



# Watch Out For Me!

Pedestrian Safety Education  
Curriculum  
Dutchess County, NY



Adapted with permission from  
NYBC's Walk Safe, Bike Safe  
Elementary School  
Physical Education Curriculum V2.0

# Watch Out For Me! Pedestrian Safety Education Curriculum

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# Watch Out For Me!

## Walk Safe Pedestrian Safety Education Curriculum

### Introduction

Dutchess County's Watch Out For Me program strives to increase knowledge about pedestrian safety and decrease the number of pedestrian crashes and fatalities.

Dutchess County is grateful to the New York Bicycling Coalition for sharing their Walk Safe, Bike Safe pedestrian safety curriculum for adaptation for elementary students in Dutchess County. This curriculum focuses on key traffic safety concepts reinforced through physical activity.

Watch Our For Me's curriculum also includes optional videos from New York State's Governor's Traffic Safety Committee displaying examples of what it means to be visible and pedestrian/driver distraction.

### Program Content

This program is has been modified for younger elementary school children but can be adapted to suit younger or older children.

Our overall learning objectives are to teach children traffic safety rules and their rights and responsibilities as walkers and future motor vehicle operators.

Each module is approximately 30 minutes.

**Module 1:** Pedestrian Visibility & Distraction **Activity:** "Bright is Right Relay Race"

**Learning Objective:** To teach students that bright or reflective clothing makes them more visible to drivers, and to teach students the dangers of distracted walking & driving.

**Module 2:** Traffic Rules and Safe Crossing **Activity:** Safe Crossing

**Learning Objective:** To teach students the meaning of vehicle and Pedestrian signs & signals, and to teach students how to cross the street safely.

## Program Format

Each module is structured with the following elements:

1. Learning Objective
2. Essential Questions
3. Equipment/Supplies Required
4. Activity Set-up/Pre-game
5. Activity Instructions
6. Wrap Up Questions
7. Homework Questions

These elements form the framework for learning. The Learning Objective is the outcome, while the Essential Questions give an explanation of why the topic is important to the students. Key vocabulary terms are also included in this section. The remaining sections speak to the practicalities, order of events and rules for the activity. Each module concludes with Wrap Up questions for the students to reflect on after the activity. In addition, a Homework question is suggested so that students can make observations outside of the classroom.

## Acknowledgements



Version 1.0 of this curriculum was made possible through funding provided to NYBC through the Capital District Transportation Committee's 2017 **"Capital Coexist Traffic Safety Ambassador" Mini-Grant Program.**



**Governor's Traffic Safety Committee**

Version 2.0 of this curriculum was made possible through funding provided by the New York State Governor's Traffic Safety Committee (GTSC). NYBC is extremely grateful to GTSC for its long-running support and continuing commitment to traffic safety education.

Additional Acknowledgements to:

*Active Transportation Alliance, Chicago IL, "Bicycle and Pedestrian Safety: 10 Minute Activities for PE Classes" • Bicycle Alliance of Minnesota, "Walk! Bike! Fun!" program • Clark County School District, Clark County, Nevada, "Pedestrian and Bicycle Safety Game" • National Highway Traffic Safety Administration, "Fitting Your Bike Helmet" Information Sheet (DOT HS 811 568, April 2012) • North Carolina Department of Transportation, "Let's Go Walking" program • PE Central website, "Hula Hoop Car Road Trip" <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9471#.WW5xIITyvcs> • United Kingdom Department for Transport, "Road Safety Activities for Out-of-School Groups" • University of Miami, "Walk Safe" program • Winthrop University, Richard W. Riley College of Education, "Bicycle Riding and Safety Curriculum," by Kathy Davis, Ph.D. • Wisconsin Bicycle Federation, "Bike Driver's Ed and Walking Wisdom," 2nd Edition*

**Watch Out For Me! Pedestrian Safety Education Curriculum  
Lesson Plan**

**Module 1: Visibility & Distraction  
Activity: Bright Is Right Relay Race**

Learning Objective: To teach students that bright or reflective clothing makes them more visible to drivers, and to teach students the dangers of distracted walking & driving.

*[for vocabulary questions, count how many students are familiar with each word; this serves as a 'pre-test'. Do this again at the end of Session #2 as a 'post-test']*.

Essential Questions:

Who knows the word **Pedestrian**? What does it mean?

Pedestrian: A person who's walking.

