Habits to Last a Lifetime: Bicyclist and Pedestrian Safety for Children

Hosted by:

Governors Highway Safety Association

Pedestrian and Bicycle Information Center

GHSA
Governors Highway Safety Association
The States' Voice on Highway Safety

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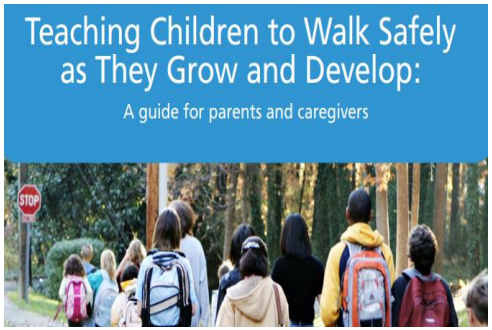
Walk to School Day is coming! October 10
www.walkbiketoschool.org

Teaching Children to Walk Safely as They Grow and Develop



Pedestrian Safety Journey

Vision Zero for Youth
www.visionzeroforyouth.org

Habits to Last a Lifetime
Bicyclist and Pedestrian Safety for Children

Sarah O'Brien
UNC Highway Safety Research Center

Tuesday, October 2, 2018

⇨**Follow up with us:**

- ⇨ **Sarah O'Brien swobrien@hsrc.unc.edu**
- ⇨**General Inquiries pbic@pedbikeinfo.org**

Child Development

Grade 3 and younger:

- Overestimate their knowledge and strength
- Twice as long as adult to respond to stimulus
- Field of vision = 1/3 smaller than adults

Child Development

Grade 3 and younger:

- Difficulty estimating speed of a car
- They see car = driver sees them
- Cars stop “instantly”
- Difficulty recognizing dangerous situations

Child Development

By Grade 4:

- Can Balance
- Developed perception to see, hear, and understand
- Use judgement to interact and react

How We Learn

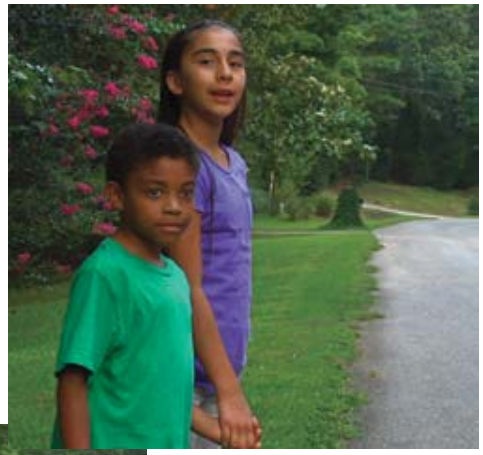
- Visual
- Auditory
- Tactile
- Kinesthetic

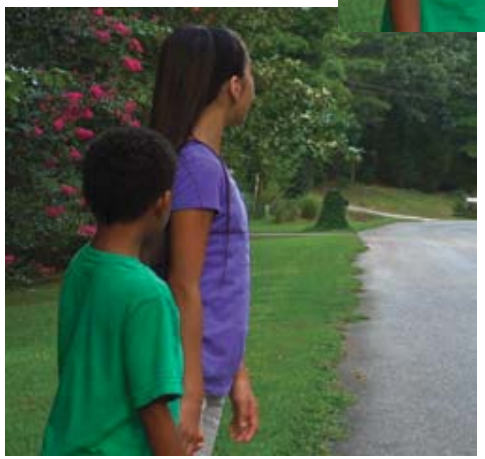
Research Says:

- In-class only course = little behavior change
- 1-time bike education interventions not effective
- Encoding Specificity Principle:
  - People remember what they learn if context is similar to when they learned it.

Research Says:

- Most successful courses:
  - on-road training
  - Low student/instructor ratios
  - More on-bike sessions
- Teaching methods:
  - Interactive
  - Guided discovery
  - Social peer interactions
  - Older model





