



"looking out for one another"



STOCKPORT
METROPOLITAN BOROUGH COUNCIL



STEP OUTSIDE

STOCKPORT COUNCIL ROAD SAFETY
CHILD PEDESTRIAN TRAINING PROGRAMME

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Dear Parent / Carer,

Each year in the UK, many children are injured or killed while crossing the road.

To try and improve their awareness and road safety skills, your child has recently taken part in "Step Outside", a short road safety pedestrian training programme.

"Step Outside" offers basic training and an understanding of the risks on and near the road.

To support the training we have prepared this activity booklet containing help and advice for you to work through with your child.



This 'Step Outside' booklet is specially designed for children aged 6 - 7 years and is **best used over several sessions rather than all at once.**

You are your child's best teacher, please put into practice the advice and information contained in this booklet every time you're out near the road with your child(ren).

Thank you
 Stockport Road Safety Team.



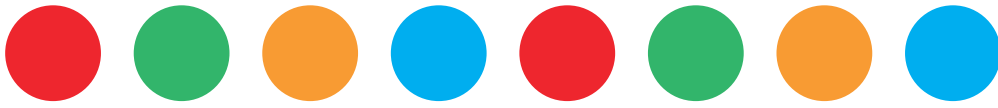
What Children need to know:

- ⦿ what traffic is and that there are different types of traffic
- ⦿ that traffic can be dangerous
- ⦿ that they should walk on the side of the pavement away from traffic
- ⦿ what 'stop, look, listen and think' means
- ⦿ that they should hold hands with an adult who they know when crossing the road and should not attempt to cross a road alone
- ⦿ that it is important to be visible to other road users. For example, wearing bright clothing in the daytime and reflective clothing at night will make them more visible to road users and so help keep them safe
- ⦿ that they must always use a child / booster seat / seat belt when travelling in a vehicle
- ⦿ the areas near their home and their school and the location of safe places to cross like pedestrian crossings.

Child / Parent activity - Road Safety Vocabulary

Read through this list of words with your child and ask them about each one;

Air bags	Cushion like device which helps protect vehicle occupants in the event of a serious collision
Casualty	Somebody injured on or near the road
Child/Booster seats	Seats children must use if under the age of 12 or 135cms in height
Crash	A violent collision causing harm or damage
Distraction	Something that affects concentration and attention
Fluorescent material	Coloured material which shows up brightly in daylight
Hazard	Something in the traffic or road environment that could cause risk or harm
Junction	A place where two or more roads meet
Kerb	The edge of the pavement.
Lollipop lady/man (School Crossing Patrol)	A person who helps you cross the road . They wear a uniform and carry a sign to stop the traffic.
Pavement	Area that runs at the side of the road where pedestrians can walk
Pedestrian	A person walking
Pedestrian crossing	A place on the road to help pedestrians to cross eg: Puffin Crossing, Zebra Crossing
Reflective material	Material which shows up brightly when a light shines on it, especially at night.
Road	Route leading from one place to another which traffic can use
Seat belts	Devices designed to keep people from being thrown around in a vehicle during a crash or when braking suddenly
Shared pavement	A path shared by pedestrians and cyclists
Traffic	Vehicles that move along the road such as cars, buses, lorries, vans and bikes.
Vehicle	A machine used for transporting people and goods, such as a car, lorry, bus or bike.



Stop!

Look!

Listen!

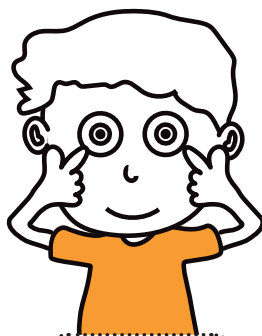
Think!

Stop, look, listen and think
Before you cross the street.

Use your eyes, ears and head,
Before you use your feet.



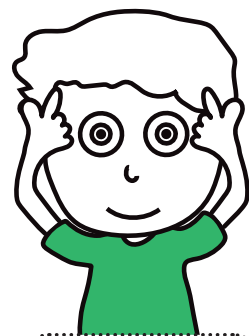
Stop!



Look!



Listen!



Think!

