rear reflector and amber pedal reflectors. White front reflectors and spoke reflectors will also help you to be seen.



A – AIR
TYRES DO THEY
HAVE ENOUGH AIR



B – BRAKES
ARE BOTH BRAKES
WORKING PROPERLY



C – CHAIN
DOES THE CHAIN
NEED ANY OIL

BUSES & TRAINS



Public Transport can help you, your friends and your family travel independently.

On a bus you can ask the bus driver for help if you need it.

On a train you can ask the conductor for help.

Practice your route to school during the holidays if you can.

Go online to plan your journey and use twitter or facebook to get daily updates

HOW TO USE BUS/TRAIN

Plan your journey in advance and let people know your plans.

Always have a back-up route planned.

Check that you've got money or pre-paid tickets and any discount card with you before starting your journey.

use: - Google Transit or www.traveline.info/se



DO'S & DON'TS

- Keep your feet off the seats and your bag on your lap or in the overhead storage.
- Be polite and treat other people as you would like to be treated. Noisy and rude behaviour could get you thrown off the bus.
- If you are listening to music, keep the volume down so as not to disturb other passengers. If eating, remember to clear up after. Don't upset other passengers by eating strong smelling food.
- When leaving the bus, make sure you are clearly visible to other road users and don't cross until the bus has pulled away.
- On the train platform stay behind the yellow line and follow station announcements.
- If you are with your friends then make sure other passengers have space to get around you.
- Keep back from the kerb or platform edge. Always wait for people to leave the bus or train first before trying to get on.

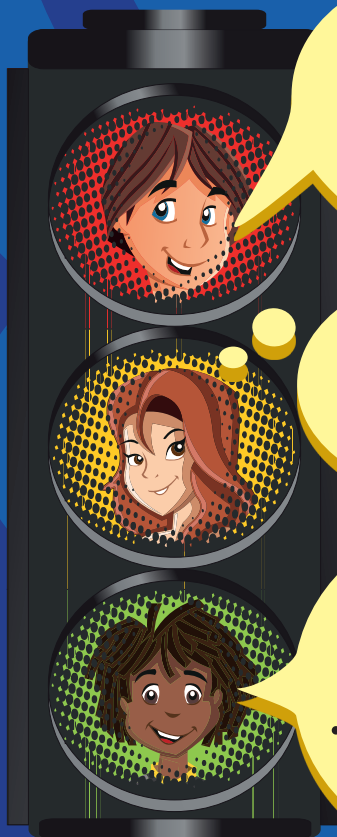


REMEMBER

MOST PUBLIC TRANSPORT IS NOW EQUIPPED WITH CCTV

DON'T BE IN A FILM YOUR HEAD TEACHER WILL WATCH





STOP

BE AWARE OF YOUR
SURROUNDINGS
HOW DO YOU FEEL?
DO YOU FEEL SAFE?

THINK

IF YOU DON'T FEEL
SAFE, WHAT CAN
YOU DO TO PROTECT
YOURSELF?

GO

WHAT ARE
YOUR OPTIONS?

- Go into Shop
 - Ask a Police Officer
 - Call a friend or family
- MAKE YOUR
SAFEST CHOICE



**IF YOU DON'T
HAVE ANY CREDIT**

HOW TO MAKE A REVERSE CALL

- 1:** DIAL
0800 686323 or
0800 mumdad
- 2:** Enter the number
you wish to call
- 3:** Say your name
when prompted
- 4:** Wait while your
call is connected

USEFUL WEBSITES

www.traveline.info/se
www.bit.ly/travelwestsussex
www.bit.ly/traveleastsussex
www.brighton-hove.gov.uk/journeyplanner
www.childline.org.uk
www.livingstreets.org.uk
www.stoppingdistances.org.uk

Take a look at the
website for more info

www.StepUpSussex.co.uk

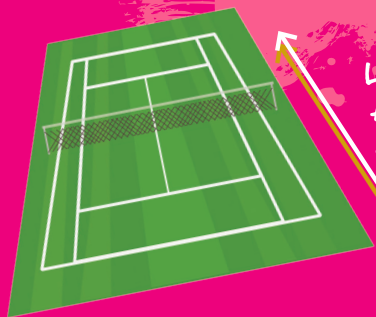


DID YOU KNOW

30 MPH
STOPPING DISTANCE
EQUIVALENT TO



OR 6 CAR
LENGTHS



LENGTH OF
A TENNIS
COURT

PLAN YOUR JOURNEY

Remember: Practice makes perfect

TAKE NOTE

Break down the journey:

How long did it take?