How many of you walk to school? To friends or your family's houses? Where do you walk?

Who knows the word **Visible**?

Visible: Able to be seen.

Am I visible (wearing black)? Is my friend visible (wearing bright colors & reflective material)? Who is more visible? What if it were dark?

Why is visibility important?

In the City of Poughkeepsie, 30 pedestrians are hurt each year in crashes with vehicles (about the same as an elementary school class). Others may have been hurt but it wasn't reported; others may have been hit but not injured; and many others had close calls.

Being as visible as possible allows drivers to see us clearly. When they see us, it helps us be safer. If a driver can't see you, they may drive right toward you.

You are small and short. It's hard for drivers to see you. You have to make yourself visible!

What can you do to be more visible?

Wear clothes that have bright or light colors, fluorescent colors, or reflective strips.

What colors are most visible? (white, yellow)

What else can you do? (bright cap/hat, flashlight at night, reflective material on backpack and/or wrists/ankles.) -> *demonstrate this with props.*

Who knows the word **Distracted**?

Distracted: Not paying attention.

Are drivers ever distracted? In what way? (eating, on the phone, playing music, etc.).

Are you ever distracted?

What can you do to NOT be distracted? (put down your phone, take out earbuds, stop talking to a friend or chasing a ball...)

How long does it take for a driver to slow down and stop? At 30 mph, it takes **120 feet** to stop. 76 ft is reaction time (1.5 sec); 43 ft is braking distance. This is about [2] gym lengths.

->demonstrate this—run down the gym/field as a car; other instructor is the pedestrian].

YOU have to **be visible, pay attention, and be ready to react** in case a driver makes a mistake!

Equipment/Supplies:

Reflective vests and/or wristbands, enough for entire class to wear one.

Crates or bins to put materials in. One for each 5 students. [OPTIONAL]

For instructors: 1 wears black; the other wears bright colors & reflective material.

Activity: **Bright Is Right Relay Race**

Time: 10 - 15 minutes

Setup:

Crates/bins or piles of reflective wristbands are placed at the far end of the area.

The class is divided into teams of 5.

Each student must run to the other end, put on a wristband/vest, and run back to tag the next runner.

If odd number of students, some can run twice—run to end, take off wristband & put back on, then run back.

First team in all wristbands sits down, raises arms with wristbands on, and is the winner.

If time: repeat [could do 1<sup>st</sup> with wristbands only, 2<sup>nd</sup> time with vests also].

Wrap Up:

What is a **pedestrian**?

Who can tell me what it means to be **visible**?

What can you wear to help you be visible?

When can you wear it? (walking to school, friends, family; at night, etc.)

Where can you wear it? (wrist, ankle, on backpack, on jacket; on bike, etc.)

What is **distracted**? What can you do to NOT be distracted?

'Homework':

Look for walkers wearing bright clothes during the next week.

Wear something VISIBLE for our next class!

*Option: give students reflective wristband/other material to keep. Suggest that they attach it to their backpack so it doesn't get lost.*

Option: show **NYS Visibility PSA**: <https://www.ny.gov/pedestrian-safety/three-es#education>;

YouTube: <https://www.youtube.com/watch?v=JsVhdUv409s&feature=youtu.be>

Option: show **NYS Distractions PSA**: <https://www.ny.gov/pedestrian-safety/three-es#education>;

YouTube: <https://www.youtube.com/watch?v=B1x1EXOAAxw>

**Watch Out For Me! Pedestrian Safety Education Curriculum  
Lesson Plan**

**Module 2: Traffic Rules & Safe Crossing  
Activity: Crossing the Street**

Learning Objective: To teach students the meaning of vehicle and pedestrian signs & signals, and to teach students how to cross the street safely.

Homework questions:

- Who remembers what we learned last time? [visibility; distraction]
- Who saw someone walking wearing bright clothes? What were they wearing?
- Who wore something visible today? Stand up! High five!

Vocabulary Review:

- What do you call a person who's walking? A **Pedestrian!**
- What does it mean to be **Visible**? To be visible is to be seen.  
Who wore something visible today? What did you wear? (stand up—high five!)
- What does it mean to be **Distracted**? To be distracted is to not be paying attention.

Essential Questions:

What is a **Curb**?

- It's the place where the sidewalk ends and street begins.
- If there is no sidewalk, it is the edge of the road.

What is an **Intersection**?

