



# Educator Guide: Crossing Safety Lesson

## **Recommended for Grades:**

5<sup>th</sup> and 6<sup>th</sup> grades

## **Time:**

8 minutes

## **National Health Education Standards:**

This lesson aligns with the following National Health Education Standards:

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this lesson students will be able to:

1. Describe how to safely cross a street.
2. Explain why you should walk, not run, when crossing a street.
3. Explain how to use caution around driveways and alleys.
4. Explain why it's important to role model correct pedestrian safety behaviors.
5. Identify two ways to not be distracted when crossing the street.

## **Lesson Description:**

In this video-based lesson, students will learn how to cross the street safely, how to eliminate distractions while walking and how to choose safer routes. Being a good role model to younger children when it comes to safe pedestrian behaviors will also be discussed.



## Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What are two ways to not be distracted when crossing the street?
  - a. Wear a helmet.
  - b. Remove headphones or ear buds.**
  - c. Tie your shoelaces.
  - d. Stay off your phone.**
2. Why should you walk, not run, when crossing the street?
  - a. Because you don't want to twist your ankle
  - b. Because you usually have enough time to get where you're going
  - c. Because a driver may not see you until you're right in front of them**
3. Choose three rules that will help you safely cross a street.
  - a. Cross from corner to corner.**
  - b. Run quickly across the street.
  - c. Use crosswalks and traffic signals.**
  - d. Look all ways before crossing the street.**
  - e. When possible, cross mid-block.
4. What are two ways to use caution around driveways and alleys?
  - a. Stop and look both ways to make sure there are not cars driving in or backing out.**
  - b. Never walk down sidewalks that have driveways or alleys.
  - c. Look for hidden driveway and alleys blocked by fences or bushes.**
5. Why is it important to role model correct pedestrian safety behaviors?
  - a. Because you might be a teacher some day
  - b. Because younger children can never follow rules
  - c. Because younger children look up to you and will try to do the same things you do**
6. Which of these would be the safer route?
  - a. The shortest route with the busiest streets
  - b. The route with less traffic that has crosswalks and traffic signals**
  - c. The quickest route that avoids crosswalks



## Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Crossing Safety Lesson. You may choose to use this list in any way that fits your needs.

- Alley – a narrow path or passageway that runs between or behind buildings
- Crossing guard – a person whose job is to help pedestrians cross intersections safely
- Crosswalk – a place designated for pedestrians to cross the road
- Distracted – unable to concentrate because one's mind is on something else
- Driveway – a short, private road that leads from a public road to a home or garage
- Intersection – where two or more streets cross
- Median – a separation of the opposing directions of the roadway which can be used as a place for pedestrians to wait for the pedestrian walk signal to come on again halfway through crossing
- Pedestrian – a person who is walking, or a person with disabilities traveling in a wheelchair or a mobility device
- Pedestrian signals – signals at intersections that direct pedestrians when to cross the street
- Stoplight – a traffic signal that typically has three lights (red, yellow and green) to tell drivers when to go (green), use caution (yellow) or stop (red)
- Stop sign – a traffic signal that tells drivers to stop
- Traffic signals – things like stoplights and stop signs that tell drivers when to stop, which then makes it safer for pedestrians to cross the street

# Supplemental Activity: Pedestrian Safety Check

## Objectives:

After completing this activity students will be able to:

- Identify things around their school (or home) that would increase the safety of pedestrians.
- Identify things around their school (or home) that may be unsafe for pedestrians.

## Materials Needed:

- Notebook and pen or pencil

## Time Required:

40 minutes

## Instructions:

To reinforce what students learned in the Crossing Safety Lesson, take students on a walk around the school. While on the walk, students should note things along the way that they think would increase the safety of pedestrians, as well as things that they think may be unsafe. Feel free to be creative with this activity. You could give them a list of words to look for, using the vocabulary list as a guide or create a scavenger hunt.

After students have explored the area around their school, have a class discussion about their findings. Below are possible discussion questions:

- Are there crosswalks at all corners?
- Are the crosswalks marked or unmarked?
- Are there stop signs and/or stoplights at the corners?
- Are there sidewalks to walk on?
- Are there a lot of driveways and alleys near the school?
- Are there crossing guards to help students cross the street?
- Are there railroad tracks near the school?
- Is there a lot of traffic near the school?
- Are there things we could do to make the area around our school safer for pedestrians?



If students want to take this activity a step further, a great resource is NHTSA's (National Highway Traffic Safety Administration) Walkability Checklist that they could use in their own neighborhood. It can be found at

<https://www.nhtsa.gov/sites/nhtsa.gov/files/walkingchecklist.pdf>



# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Pedestrian Safety Resources for Families and Educators

Safe Kids WI, <https://www.safekidswi.org/Resources/Pedestrian-Safety>

Safe Kids Worldwide, <https://www.safekids.org/walkingsafelytips>

Safe Routes to School, <https://www.saferoutespartnership.org/safe-routes-school>

WI Department of Transportation Safety,  
<https://wisconsindot.gov/Pages/safety/education/pedestrian/default.aspx>

US DOT, National Highway Traffic Safety Administration (NHTSA),  
<https://www.nhtsa.gov/road-safety/pedestrian-safety>



# Transcript

## Slide 1

Welcome to Street Smarts! In this lesson we're going to review how to cross the street safely, as well as using caution when walking near alleys and driveways.

We will also look at the importance of being visible to drivers and how distractions, both distracted drivers and being distracted as a pedestrian impacts your safety.

And, because younger children often look up to you, the importance of role modeling correct pedestrian safety behaviors will be discussed.

## Slide 2

I know it seems like we've all heard this a million times before, but did you know, a lot of kids our age get hurt crossing streets unsafely?

Sure, we know the rules, cross only at corner, look both ways before crossing. Walk, don't run. When possible, use a crosswalk with proper signals. Blah, blah, blah.

But even though we learned them as little kids, it seems like a lot of us don't really follow these rules anymore, but we need to. We are older and more responsible now. Many times, we're walking alone with friends or walking younger kids to school or home.

Without adults around, it's easy to get distracted and play around instead of paying attention when walking and crossing streets.

So, let's review real quick.

Most walking injuries happen mid-block, or someplace other than intersections.

Drivers don't expect to look for walkers coming out of the middle of the block or from between parked cars. And parked cars make it impossible for drivers to see us.

So, cross the street from corner-to-corner. And, when possible, use traffic signals and crosswalks.

Drivers expect to see people at intersections. The lights in the traffic signal slows or stops traffic, making it easier to cross in most cases, but always be careful when crossing. Continue to watch and listen for cars. Keep an eye out for distracted drivers, and drivers turning right on a red light. They may turn right into the crosswalk.



Look left, right, and left again before crossing. And has anyone ever told you how important it is to look for traffic on the road beside you at an intersection, not just left and right? Oncoming traffic in front of you, and the traffic beside you on the road, may turn in front of you without much notice.

Keep looking as you cross. Make sure you are listening for traffic.

### Slide 3

This one seems opposite to me. Walk, don't run across streets? I used to think if you run, you'd get across faster, right?

But really, when you run, you have no time to react to a car about to hit you. The car has no time to react to you by slamming their brakes. Cars may not see you running until you're right in front of them.

### Slide 4

Make eye contact with drivers before you cross in front of their car. That way you know they will see you and will wait for you to cross before they start driving.

If a driver isn't looking around to see you because they are on their phone or playing with the stereo, they might start going without really looking and they could hit you. So, if you see them, but they aren't looking to make eye contact and you are not sure if they see you, just stay on the sidewalk and wait to cross until they are gone. It's better to wait a few extra minutes than the alternative.

Sometimes a driver will even give you a little wave. That means they see you, you can cross and they will wait for you. However, if one car waves you to go and the car next to them or in the opposite traffic lanes don't see you or stop, you can be in a dangerous situation, stuck in the middle of a street with cars moving all around you.

So even if one driver gives you a wave, still look to see what the rest of the cars are doing. If you aren't positive, it's safe across, even if you have the go ahead from one driver, wait until the coast is clear to cross.



### Slide 5

We have so many cool ways to explore the world these days, and so many cool devices to take along with us. When you have headphones or ear buds in your ears, you often cannot hear other outside noises. So, if a car honks or a big truck comes rumbling up beside you to turn across the crosswalk you are about to walk through you may not hear them. Even big, loud trains are hard to hear with headphones on.

So to protect yourself, don't wear headphones or ear buds while walking.

If you're walking down the sidewalk and talking on your phone, you're not listening for the noises and traffic around you. Just like listening to music, it can be dangerous because you are distracted.

### Slide 6

When you can, walk on sidewalks or paths. If there are no sidewalks, and you have to walk on the side of the road, face traffic and stay far left.

### Slide 7

Now that you're older and more responsible, you are probably being trusted to go places by yourself. If that's over to a friend's house, to school, or even a quick trip to the store, it's important you pick the safest ways to walk places and home again.

The first thing to think about is using safe routes. Sometimes the quickest way to walk somewhere isn't necessarily the safest route.

If the shorter way takes you up a busy street with a dangerous crossing and traffic that doesn't stop, pick a different way.

So if we want to go to that store there, we could cross right here, but there's no crosswalk.

If we walk one block out of our way over here, then we can cross at a light easily. That is definitely safer.



### Slide 8

Driveways are everywhere and you have to treat them as roads. That means stop and look to make sure there are no cars backing out or pulling into driveways.

You especially need to be on the lookout for hidden driveways. Those driveways that you may not easily see because they are blocked by shrubs or fencing.

Remember a driver's view may be limited, especially if they are backing up. So you need to be on the lookout while you walk. And let's not forget about alleys, just like driveways, treat alleys as roads. Keep yourself safe.

### Slide 9

You know you're at an age where younger kids look up to you, maybe you have a brother or a sister or a neighbor or cousin, who always wants to hang around with you.

I know that can be annoying sometimes, but they're only doing it because they look up to you and like you so much. That's pretty cool, right?

For that reason, we have the responsibility to be a good example. You know whatever you do, smart or dumb, the little kid is watching and will probably remember and try to do the same thing to be more like you.

So, being careful and paying attention while walking, set a good example by using crosswalks, look both ways and carefully cross the streets will rub off on them.

### Slide 10

Those were some great tips on how to stay safe while walking and crossing the street.



Contact us:

**Children's Wisconsin  
E-Learning Center**

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