What time do I need to leave
for School?

- CROSSING TYPES



PEDESTRIAN REFUGES

These help you
cross in two
stages. Vehicles
have priority.



ZEBRA CROSSING

Are marked by black and white
painted strips across the road and
flashing amber beacons. They have
NO traffic lights. Make sure traffic
has stopped before crossing.



PELICAN

When the red figure shows,
do not cross. When a steady
green figure shows, check
the traffic has stopped then
cross with care.



PUFFIN

The red and green figures
are above the control box
on your side of the road.
Press the button and wait
for the green figure to show.



TOUCAN

Cyclists are permitted to ride across the
road. Press the button and wait for the
green figure and Green Cycle to show.



WHAT KIND OF PUBLIC TRANSPORT USER ARE YOU?

HOW DOES IT MAKE YOU FEEL?

1: WHEN YOU SEE GRAFFITI DAMAGE ON THE BUS OR TRAIN

- a** Interested because it's someone's personal expression or frustration.
- b** Not bothered as it's nothing to do with you.
- c** Annoyed because they are making your environment messy.
- d** Frustrated because you know there is a chance the bus/train company could refuse to take students from my school.

2: WHEN YOU HEAR SOMEONE FROM YOUR SCHOOL SWEARING OR SHOUTING ON PUBLIC TRANSPORT

- a** Amused because it's annoying other transport users and they don't like kids anyway.
- b** Intimidated if they aren't people who are your friends or embarrassed if they are.
- c** Frustrated because they represent your age group and it's not helping the image of young people.
- d** Upset because it's offending people who have done nothing to provoke it.

3: IF THE ONLY SEAT YOU COULD SIT ON HAD SOMEONE'S FEET ON IT

- a** Not bothered because I do it myself.
- b** Annoyed because it will make my clothes dirty.
- c** Irritated because it's making my environment messy.
- d** Upset because you know the money it costs to clean it up will end up making the fares go up.

4: IF SOMEONE WAS LISTENING TO LOUD MUSIC WITHOUT HEADPHONES ON PUBLIC TRANSPORT

- a** Not bothered if I liked the song but bored if I wasn't into the music.
- b** Intimidated but not prepared to do anything.
- c** Wondering why they don't just use headphones like everyone else.
- d** Upset that they can't respect other people's right to some peace and quiet.

5: IF YOU HEARD SOMEONE ABUSING THE DRIVER OR CONDUCTOR FOR CHALLENGING THEM

- a** Entertained because most people always think badly of kids using their service anyway.
- b** Bored because it's the same old argument and it doesn't solve anything.
- c** Worried it might make the train or bus provider complain to your school and get you into trouble.
- d** Upset because no one should get abuse from passengers just because they are trying to do their job.

MOSTLY A'S You need to take a look at yourself from someone else's point of view. You're not considering how others may feel and that means they could be treated unfairly.

MOSTLY B'S You can't be bothered getting involved so you could be part of the problem, even if you're not doing any of this stuff.

MOSTLY C'S You've got some sense of fair play and you understand how our surroundings, even when we travel, have an impact on us.

MOSTLY D'S You're thinking maturely about everyone around you as well as yourself, and you're likely to be a much easier person to be around.

Road Safety

Every year lots of pedestrians and cyclists are hurt on the roads.

Did you have to cross any roads to get into school today? How did you do it?

Can you look on a map and plan the safest route to school (new school if you are moving to Year 7) if walking or cycling? Think about where it would be safer to cross the road. Highlight places where you are most at risk and think how to make that risk small.

My safest route to school

START

SCHOOL

FINISH

TAKE A LOOK AT THESE VIDEOS:

<https://www.youtube.com/watch?v=EbuR647F-Hh4>

<https://www.youtube.com/watch?v=ZKrejuEtP5w>

Task

Can you design a campaign reminding drivers what helps them react quickly on the roads and remind them of the risks?



Older children and teenagers are more likely to be injured on the roads than toddlers.



20 mph
(32 km/h)



= 12 meters (40 feet)
or 3 car lengths



30 mph
(48 km/h)



= 23 meters (75 feet)
or 6 car lengths



40 mph
(64 km/h)



= 36 meters (118 feet)
or 9 car lengths



50 mph
(80 km/h)



= 53 meters (175 feet)
or 13 car lengths



60 mph
(96 km/h)



= 73 meters (240 feet)
or 18 car lengths



70 mph
(112 km/h)



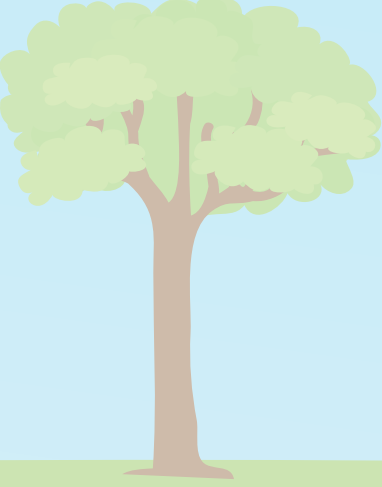
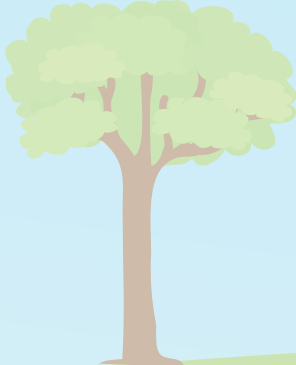
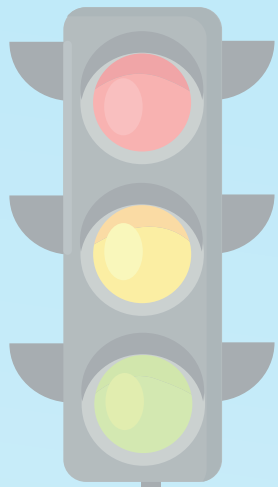
= 96 meters (315 feet)
or 24 car lengths








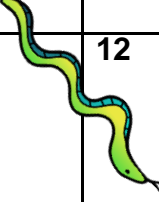

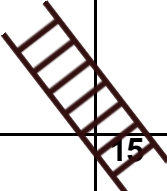
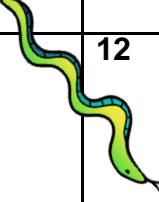

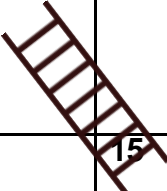
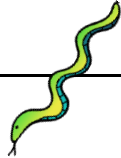
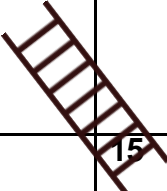

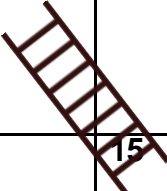
Thinking distance

Braking distance

Average car length = 4 meters (13 feet)



Air Pollution Snakes & Ladders

26 You switch off lights and electricity when you're not using it. 	27 	28 Air pollution makes it difficult for you to breathe.	29	30 FINISH
25	24 Vehicles drive faster & need more fuel for their journey. 	23 	22 You tell your family about air pollution and what they can do. 	21
20 You have air fresheners in the home to make it smell better. 	19	18 You walk, cycle or scoot to school everyday. 	17	16 
11	12 	13 You are cold and turn up the heating. 	14	15 You sign up to Bikeability to improve your cycle confidence. 
10 You are driven to school everyday. 	9	8	7	6 
1 START	2 You reduce, reuse & recycle paper, cans, plastic & food waste. 	3	4	5 You use renewable energy. 

AIR POLLUTION DETECTIVES: WORKSHEET

Print the worksheets and cut along the dotted line.

AIR POLLUTION DETECTIVES



Find and
circle the
different
sources of
air pollution.



AIR POLLUTION DETECTIVES



Find and
circle the
different
sources of
air pollution.



The youth officers of Sussex Police would like to invite you to send us any questions you would like to ask us. We ask that these are questions about the police, the law, safety or anything else you would like to know. We ask however that this email address is not used to report any crime or concern for a young person or adult and ask that no personal information is sent to us:

contactus.brightonyouthteam@sussex.pnn.police.uk

How old do you have to be?