- Intersection: Where two streets meet. This is where cars come from all directions and turn to go different ways.

What is a **Crosswalk**?

- Crosswalk: Special painted lines on the street that show where you should cross, when you are sure the road is clear. Some intersections have marked crosswalks, but not all do. Crosswalks tell drivers that people might be crossing there.

What are rules? Why do we have rules? What are some examples of rules that you know?

Are there rules for drivers and pedestrians? What are some of those rules? Why are they important?

What would happen if we did not have traffic rules?

Traffic rules are important to walkers and drivers to keep them safe. Without traffic rules - and everyone obeying them - we would all be very unsafe on the road.

What is a **Traffic Signal**?

A special set of lights that tell drivers what to do at an intersection (Red, Yellow, Green).

What are **Traffic Signs**?

Written signs that tell people what to do or expect on the road. (Stop sign etc)

What do signals and signs mean? [*Show images*]

**Green** tells drivers to go but always look first.

**Yellow** tells drivers to be careful as the signal is changing.

A **red light or a Stop sign** mean stop.

A **walking person** means cross, if it's safe.

A **red hand** means don't cross.

Where should you cross the street?

At a crosswalk or intersection.

How do we cross the street safely? [STOP, LOOK, LISTEN]

Always **Stop** at the curb or edge of the street.

Wait for the signal to go [Walking Person, if there is one].

**Look** Left, Right, and Left again.

**Listen** for traffic sounds.

**Walk across when it's safe.**

Do we run across? Why not? (harder for you to stop; less time for drivers to see you).

How does this help us be safe?

If we follow the signals and signs, and use our eyes and ears, it will help keep us safe.

<p>Equipment/Supplies:          Stop sign          Pedestrian traffic signals (“Walking Person” and “Red Hand”)          Traffic signal (Red, Yellow and Green)</p>	<p>Activity: Safe Crossing           Time: 10 - 15 minutes</p>
<p>Setup:</p> <p>Children line up in groups of two at ‘edge of road’ near ‘crosswalk’.</p> <p>Teacher holds the hands of the first group.</p> <p>Instructor reminds children how to “Stop, Look, Listen” before crossing.</p> <p><b>First round: Children stop, look left-right-left, listen for traffic and cross the ‘street’.</b></p> <p>Repeat for all. Then all return to the ‘curb.’</p> <p><b>Second round:</b> with a STOP sign and a ‘car.’ Wait for car to stop at the stop sign—don’t assume it will stop! Then <b>stop, look left-right-left, listen for traffic and cross the ‘street’.</b></p> <p><b>Third round:</b> with a traffic signal and a ‘car.’ Wait for car to stop at the red light—don’t assume it will stop! Then <b>stop, look left-right-left, listen for traffic and cross the ‘street’.</b></p>	
<p>Wrap-Up:</p> <p>What do traffic signals tell us?</p> <p><b>Green</b> tells drivers to go but always look first.  <b>Yellow</b> tells drivers to be careful as the signal is changing.  A <b>red light or a Stop sign</b> mean stop.  A <b>walking person</b> means cross, if it’s safe.  A <b>red hand</b> means don’t cross.</p> <p>What if there’s no traffic signal? Stop, Look, Listen—make sure it’s clear before crossing.</p> <p>What are the steps to cross safely?</p> <p>Always <b>Stop</b> at the curb or edge of the street.  Wait for the signal to go [walking person, if there is one].  <b>Look</b> Left, Right, and Left again.  <b>Listen</b> for traffic sounds.  <b>Walk -- don’t run.</b></p>	

'Post-test' [*count hands to gauge their learning.*]

Who knows what a **Pedestrian** is? A Pedestrian is a person who's walking.

Who knows what it means to be **Visible**? To be visible is to be seen.

Who knows what it means to be **Distracted**? To be distracted is to not be paying attention.

Who knows what an **Intersection** is? An Intersection is where two streets meet.

What is a **Crosswalk**? A Crosswalk is special painted lines on the street that show where you should cross.

Last Reminders:

Be visible!

Don't be distracted!

Practice STOP/LOOK/LISTEN, using crosswalks and Walk/Don't Walk signals where they exist.

*Option: give students reflective wristband/other material to keep. Suggest that they attach it to their backpack so it doesn't get lost.*

# QUESTIONS?

Want to bring this program to your school? Feel free to contact us!

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while you are out and about:

