

9, 10-15 minute lesson plans for Middle Schools regarding Mobility and Safety.

Lesson 1:

Define Goals and Define areas of concern in this lesson:

Traffic deaths between vehicles and pedestrians are on the increase.

New technology such as auto stop functions and softer vehicle front ends do help. Despite these improvements, the problems are still getting worse, Why?

Driver distractions and Pedestrian distractions are causing more and more problems.

To the class: What are some driving distractions that can cause drivers to not look for pedestrians or not see them?

Lesson 1 Video: DZ2 Chapter 3 (2m:15s).

Lesson 2:

Last time we discussed driver distractions and how they are exceptionally dangerous to pedestrians, cyclists and anyone else on the streets.

We are going to look at some footage to show some of the distractions that we see drivers in vehicles doing every day.

Lesson 2 Videos: DZ2 Chapter 4 (5m57s).

DZ2 Chapter 5 (2m53s) Optional.

Lesson 3:

Play DZ2 Chapter 4 if there was no time last time during the last lesson or view parts of it again if necessary.

Discuss driving distractions with the class for a minute or two.

The students will see that many of the same distractions that apply to vehicle drivers, also apply to pedestrians as they walk around or ride their bicycles.

Class Question: What are some pedestrian distractions that can cause pedestrians to not see or look for vehicles?

Make sure that the definition of a Pedestrian in this case includes anyone on the streets. Cyclists, skateboarders, rollers, in-line skates, running, playing ball games, walking etc. This applies to anything that can cause you to be on a sidewalk, crossing the street, playing in the street or using the roads.

Lesson 4:

Discuss the difference between looking and seeing. In this case “seeing” means you are processing what you see.

In this Lesson we discuss physical distractions such as typing a text which may mean you are not looking at your surroundings. Therefore you are vulnerable.

Also, discuss mental distractions. This can mean you are looking ahead but you are not seeing or quickly processing the information you are seeing. Being on a phone call is a good example of this. The person on a phone call as a pedestrian or bicycle or driving is still vulnerable.

For Reference:

DZ2 Chapter 4 shows Physical distractions.

DZ2 Chapter 5 shows Mental distractions.

Emphasize the distractions that are COMMON between Pedestrians and Vehicle drivers; being on a phone call, listening to an iPod, looking at a smartphone, looking at a person you are talking to etc.

Lesson 5:

Lesson Video: PDZ Part 3 Section 2.

After Video, discuss how important it is to be aware when you are outside. Vehicles will always win in a fight with a pedestrian.

Lesson 6:

Show any section of PDZ Part 3 Section 2 that was not clear to the students, or play and discuss any key part of PDZ Part 3 Section 2, according to the needs or questions of your class.

Lesson 7:

How can pedestrians help themselves to be safer while on the streets? Awareness and cutting out unnecessary distractions.

DZ2: Eye scanning, Low eyes, Blind spots, Situation Awareness, Using your senses.....

These skills should be used at all times while riding a bicycle, skating or even walking.

PLAY the PDZ Chapter from Middle School sections as needed. PDZ Part 3 Chapters 24 thru 27.

Lesson 8:

This lesson is a direct continuation from the previous lesson.

Lesson Video Chapters: Show whichever chapters from DZ2 you need to: Eye Scanning, Low Eyes, Blind Spots, Situation Awareness and cutting out all unnecessary distractions.

Teachers, please emphasize to students that the actions of people described in the video chapters apply when pedestrians or cyclists also.

Lesson 9:

Recap Lesson 8 and go over main points again. Show the PDZ Part 3 Section 2 in its entirety again if you have time.

Lesson 10:

Lesson Videos. PDZ Chapters, Important Stats (Chapter 9), Reality Check (Chapter 10), Inattention Blindness (Chapter 12).

Discuss all the chapters shown here with the students and explain how this kind of information is very important to them now and will extremely important when they start to drive.

Lesson 11:

Continue showing the Chapters you didn't have time to get to from the previous Chapter:

Lesson Video's: PDZ – Important Stats (Chapter 9), Reality Check (Chapter 10), Inattention Blindness (Chapter 12).

Discuss all the chapters shown here with the students and emphasize the extra importance now that they are increasing their street presence.

Lesson 12:

Danger areas and how to use of Safety Knowledge can Help.

Discuss these Danger areas for pedestrians and cyclists relative to Vehicle presence:

Railroad Crossings.

Street crossing.

Blind spots.

Cell Phone use.

iPods.

Red Lights.

Construction Zones.

Conversation.

Reading texts, looking at smart phone, playing games.

The Dangers of Glance and Go.

Discuss how to use the new skills. Skills such as situation awareness and eye scanning are critical in these danger areas.

Discuss how iPods, Smartphones and conversation can be very dangerous, but especially when pedestrians and vehicles mix.

Lesson 13:

Continuation of Lesson 12: Teachers continue to go through the list of danger areas for any children mobile on the streets and confirm the new skills.

Lesson 14:

Recap:

We now understand that many distractions chosen by vehicles drivers are exactly the same as the ones people choose when walking or cycling.

A vehicle will ALWAYS win in a fight with a pedestrian or cyclist.

We know we have a choice whether to be distracted or pay attention to our surroundings as we walk, cycle, skate or board.....

We understand which one is the vulnerable one, when comparing pedestrians and vehicles.

Class Pledge: We will raise our awareness and cut out distractions when we are on the streets.

Lesson 15:

Discuss with the class how to recognize distracted driving when they are passengers in a vehicle.

Make sure they understand to ALWAYS wear seat belts when passengers in a vehicle.

Think about all the distractions we saw in DZ2 Chapter 4 (replay). Many of the same distractions we now know from being more aware as pedestrians.

Most adult drivers will drive while distracted. If you see adult drivers driving distracted then you should say something and ask them to please stop driving distracted, especially while you are in the vehicle. They have your lives in their hands. It is just too dangerous to drive distracted.

If you are too nervous or uncomfortable to say something to a parent or another adult, then wait until you can tell another parent, a known adult family friend or a teacher. But please make sure you say something to someone.

Make sure you ALWAYS wear your seat belt in any vehicle you travel in.

Lesson 16:

Lesson Video: PDZ Chapter 26 and Chapter 27.

After showing the Video, go over the main points. Explain how important it is for children to speak up when they are traveling in a vehicle being driven by a distracted driver.

Help them understand the importance of telling another trusted adult friend, parent or teacher, if they are too nervous to say something to the offending distracted driver.

Discuss and field questions from students.

Lesson 17:

Safety Tools for Children to use, say and do:

You can say: Please Pull over and stop the car while you are having your phone call.

You can say: I'm not in this vehicle much, I think you can wait to make your phone call or preferably not pick up a phone call in the first place.

You can say: You have my life in your hands.

You can say: It's not safe to drive distracted or angry.

You can say: I learned about how to recognize distracted driving in school today.

Lesson 18:

Recap:

Discussion Points:

Fatal collisions involving pedestrians and vehicles driven by distracted drivers are getting more and more common. Therefore, pedestrians have to always be as aware as possible, so that they can see vehicles driven by distracted drivers, before they become a problem to them.

If we are travelling in a vehicle and the driver is distracted, please remember, you can speak up and ask them to stop driving distracted while you are in the vehicle, they have your life, in their hands. If you're too nervous to say anything, then you need to tell another parent, known adult friend when you get an opportunity.

Make sure you wear your seat belts at all times while you are a passenger in a vehicle.