Stop, look, listen, think

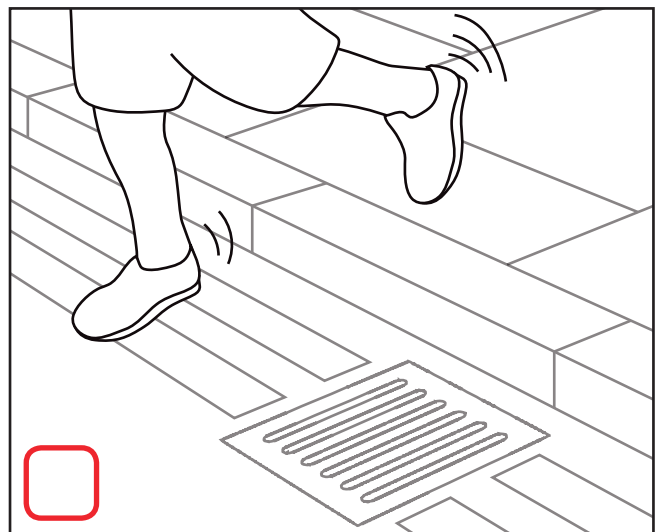
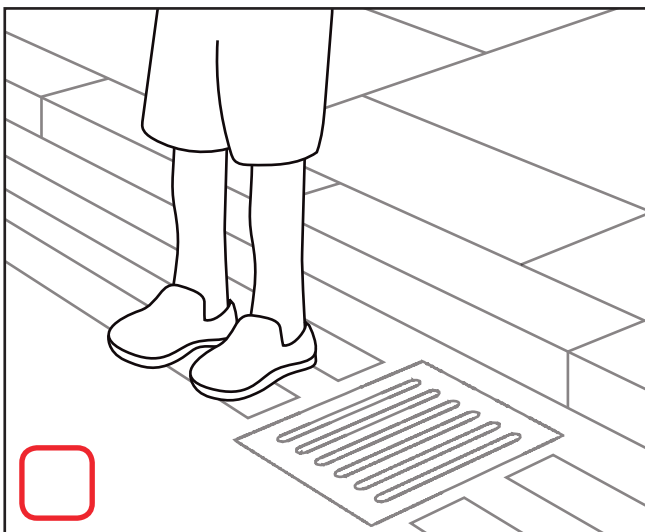
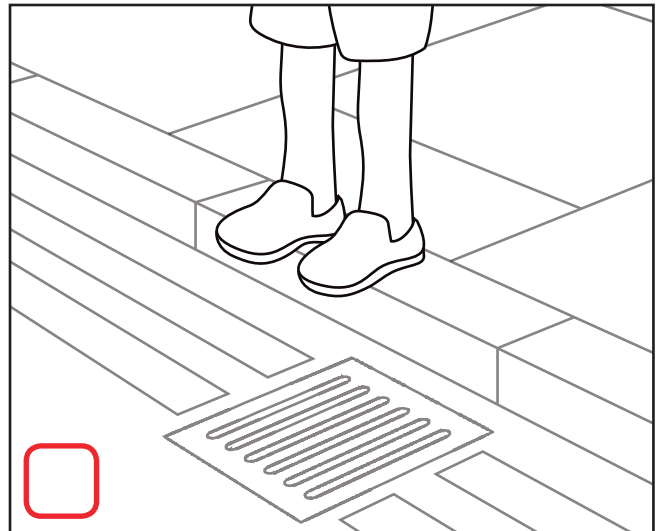
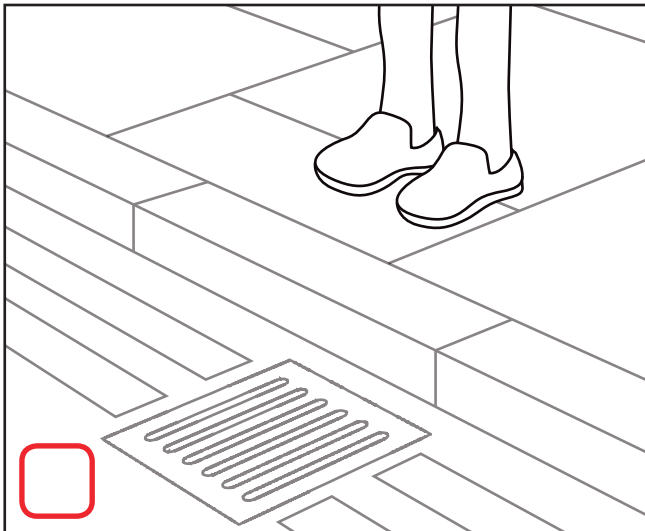
Your child needs to understand why using the words STOP, LOOK, LISTEN and THINK are important when crossing a road.

STOP

Aim: to ensure that your child understands the importance of always stopping before crossing the road, to check if it is safe – they cannot do this properly if they are moving or running.

CHILD ACTIVITY

Tick the picture that you think is correct, put crosses next to the pictures that aren't correct, colour in all the pictures.



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

Is this a good place to cross the road?

Can you see the traffic coming in all directions?

Can the drivers see you?

Why have we stopped back from the road?

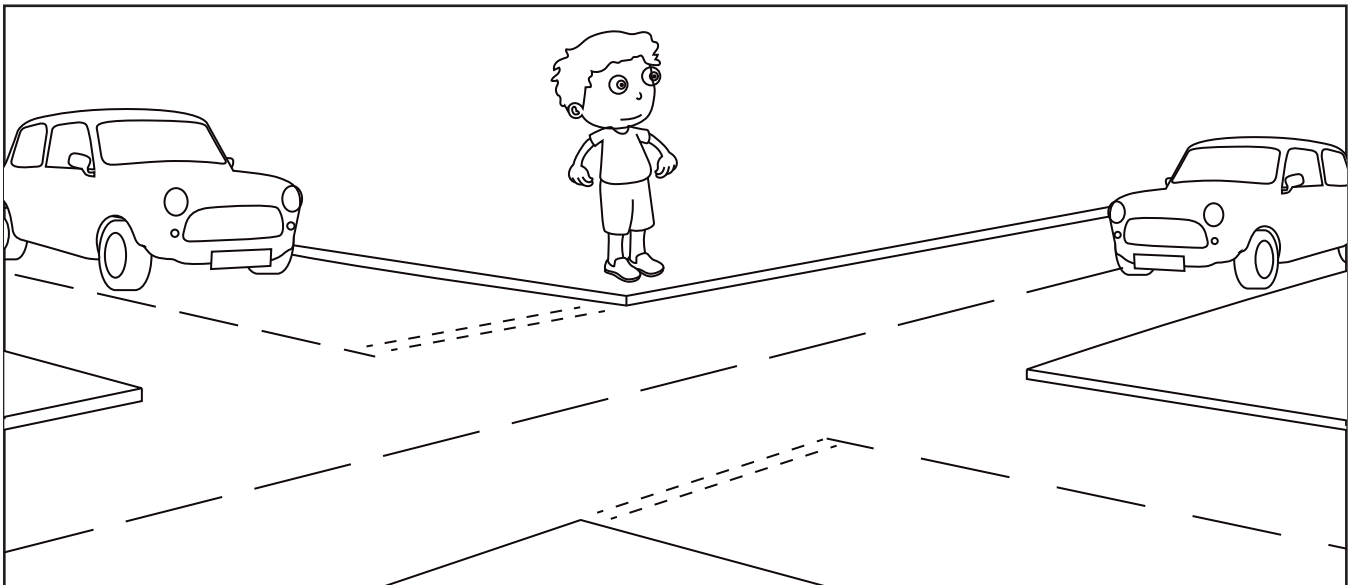
Why do you need to stop before crossing?

