

Caregiver Guide to Safe Routes to School

Grades 5-6

Introduction

The Safe Routes to School curriculum includes in-class lessons and activities to help students learn the skills they need to walk, bike, roll, and ride safely but the best way for students to learn is to practice at home. Below is an overview of what is included in the curriculum, and how you can help teach it at home.

Lesson 1: Intersections and Street Design

Students will learn about types of intersections (four-way stops, two-way stops, signalized intersections with lights, and roundabouts) and how to cross safely.

- Ask students what type of intersection they are approaching, how cars will move through the intersection, and how to navigate it to be safe

Lesson 2: Visibility and Maps

Students will learn about signs how to and how to be seen by drivers (especially at dawn, dusk, and night)

- Make sure your student has access to clip-on backpack lights, a bike light, and knows which clothing keeps them most visible (bright, reflective clothing and lights help drivers see students sooner, especially at dusk, dawn, and night)
- Practice using paper and online maps together to help your student build navigation skills.



Lesson 3: Bike Safety

Students will learn how to safely ride a bike, understand the parts of a bike, and understand basic bike maintenance.

- The best training is on-bike practice. Take your student on bike rides and help them navigate tricky intersections or roads.
- Teach your student about the ABC quick check (Air, brakes, and chain) and teach them how to air-up their tires and maintain their brakes and chain, if needed
- Teach them how to securely lock their bike with a U-lock or chain lock

Lesson 4: Transit Skills

Students will learn about Bloomington Transit, and how it helps students and adults get around the city.

- Teach them how to use Google Maps or the BT transit planner to plan a trip
- Take your student on a bus ride
- Show your student how to pay for a bus ride, board and exit the bus, and pull the rope to signal your exit

Lesson 5: Speed, Health, and Safety

Students will learn about the risks of speeding, how walking and biking can benefit your health, and how to stay safe around fast cars.

- Talk to your student about how fast cars need a long time to slow down so they need to be extra careful
- Talk to your student about how everyone plays a role in safety, including drivers, people walking and biking, vehicle design, road design, and emergency responders.