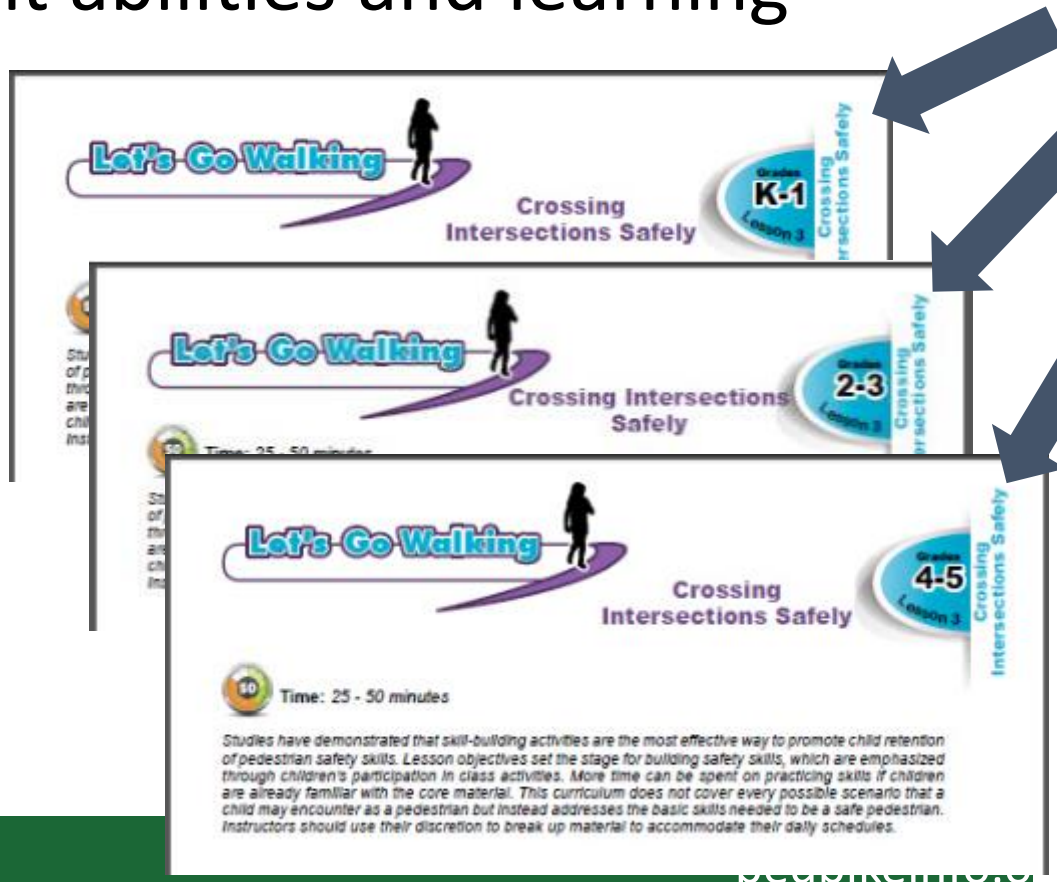
Skills-Based Program is Key

Stages of Motor Learning	Characteristics	Attentional Demands
Cognitive	Movements are slow, inconsistent, and inefficient. Considerable cognitive activity is required.	Large parts of the movement are controlled consciously.
Associative	Movements are more fluid, reliable, and efficient. Less cognitive activity is required	Some parts of the movement are controlled consciously, some automatically.
Autonomous	Movements are accurate, consistent, and efficient. Little or no cognitive activity is required.	Movement is largely controlled automatically.

Let's Go NC!

A Pedestrian & Bicycle Safety Skills Program for Healthy Active Children

- Teaches to different abilities and learning styles
- Two lesson sets:
  - Let's Go Walking!
  - Let's Go Biking!



Let's Go NC!

A Pedestrian & Bicycle Safety Skills Program for Healthy Active Children

	K-1	2-3	4-5
Approach	Basic	Intermediate	Advanced
Difficulty	Easy	Moderate	Difficult
Depth	Introduce	Discuss	Problem-Solve
Skills	Simple	Intermediate	Multi-Layered

Foundation: NHTSA's "Child Pedestrian Safety"