LOOK

Aim: to help your child understand that traffic can appear from many directions and they need to look all around carefully before crossing the road.

CHILD ACTIVITY

How many directions would this child have to look for traffic before crossing this road? Colour in the picture.



CHILD / PARENT ACTIVITY

Talk about which direction the traffic is coming from. Here are some questions to ask your child when you practise crossing the road together:

What are we looking for?

Is any traffic coming?

Can you see the traffic if you only look straight ahead?

Why do you need to look in all directions?

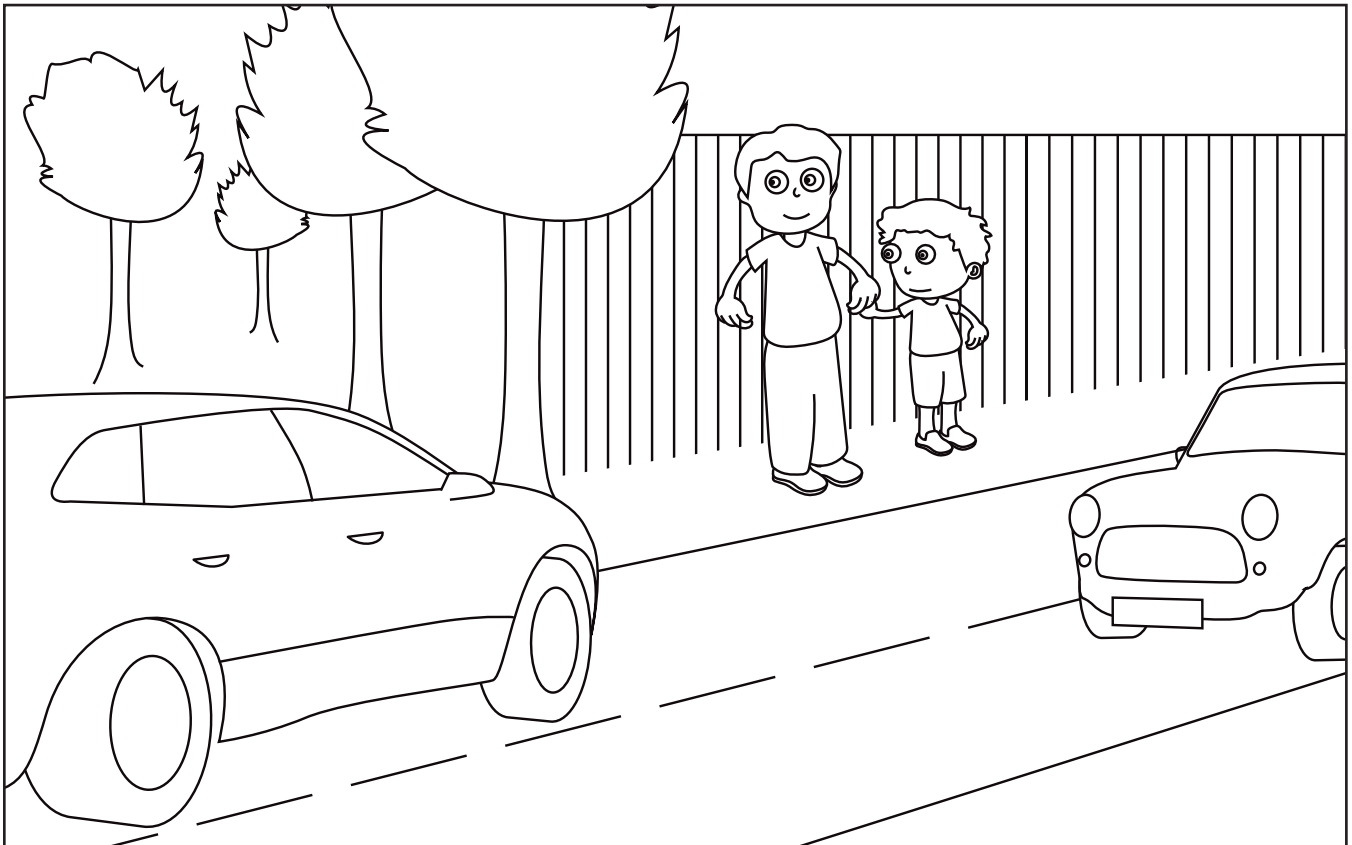
Where else could traffic come from?