To:

		10	11	12	13	14	15	16	17	18	Any Age
1	Buy a pet										
2	Buy cigarettes										
3	Buy fireworks										
4	Be held responsible for committing a crime										
5	Leave school										
6	Play the National Lottery										
7	Be responsible for wearing a seatbelt										
8	Be in possession of an air weapon										
9	Have a part time job										
10	Drive a moped										
11	Leave home										
12	Babysit										
13	Have a tattoo										



Education Programme

How old do you have to be?
Can you discuss with a parent / carer why it is that age?

		10	11	12	13	14	15	16	17	18	Any Age
1	Buy a pet							X			
	Why? Can you discuss the responsibilities of looking after an animal?										
2	Buy cigarettes									X	
	Why? What are the health risks?										
3	Buy fireworks									X	
	Why? What are the safety issues?										
4	Be held responsible for committing a crime	X									
	Why? Do you think it should it be higher?										
5	Leave school									X	
	Why do you think it is important to get an education?										
6	Play the National Lottery							X			
	Why? What is gambling and how is it potentially harmful?										
7	Be responsible for wearing a seatbelt					X					
	Why? Whose responsibility is it?										
8	Purchase an air weapon								X		
	Why? – (between 14 & 17yrs guns can be used under supervision. Over 21yr old on private land)										
9	Have a part time job				X						
	RESTRICTED HOURS – Why? How could this affect your growing and school work?										
10	Drive a moped							X			
	Why? Can you talk about road sense?										
11	Leave home							X			
	Why?										
12	Babysit	NO AGE									
	Why? Discuss. (Responsibility remains with the parent unless babysitting over 16)										
13	Have a tattoo									X	
	Why? Can you talk about the permanence of tattoos?										



Making Safer Choices

Safety Net

Safety Net is a local children's charity based in Brighton. We do lots of work in local schools around feeling and keeping safe. During the Lockdown it has been really strange for most people as the things we usually do and take for granted haven't been possible. If you are in Year 6 it might feel even stranger as you are due to move up to secondary school in September.

When we feel worried about something we get what we call out Early Warning Signs, our bodies' way of telling us that we are feeling worried or scared. Early Warning Signs can include; feeling shaky, getting stomach ache or a headache, sweaty palms and feeling like you have a fuzzy head.

One way to help us to make safer choices about a tricky situation is to use STOP-THINK-GO which is a problem solving way of working out all our options and what the best choice might be for us in that situation.

Try using Stop-Think-Go to work out the best solution for you in the following situations.

Situations

Going back to School

You haven't been to school now for weeks and you are worried that you have fallen behind with your work so you aren't really looking forward to it.

Going up to secondary school:

You feel a bit nervous about going up to secondary school as you haven't had much of a chance to prepare or go to visit because of the Lockdown. What can you do?

Bullying

Some of the students on your Whatsapp group have started posting mean things about one of your friends and ask you to join in. You don't want to fall out with them. What could you do?

Friendships

You've moved up to secondary school and you're in a class full of new people. There is one person that you know but they are in a different class. What could you do?

Peer Pressure

At secondary school, a year 9 student asks you to go and set off the fire alarm as a joke because it would be really funny to see everyone have to leave the school. You would also get to miss maths! What could you do?

Online Safety

You've joined a WhatsApp group with nearly everyone in it. Someone in the group sets a challenge to post a picture of your least favourite teacher in year 6. Everyone starts sharing photos and ranking them out of 10. What could you do?

Your Helping Hand or Support Network

If you can't decide on your own what the best thing is to do in a situation then remember that people you trust can be a great source of information and can help you to come up with ideas and make safer choices. If you don't live with them in your family then you can always contact them online or by phone. Remember, someone who is on your Helping Hand support Network is someone that you trust a, who will listen and help you.

MY SAFE NETWORK

Who's on your network?

Who would you put on

Favourites or Speed dial?



A large, empty rectangular box with a thin black border, intended for a student to draw or write the names of people in their support network.

What is the situation or
problem?
How do you feel?



What are your options?



What is the best or safest
choice for you?





Learning Lifesaving Skills Through Participation



This is to certify that

.....

has participated in

**Safety in
Action**



Date of Event

D. Whitehead

Chief Fire Officer

