

HEADS UP!

DRIVE SMART ▲ WALK SMART ▲ BIKE SMART

PEDESTRIAN SAFETY



FOR PARENTS
& GUARDIANS:

WHY THIS BOOK MATTERS

Young people look up to the adults around them for spoken and unspoken lessons. When you walk, bike or drive, you have the power to shape a culture of caution and safety.

The National Highway Traffic Safety Administration keeps track of roadway injury and fatality statistics. There has been an increase in pedestrian and cyclist deaths across the United States. City of Phoenix leaders care about our young people and want them to grow up in a safe community.

This activity book will help the young people in your world become wise users of city streets, sidewalks, signals and signs.

Community safety is a shared responsibility. We hope the fun activities in this book spark conversation and safe behaviors.



WHO IS CONSIDERED A PEDESTRIAN?

A pedestrian is anybody who walks or runs on the sidewalk or street. Pedestrians can also use bicycles, scooters, skateboards, skates, mobility scooters, tricycles, or use a wheelchair.



YOURSELF, WALKING YOUR PET

A GRANDMOTHER CROSSING THE STREET

YOUR FRIENDS AND YOU WALKING TO THE STORE

YOUR BEST FRIEND ON A SCOOTER

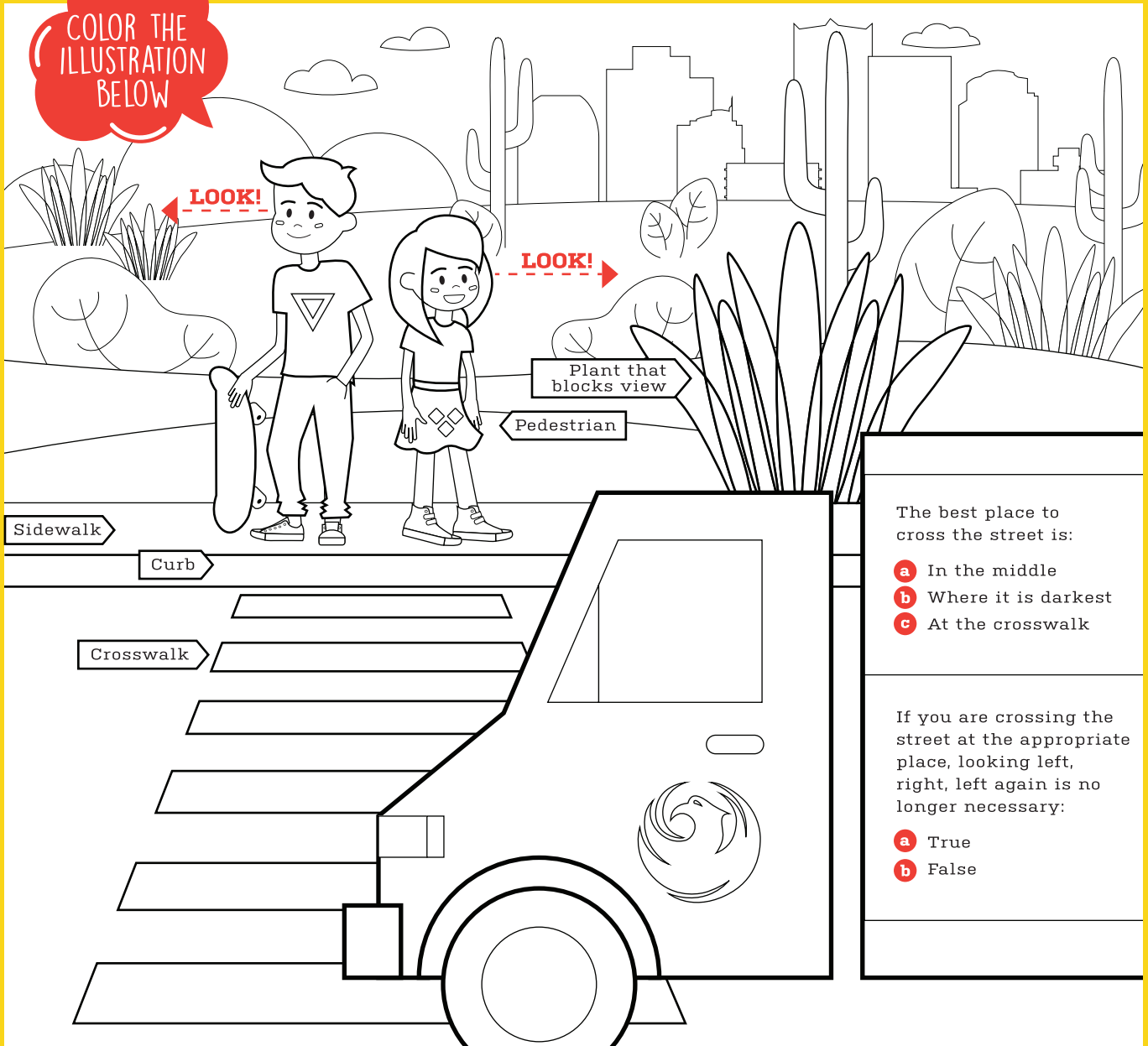


Walking is the oldest form of transportation. We are all pedestrians at some point. Pedestrian safety is a two-way street. Whether you drive or walk, it is up to you to keep yourself safe.