LISTEN

Aim: to help your child understand the importance of listening carefully for traffic before crossing the road; to distinguish between traffic sounds and to recognise their direction.

CHILD ACTIVITY

Sometimes you can hear traffic even if you can't see it.
Colour in the picture.



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

What do
you need to
listen for?

Can you hear
any traffic
coming?

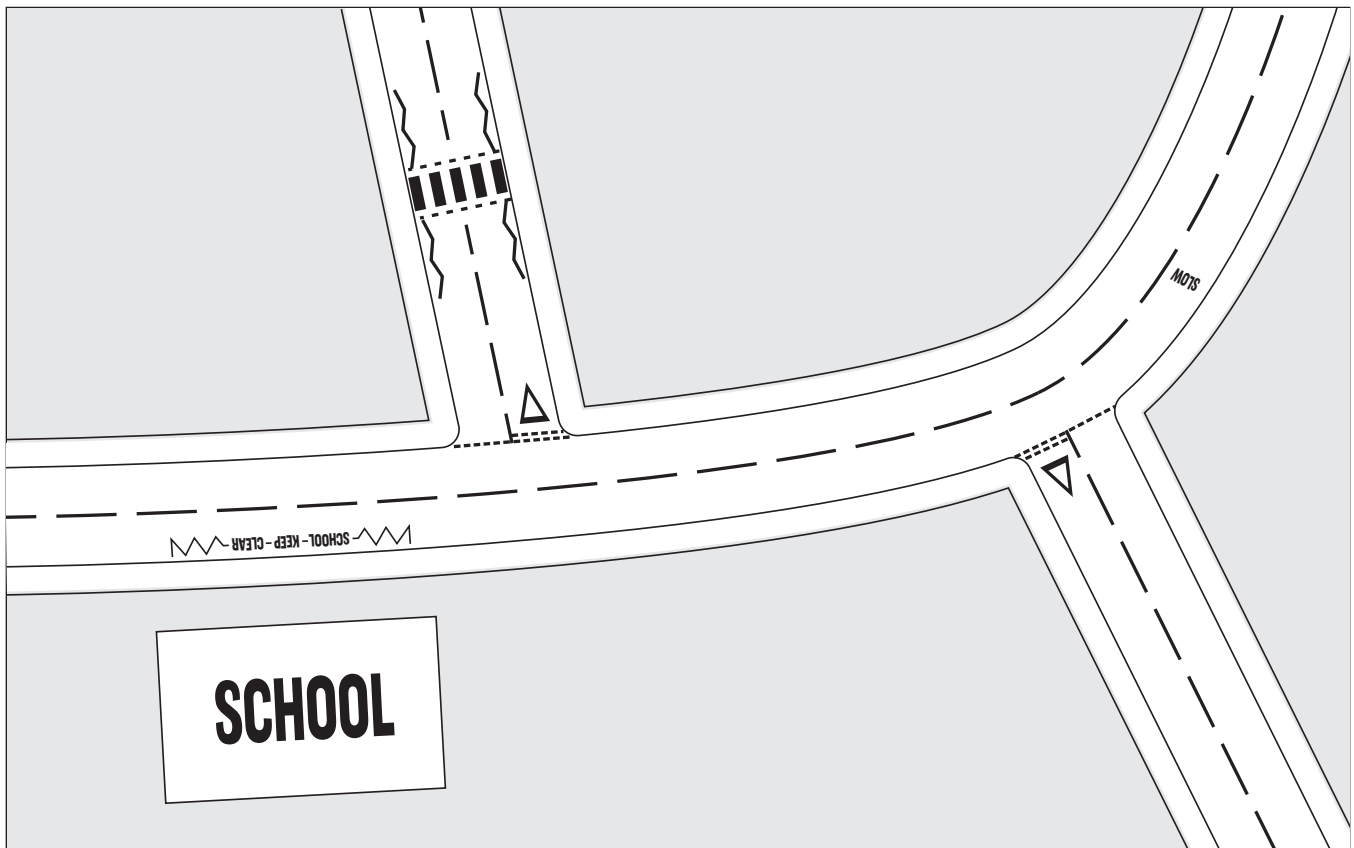
Which direction
is the sound
coming from?

THINK

Aim: to help your child understand what makes one place safer to cross than another; and that they have a choice of where to cross a road.

CHILD ACTIVITY

Put a cross where you think the best (safest?) place is to cross the road.
Why have you chosen this place?



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

is this a safe place to cross the road? (Or - let's choose a safe place to cross the road).

Why do you think this is a safe place?

Is the road clear in all directions?

Can you hear any other traffic coming?

Can you get all the way across safely?

Is it safe to cross now? Why is it safe?

Is there somewhere to wait if you have to stop halfway?