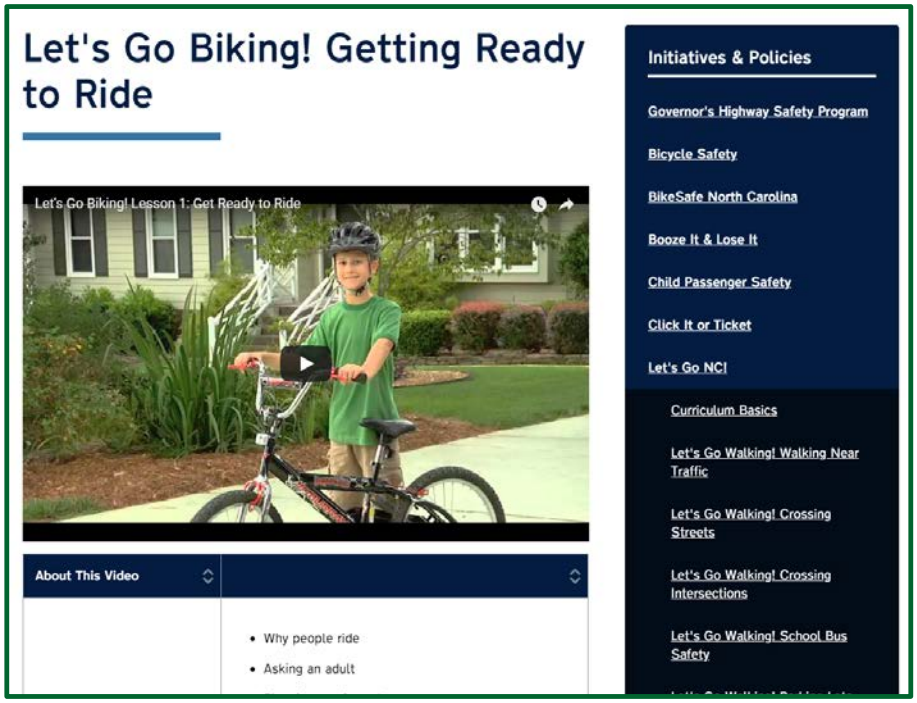
- Adapted and Customized Content
  - Broaden lessons to apply to rural settings
  - Include distracted walking concerns
  - Lesson on getting to and from the bus stop safely
  - New and expanded balanced curriculum options
  - Expanded subject matter to include health and physical activity aspects
- Outdoor skill building activities for all elementary age levels
- Added video component reinforces lessons taught in classroom

Let’s go Biking!

Lesson Concepts	K-1	2-3	4-5
Gearing Up			
Go By Bike			
Signs, Signals, and Safety			
Bicycling Basics			
Bike Control			
Cooperative Riding			
Basic Traffic Skills			

Lesson Materials

- Parent Tip Sheets
- Balanced Curriculum
- Videos
- Supplementary materials
- Instructor Materials



https://www.ncdot.gov/initiatives-policies/safety/lets-go-nc/Pages/default.aspx

Florida's Bicycle/Pedestrian Focused Initiative

Trenda McPherson
State Bicycle Pedestrian Safety Program Manager
Florida Department of Transportation

Creative Pursuits

Empowering Children to be Safety Champions

Example: Bicycle Safety 365

Example: SRTS Safety Guardians

Empowering Children to be Safety Champions

Example: Bicycle Safety 365

Bicycle Safety 365 is a "Challenge" designed to empower 6th graders with the information they need to become "Champions for Bicycle Safety".

The program teaches children to "be" the safe example for their parents, friends, and neighbors to follow.

Bicycle Safety 365

- Lead By Example – Be A Role Model
- Wear Your Helmet – Secure it Safely
- Help Others Wear Their Helmet Safely
- Educate Everyone About Bicycle Safety – Even Adults!

Bicycle Safety 365

I PLEDGE TO:

- **Wear my bike helmet properly** (level on my head, covering my forehead and buckled) every time I ride. **I will encourage my friends to do the same.**
- **Always ride in the same direction as traffic** whether on the sidewalk or road.
- **Wear bright or fluorescent colors when walking or bicycling** during the day, so I can be seen.
- **Be extra cautious when bicycling** in low-visibility conditions and at night.
- **Wear reflective gear** (vests, dots, strips, laces) on my clothes, shoes, backpack, helmet, and bike.
- **Use white front lights and red rear lights/reflectors** on my bicycle as required by law.
- **Make it a family pact to wear helmets whenever riding bicycles.** Encourage friends to purchase and wear helmets to help keep their families safe.
- Make a family rule for all to follow: **No helmet...No bicycling.**

Parent Signature _____ Child Signature _____

Date _____ Date _____

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www.AlertTodayFlorida.com

Safe Routes to School: Guardians of Roadway Safety

Safe Routes to School: Guardians of Roadway Safety

Safety is for EVERYONE!

THE SUPERHERO SAFETY SQUAD
GUARDIANS OF ROADWAY SAFETY

YOU CAN BE SAFE...

...on the School Bus!
...crossing the street!
...walking at night!
...riding your bike!
...riding in a car!
...exercising
...in a parking lot!

Who "Really" Wins?

EVERYONE WINS!

Questions