HOW CAN YOU CROSS STREETS SAFELY?

IT'S EASY! **FIRST STOP!**
THEN **LOOK LEFT, RIGHT, LEFT AGAIN** BEFORE YOU CROSS.
CONTINUE LOOKING WHILE YOU ARE CROSSING.

COLOR THE ILLUSTRATION BELOW



The best place to cross the street is:

- a** In the middle
- b** Where it is darkest
- c** At the crosswalk

If you are crossing the street at the appropriate place, looking left, right, left again is no longer necessary:

- a** True
- b** False

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WALKING WHEN IT'S DARK

It is important to keep yourself safe when walking in the dark.

CIRCLE THE SAFETY ITEMS PAUL SHOULD CARRY OR WEAR TO WALK HIS DOG AT NIGHT.

SAFETY TIPS FOR WALKING IN THE DARK

In addition to the safety tips on page 22:

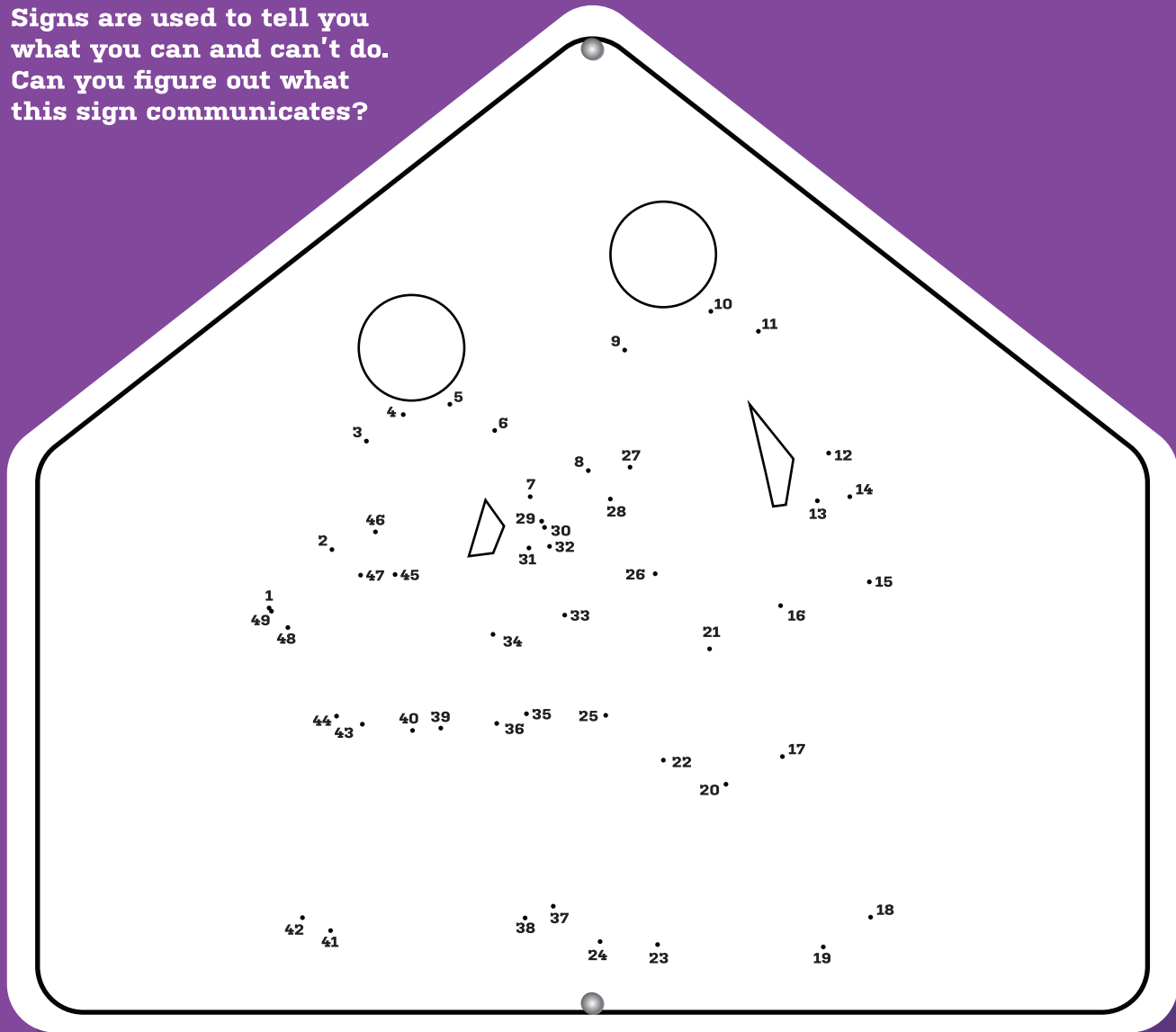
- **Wear reflective clothing.** Did you know reflective clothing is made of very tiny glass beads coated with metal? The tiny beads are half the size of a human hair and are glued to clothing materials to create a surface that reflects very brightly with any light that shines on it.
- **Carry a flashlight with you.** A flashlight or a headlamp can help illuminate your walking path and will keep you visible to drivers.
- **Walk on the sidewalk facing traffic** so you can see what the vehicles are doing.



FIND THE SIX DIFFERENCES IN THESE PICTURES

DOT-TO-DOT

Signs are used to tell you what you can and can't do. Can you figure out what this sign communicates?



CONNECT THE DOTS TO FIGURE OUT WHAT SIGN THIS IS.

What color is this sign?
Go ahead and color it!

DO YOU KNOW YOUR TRAFFIC SIGNS?

Street signs help both drivers and pedestrians stay safe on the road by providing guidance on what to do, what to expect ahead, and how to behave to stay safe. How well do you know some of the most popular street signs?

MATCH THE SIGN WITH THE PROPER DESCRIPTION.



- _____ Traffic Signal ahead
- _____ Railroad Crossing ahead
- _____ No Parking allowed
- _____ Stop Sign

- _____ No U-Turn allowed
- _____ School Zone ahead
- _____ Crosswalk ahead
- _____ Bike Lane

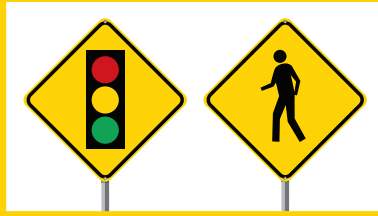
HEADS UP!

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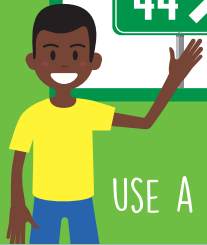
GREEN signs provide information



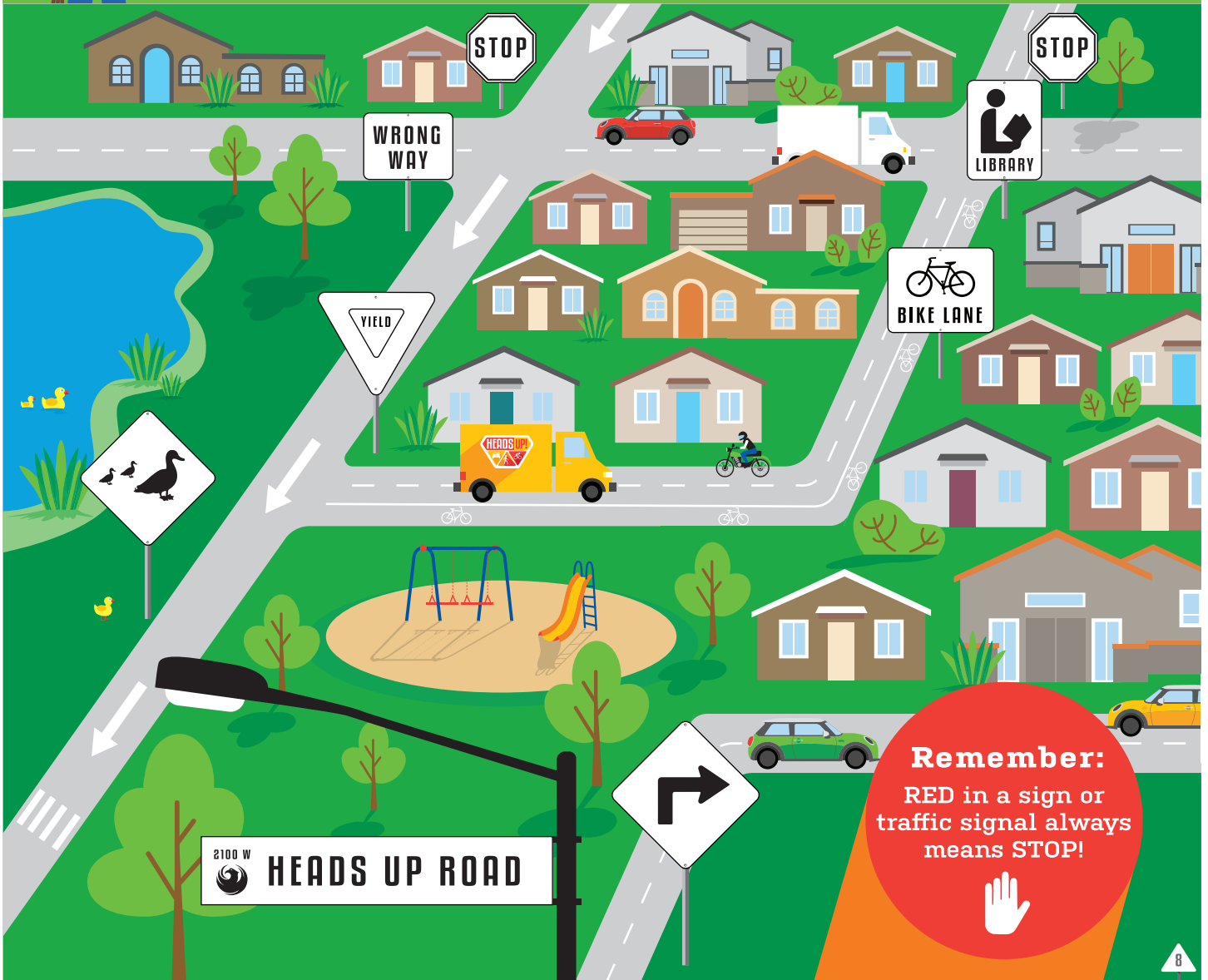
YELLOW signs warn pedestrians and drivers about what can be found ahead



RED signs define the rules of the road that need to be followed for safety.



NOW THAT YOU KNOW HOW COLORS ARE USED IN STREET SIGNS, USE A CRAYON OR MARKER TO FILL IN THE RIGHT COLOR ON THE SIGNS BELOW:



Remember:
RED in a sign or traffic signal always means STOP!



FIND THE OBJECTS

Intersections are places where roads cross each other or "intersect."
These are the safest places for people to cross, especially if they have traffic signals.

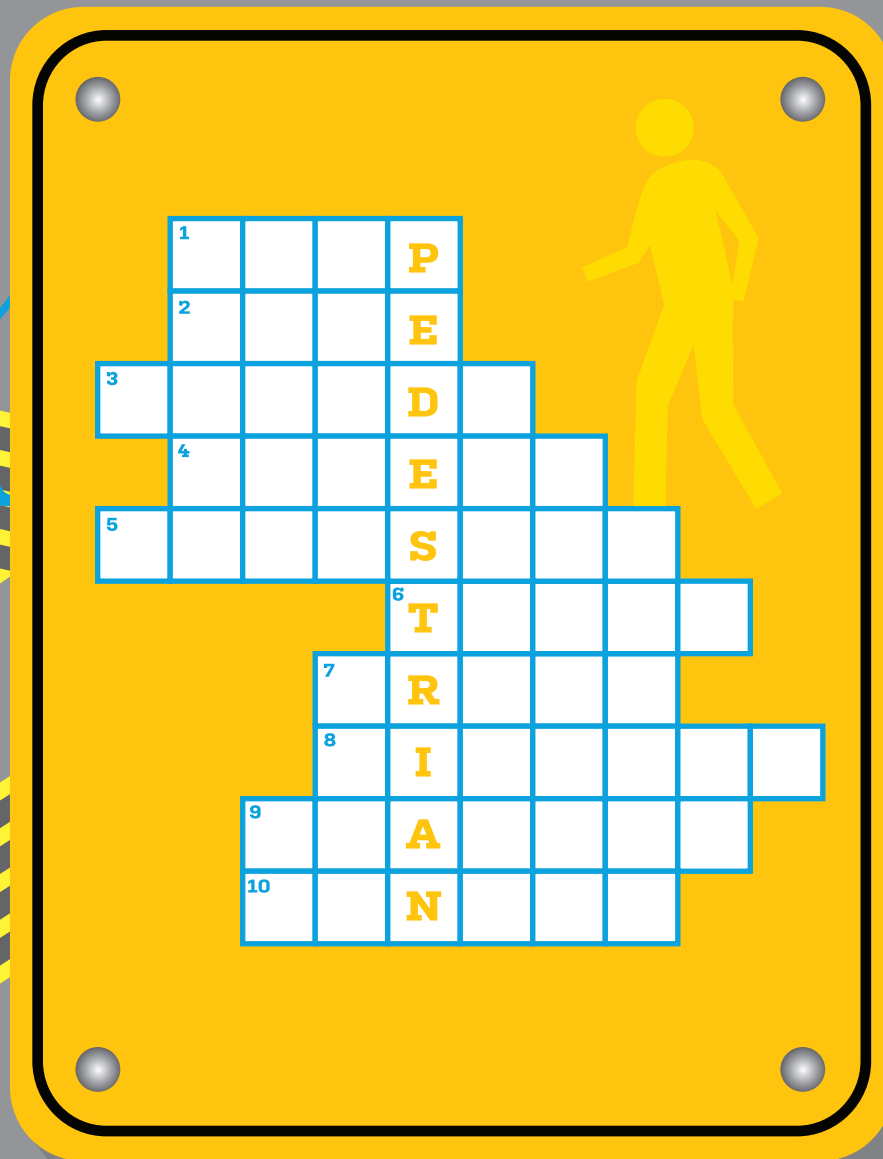


DRAW AN X
OVER THE UNSAFE
BEHAVIORS
YOU SEE IN
THE PICTURE.

Then Circle the
following traffic
safety devices:

- Street Lights
- Traffic Signal
- Crosswalk
- Sidewalk

"CROSSY" WORD PUZZLE



- 1) To put one foot in front of the other
- 2) To walk at a steady speed
- 3) To split the road
- 4) A noun for being safe
- 5) A place to cross

- 6) A designated path
- 7) Walk with others
- 8) Another word for "freeway"
- 9) Another word for "congestion"
- 10) To walk aimlessly

A STRANGE WALK TO SCHOOL

Create your own story about walking to school!

One day, a _____ followed me
(animal)

down my block on my way to school.

When I turned the corner, a _____
(person)

called out to me and told me to _____.
(action)

My friend and her pet _____
(animal)

joined me later on the walk.

(draw an animal here)

(draw a person here)

(draw your friend and their pet here)



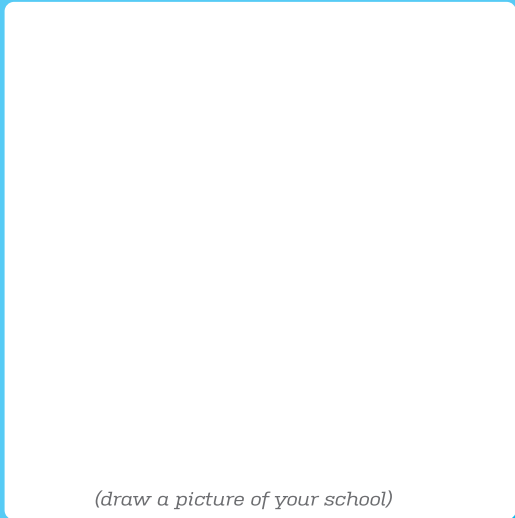
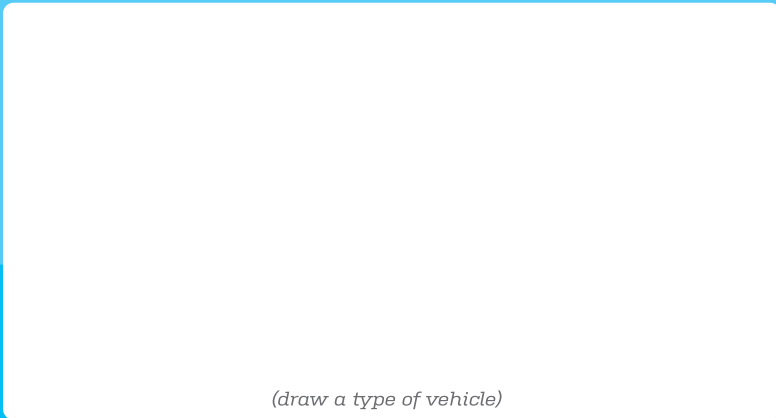
As we crossed the street, a _____
(type of vehicle)

screached in front of us. We _____
(action)

and quickly got out of the street. Right then,

the school's principal _____
(action).

It was a very strange walk to school!



PUBLIC TRANSIT SAFETY

Did you know Phoenix is one of the largest cities in the United States? Like most large cities, Phoenix has different transportation options like the light rail to help people reach many destinations.



**Have you seen the light rail? Have you ever ridden the bus?
Do you know how to be safe near light rail tracks, stations, and bus stops?**

- ▲ Wait in the Safe Zone. On the sidewalks, the Safe Zone is 3 big steps away from the curb. At the light rail station, the Safe Zone is behind the textured strip.
- ▲ Use the crosswalk to cross the street and the tracks.
- ▲ Wait for the train behind the textured strip.
- ▲ Never run after or next to a moving bus or train! Chances are another one will be by shortly.

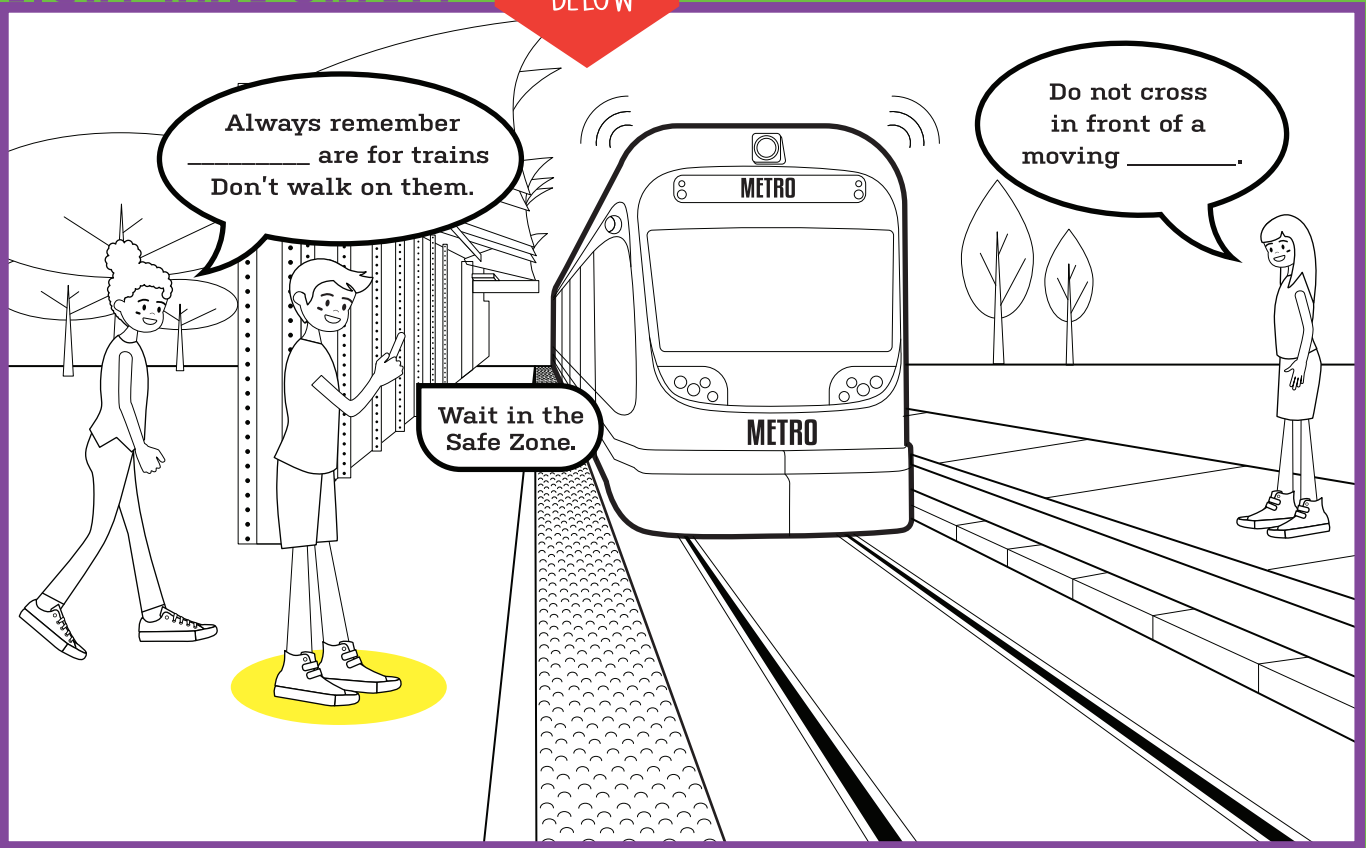
FIND THE WORDS IN THE WORD SEARCH AND COMPLETE THE SAFETY PHRASES ON THE NEXT PAGE.

- Bike
- Bus Stop
- Look
- Ride
- Safe Zone
- Stations
- Transit
- Tracks
- Train
- Trip
- Walk

B	I	K	E	L	M	F	R	T	V	T	R	U
L	M	G	V	X	O	P	I	T	J	I	O	M
S	K	C	A	R	T	C	D	N	I	S	U	N
T	U	T	B	F	V	P	E	M	I	N	T	I
R	B	U	S	S	T	O	P	V	G	A	W	A
I	E	S	K	Z	E	K	O	O	L	R	G	R
P	S	L	O	P	A	M	R	E	D	T	V	T
S	A	F	E	Z	O	N	E	G	U	J	N	V
W	E	D	Y	S	T	A	T	I	O	N	S	R

COLOR THE PICTURES BELOW

LIGHT RAIL SAFETY



BUS SAFETY





Find eleven hidden objects.

WHAT IS A "HAWK"?

HIGH INTENSITY ACTIVATED CROSSWALK

Is it a bird!? Not quite! It's just a special traffic signal to help people cross the road.
Have you seen one?



1. PUSH the button to call for WALK signal

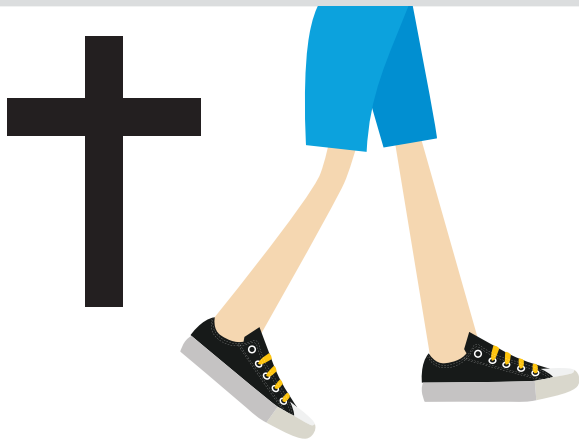
2. WAIT! (It may take up to a minute for the signal to change)

3. Start crossing after you see the **WALK** signal

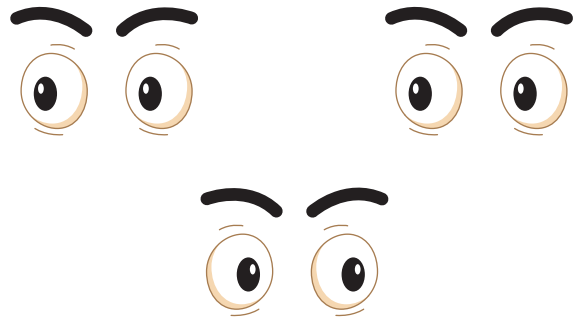
4. CONTINUE crossing until you cross the street

WACKY ROADWAY PHRASES

Write the phrase on the line for the four combinations of symbols below.



Phrase _____



Phrase _____



Phrase _____



Phrase _____

CREATE A WALKABLE CITY

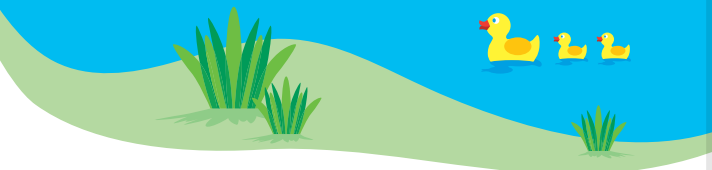
_____ 'S MAP
(write your name here)

1. Label the compass with North(N), South(S), East(E), and West(W).
2. Add crosswalks, sidewalks, and traffic signals so pedestrians can cross the streets safely.
3. Label the streets on your map.
4. Place each symbol on the map to arrange your own city. Add additional buildings and fun places you would like to see in your city.

MAP KEY

School 	House 
Park 	Store 
Pedestrian 	Doctor's Office 
Dog 	Library 

We walk to get to places like school to study, the park to play, the store to buy food. Walking is a great way to experience our neighborhood and learn more about our city.



PEDESTRIAN SAFETY

CIRCLE THE WORDS FROM THE LIST

A O X E N K U S T R E E T G U O E F V F
P U F E F V K S L W K T H I G H W A Y E
T H T E D M S C I V R O A S B H A R K Z
E M Z O Q J Y H S G Q C Y J X U Z C V T
J J C B M K K O T O N F M X F D Z R N S
W P U V E O H O E O L A X G S Z V O J W
Z A H H Q F B L N N Y R L M N V F S Q I
F R U L F T M I U Q B B O N H M S L I
T E C V L L D W L P I S U T L N I W E D
D N U O M N J I T E C T H O L T R A A P
M T E X T I N G H D Y O F R B U G L G Y
G S B Q Y O R X L E C P U C T Y S K L N
L F Y P P Y N Q I S L B G Y A U T W T I
O D Z K Y E M Q V T E U R C O B U K T N
O T R A F F I C W R C S I L R H D G A L
K O V B B M R O S I P B F E Y E E S C G
L A B Q L P D M L A F O G R B D N S J U
I Z L J K Y J R O N U Z I U J D T A T A
P A R K I N G P N L X T Z N C I C O V H

- Pedestrian
- Crosswalk
- Texting
- Signal
- Bus
- Automobile
- Students
- Parents
- Street
- Look
- Motorcycle
- Bicycle
- Highway
- Listen
- Stop
- Cellphone
- Traffic
- Parking
- School

DISTRACTED WALKING



Kim, Paul and Mark are crossing the street on the green pedestrian light, but are they paying attention while crossing? Is the driver of the car paying attention?



BE SAFE!

Complete these sentences.

1. **Be alert** and aware of your _____.
2. **Stay off** _____ when crossing. These cause distractions.
3. **Ensure you are** visible to _____ in case they are distracted.
4. Obey traffic signs. Look both ways and make sure you have enough _____ to cross all lanes of traffic safely.

Match the distractions from the list below with the safety issues they cause.

DISTRACTION

Headphones on, listening to loud music
Texting and walking
Not paying attention to traffic signals
Daydreaming

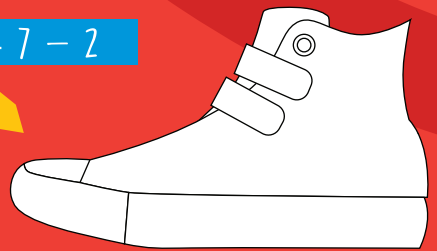
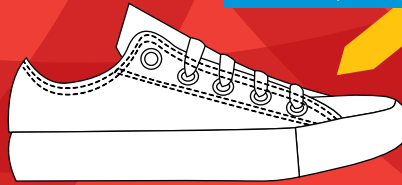
SAFETY ISSUE

I will not hear cars accelerating or braking
Cars will not expect to see me
My attention is away from the street and the road
My eyes will be off the road

COLOR BY SUM

Color the shoe by the code.

10 = RED
7 = BLUE
14 = GREEN
9 = PURPLE
11 = BROWN



TOP 10 SAFETY TIPS FOR PEDESTRIANS

EXTRA TIP: Your cellphone can wait, pay attention to the road and make sure you can see and hear what is happening around you.

- 1** Always look left, right, and left again before crossing the street and make sure you have enough time to cross.
- 2** Read and follow all roadway signs and devices, they are there for your protection.
- 3** Don't assume drivers will see you, you may not be visible to them.
- 4** Stay alert, don't walk or cross streets distracted.
- 5** Be visible by wearing bright clothing during the day and carry a flashlight or wear reflective gear at night.
- 6** Walk facing oncoming traffic so you can see it easily.
- 7** Always try to cross the street at marked or signalized intersections, where drivers expect to see you.
- 8** Make eye contact with drivers to make sure they see you and they are not distracted.
- 9** Don't try to cross until cars have stopped.
- 10** Whenever possible stay on the sidewalks and cross the street at the crosswalks.

To get the answers for this activity book visit:
www.phoenix.gov/streets/headsup and take the safety pledge.



This activity book was made possible with the help of the Governor's Office of Highway Safety



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