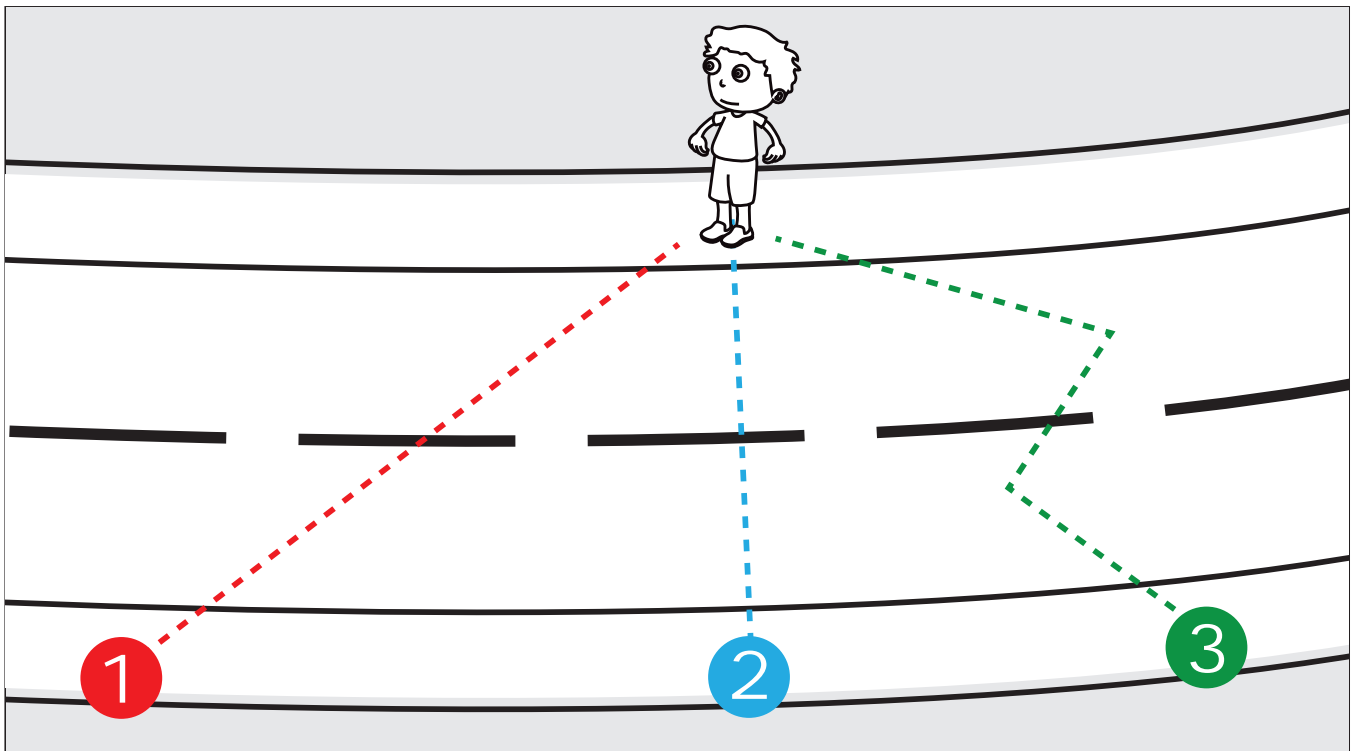
Crossing the road

WALK
STRAIGHT
ACROSS

Aim: to help your Child understand why walking in a straight line across the road is best because it is the shortest distance. Road situations can change quickly so it is important to keep looking and listening whilst crossing the road.

CHILD ACTIVITY

Measure each line, which one is the shortest? Write your answer here



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

Why should you walk straight across the road?

Why should you keep looking and listening while you cross?

WALK
DON'T
RUN

Aim: to help your child understand why it's important to walk near and across the road and not to run

CHILD ACTIVITY

Why did the child fall over?

Write your answer here

What could have happened had the child been crossing the road and fallen down?

