



Young teens and road safety

Road incidents are a major cause of injury and death for young teens in Great Britain. 2012 road casualty statistics for 12–15 year olds show there were:

- 6,702 road casualties
- 26 people killed
- 2,799 pedestrian casualties (of which 7 people were killed and 608 seriously injured)
- 1,302 cycling casualties (of which 10 people were killed and 192 seriously injured)
- 2,230 car user casualties (of which 8 people were killed and 129 seriously injured).

It is important to make them aware of the risks and help them to take positive actions that will keep them as safe as possible.



How parents and carers can help

Your son or daughter may be learning about road safety at school. However as a parent or carer you are vital in helping your son or daughter to develop good road safety habits. Young people tend to copy adults' behaviour, so if they see you taking risks they are likely to take risks too. One of the best ways that you can help your son or daughter to be safer is to set a good example when using roads, on foot and in the car.

As your son or daughter moves through secondary school, he or she will be starting to make more and more independent journeys as a pedestrian, as a cyclist or on public transport. They need to be able to assess the risks and take positive actions to make their journey as safe as possible.

Journey planning

Talk to your son or daughter about the safest way to make a journey. Encourage them to think about it before starting the journey and be prepared for unexpected things. You could ask:

- What route will you take, and where are the road hazards? Can changing the route make it less risky? For example, walking to crossings rather than taking short cuts.
- What are the times and costs of any public transport?
- Could you change your route to make it safer?
- What would you do if something unusual happened?

You could complete the journey planner overleaf with your son or daughter before they begin making the new journey to secondary school, or any new journey.

Further information

You will find more detailed information for parents and carers at <http://think.direct.gov.uk/education/secondary/>. There, you'll find information on pedestrian safety and the Green Cross Code, the importance of being seen, distractions, in-car, cycle and motorcycle safety. You'll also find useful links for further reading.

Journey planner

You will travel between your home and secondary school around 400 times each year. This journey planner will help you to plan your journey to make it as safe as possible.



- 1** Look at a map that shows your home and your new school to find the route you will take.
- 2** Use the grid provided to show the different stages of your journey.
- 3** List the hazards at each stage (things that could harm you).
- 4** Is the risk for each hazard high, medium or low? (How likely is it to happen?)
- 5** Think about how you could remove the risk or reduce it to keep yourself safer.

Example journey





Stage of my journey	Hazards	Risk	How I could be safer
Walk on the pavement to the main road.	Being hit by a car pulling out of a driveway.	Medium	Staying alert, not being distracted by friends, phones, music etc.
Cross the busy road to the bus stop.	Being hit by a car or other vehicle.	Medium	Find a safer place to cross to get to the bus stop. Is there a pedestrian crossing nearby for example?
Get on the bus.	Falling over if the bus stops suddenly.	Low	Sitting down if there is a seat available. Making sure there is a railing or handle to hold on to if you are standing.
Get off the bus and cross the main road outside school.	Getting hit by a car or other vehicle.	Medium	Walking down the road to the zebra crossing. Wait until the bus has moved off and you can see clearly in both directions.

- What would you do if something unusual happened? For example:
 - you were going to be late for school
 - you missed your bus
 - the person giving you a lift home did not turn up
 - it's dark and the batteries for your bicycle lights have gone flat.
- What happens if your friends want you to take a short cut across a busy road with no pedestrian crossing?

Information for parents on the back page

Journey planner

From home to school

 Stage of my journey	 Hazards (Things that could harm me)	 Risk (How likely it is that this will harm me and how bad would the consequence be if so)	 How I could be safer (For example by removing the risk or reducing it)