Write your answer here

Colour the picture



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

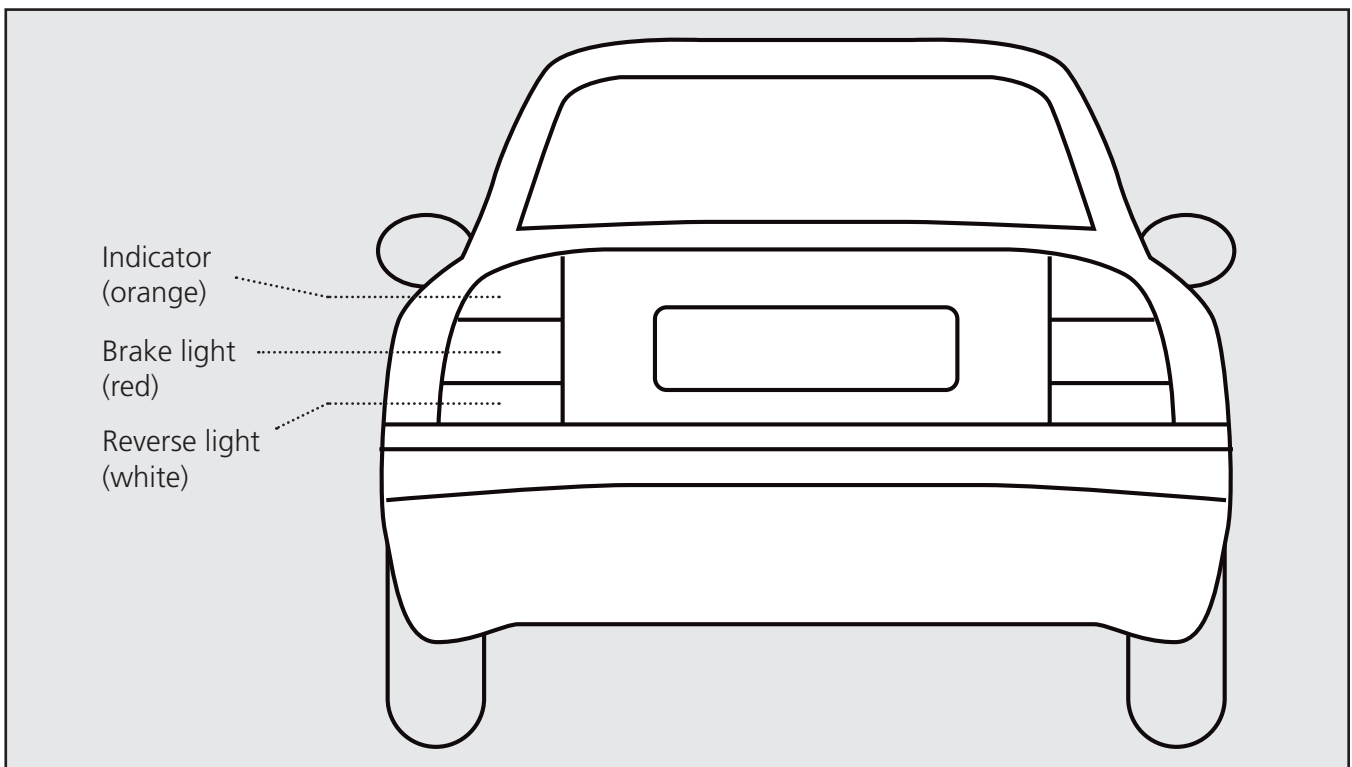
Why is walking on pavements and across the road better than running?

**VEHICLE
LIGHTS**

Aim: lights on a vehicle help you understand what a vehicle might be about to do. Children need to understand the purpose of each light and what each colour means. Also, to understand that drivers don't always use lights correctly

CHILD ACTIVITY

Colour in each different kind of light on the back of this car.
 There is a white light, red light and an orange light.


CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

Why do vehicles have different coloured lights?

Which colour light means that a vehicle might be reversing?

Do drivers always turn when the indicator is flashing?

What does each coloured light mean?

What does the flashing amber light mean?

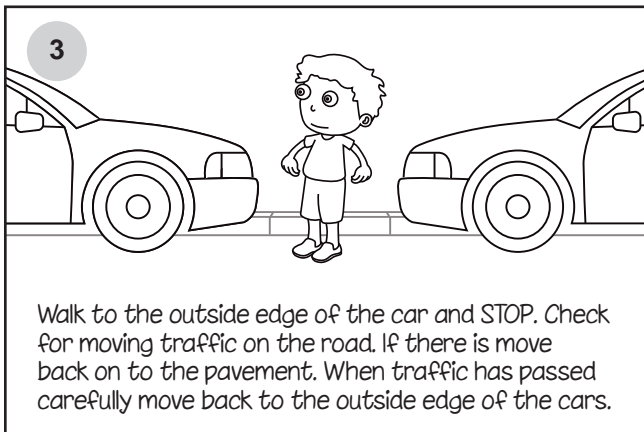
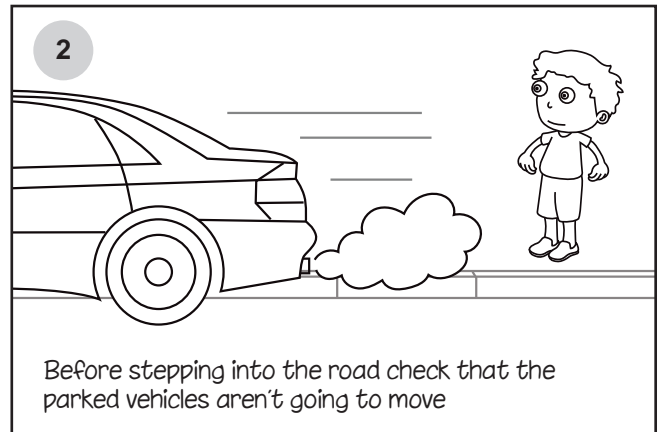
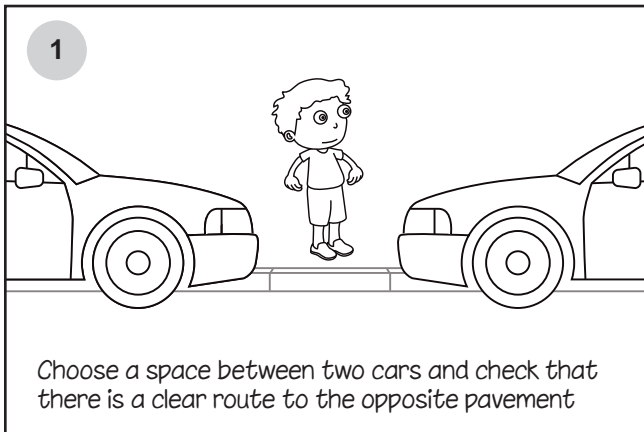
Do some vehicles turn without using an indicator?

CROSSING
NEAR PARKED
CARS

Aim: to learn how to cross between parked cars if there are no alternatives near; to familiarise your child with the parts of a car and their function, in order to recognise when a parked car is about to move off.

CHILD ACTIVITY

Colour in the pictures.



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

Why might you have to cross the road near to parked cars?

What things should you check to make sure that the parked cars don't move? (driver, lights, exhaust smoke, engine noise)

Why should you check that there is no parked car directly opposite where you want to cross?

Tip – when crossing with your child near to parked cars crouch down to your child's level and see the road from their perspective.

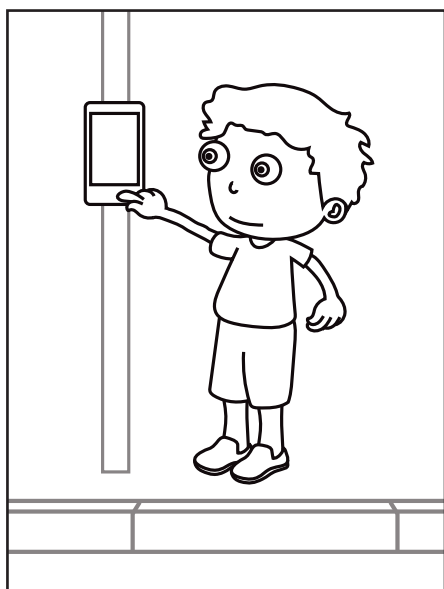
Using safer places to cross

Aim: to remind your child to use safer places to cross when they are available and to help your child use each place safely and correctly.

PUFFIN
CROSSING

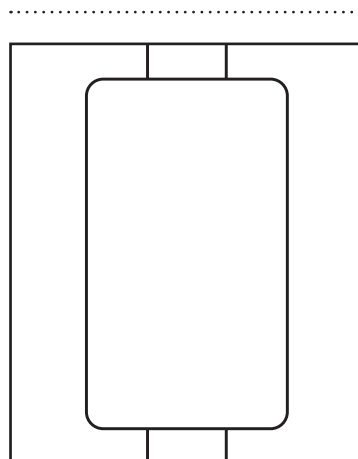
Aim: to show your child why Puffin crossings are safer places to cross and the correct way of using them; to help them realise that they must not rely upon traffic stopping for them – they need to check that all traffic has stopped, before using the crossing.

CHILD ACTIVITY



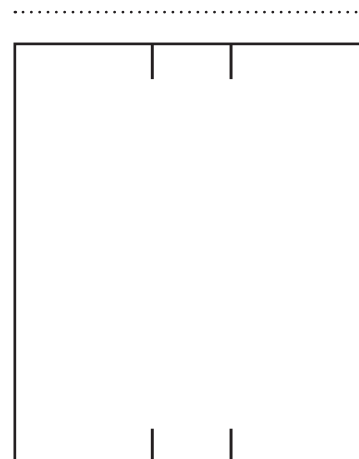
Colour the man red – if it is showing, is it safe to cross?

Write your answer here



Colour the man green – if it is showing, is it safe to cross?

Write your answer here



What must you check for before starting to cross?

Write your answer here

CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

How would you make the traffic stop for you?

Which coloured man should be lit when crossing the road?

When the green man is lit what should you check before you start to cross?

Why is it called a Puffin Crossing?

If there is no traffic should you press the button controller?

Is it safe to cross if the red man is showing?

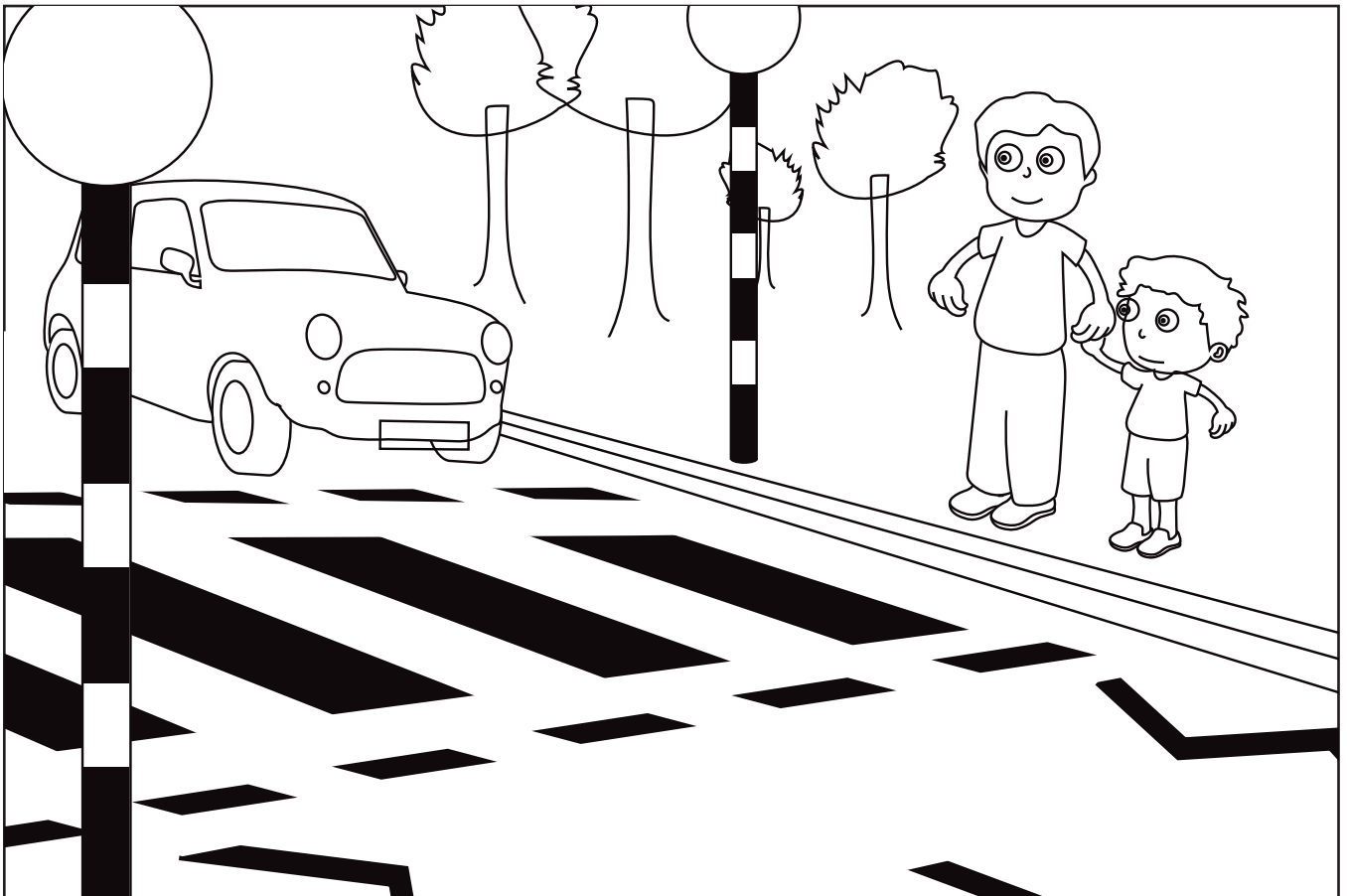
Why do we need to keep looking and listening when we are crossing when the green man is showing?

ZEBRA
CROSSING

Aim: to teach your child that Zebra crossings are safer crossing places and the correct way of using one; to help them realise that traffic may not always stop for them – they need to check that all the traffic has stopped, before using the crossing. Check for vehicles overtaking vehicles that have stopped for you.

CHILD ACTIVITY

Colour in the picture.



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

When can you cross at a Zebra Crossing?

Where should you walk across?

Why should you not cross on the zig zag markings?

Why is it called a zebra crossing?



Aim: to demonstrate to your child that Traffic islands are an aid to crossing the road; understand that for each half of the road traffic will be coming from a different direction. Usually found on busy roads that are too wide to cross in one go. Each half of the road must be treated as a separate crossing. Some zebra, pelican and puffin crossings have traffic islands.

CHILD ACTIVITY

Write down the four words you must use before stepping into the road to use a traffic island

S.....
L.....
L.....
T.....



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

Why must we wait on a traffic island?



(Lollipop men and women)

Aim: to explain to your child about school crossing patrols and how they can help them cross the road, and that it is all right to be helped sometimes – especially on busy roads.

CHILD ACTIVITY

Colour in the lollipop sign in the correct colours



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

Who does the lollipop sign ask to stop?

Should we follow the patrol into the road?

Do we walk in front or behind the patrol when they have stopped the traffic?

Other types of safer crossing places that you might see on our roads.



SUBWAYS

Safer places that go under busy roads or motorways, roads that are too busy and dangerous to walk across.



FOOTBRIDGES

Safer places that go over busy roads or motorways, roads that are too busy and dangerous to walk across.



TOUCAN CROSSING

Similar crossing to the Puffin but can be shared by cyclists and pedestrians, often linked to safer cycling routes. Works by pressing a control button with red and green figures.

"BE SAFE, BE SEEN" – Get yourself noticed !

Aim: to help your child understand the importance of 'being seen' as a way of staying safe near traffic. To help your child realise that most colours that show up well in the day cannot be seen at night and that reflective material is the best to wear when walking after dark.

CHILD ACTIVITY

Colour the jackets but leave one white.
Which colour(s) stand out the best? Why?



CHILD / PARENT ACTIVITY

Here are some questions to ask your child when you practise crossing the road together:

Who wears bright fluorescent clothes for work? Why?

What is the best type of clothing to wear in the dark?



FIVE THINGS ADULTS CAN DO TO KEEP CHILDREN SAFE NEAR ROADS:

1

Supervise children near roads

2

Hold children's hands when crossing the road

3

Talk with children about how to safely cross the road and practise this skill together

4

Involve children in crossing the road by asking them to help make decisions about when it is safe to cross

5

Set children a good example. Remember, children learn behaviour from others.

The Road Safety team would like to thank the staff, parents and children from the following schools for their advice and support in helping to develop this work book.

- Cale Green Primary, Shaw Heath
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- Ludworth Primary, Marple Bridge
- St Ambrose Catholic Primary, Adswold
- St Georges CE Primary, Stockport
- St John's CE Primary, Heaton Mersey

