

SAFE ROUTES PHILLY

STEP UP | RIDE ALONG



Activity Book



City of
Philadelphia

VISION
ZERO

CITY OF PHILADELPHIA

Hey Grown-Ups!

People make mistakes—kids run out into the street—but these mistakes should not be fatal. Putting people first on our streets can prevent the most serious and fatal crashes.

In 2017, Philadelphia adopted Vision Zero, a program that seeks to eliminate all traffic deaths on our streets. Vision Zero makes human life the priority. It aims to create streets where more people feel safe walking and bicycling, which makes our streets safer because more people are using them. More people participating in physical activity will also improve our city's health.

Parents and caregivers like you are a large part of Vision Zero, by teaching safe walking and bicycling habits to children, and modeling safe behaviors as you go about your day. The activities in this book are designed to empower children with the knowledge they need to avoid common causes of youth pedestrian and bicyclist crashes:



Common causes of youth pedestrian crashes

Not crossing the street at a crosswalk

Running from between parked vehicles

Not obeying traffic signals or stop signs

Driver turning into pedestrian in crosswalk



Common causes of youth bicyclist crashes

Not stopping at traffic signals or stop signs

Riding out of a driveway without stopping

Suddenly swerving without looking back

Driver hitting a person crossing the street at a crosswalk

Is Your Child Ready to Walk or Bike Alone?

Children age seven to nine:

1. Still need supervision when walking and biking.
2. Are ready to learn more complicated skills.
3. Benefit from walking and biking with an adult who explains more complex tasks, such as where and when to cross a street.

Older children:

1. Are ready for a mix of both independent and supervised walking and biking.
2. May need reminders about safe behavior.
3. Benefit from practicing a route with an adult to talk about where to cross and other safety considerations before walking or biking the route alone.

Sources: Vision Zero - City of Philadelphia; National Highway Safety Research Center.



This book is intended for children in grades 3 through 5 and can be read on their own or with help from a parent or caregiver.



Getting Around

Philadelphia is a very special city!

Why? Everyone has lots of choices for how to get where they’re going! But no matter what we do, we all start and end our trips on foot. Everyone is a pedestrian in Philadelphia.

How do you get around? Mark an X over all the ways you get to these places in Philadelphia. Can you make a line diagonally, up and down, or across?

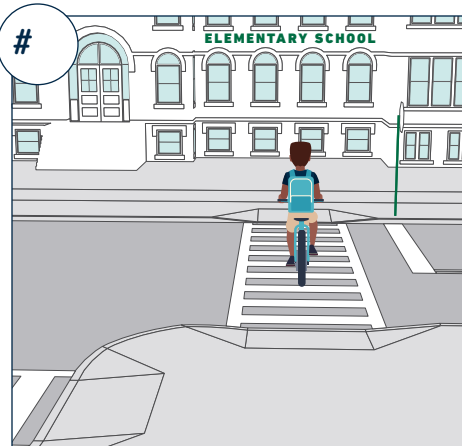
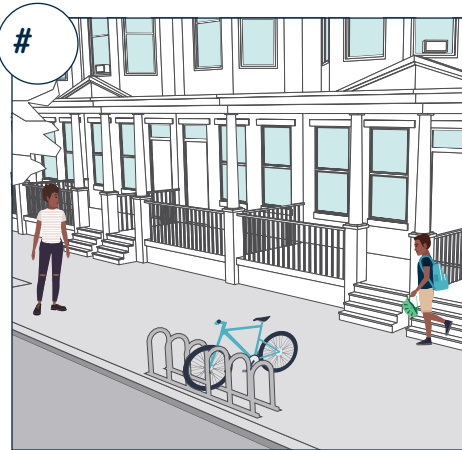
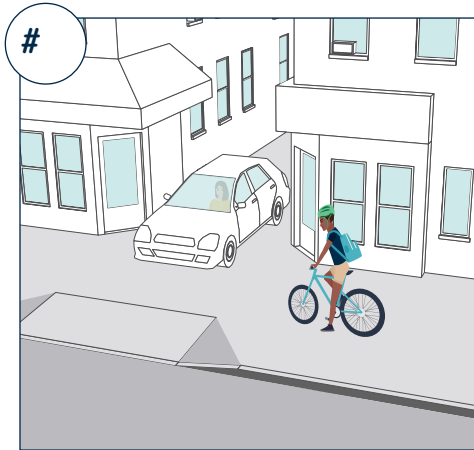
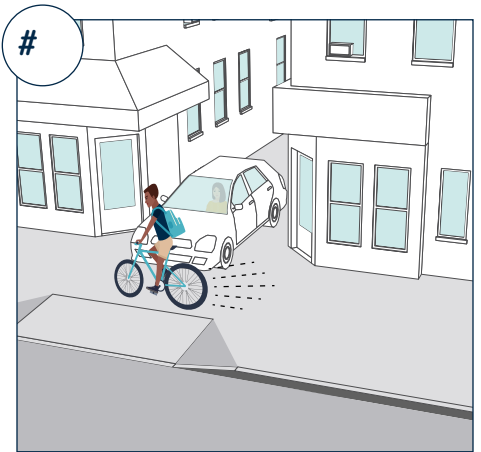
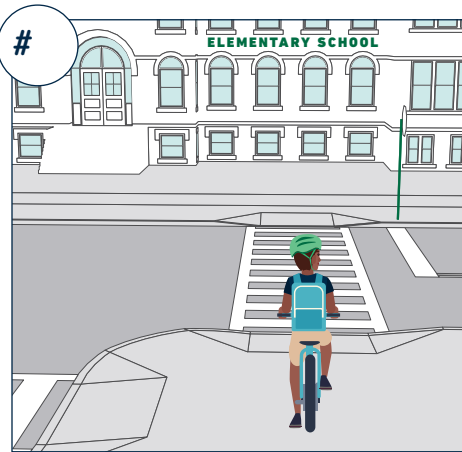
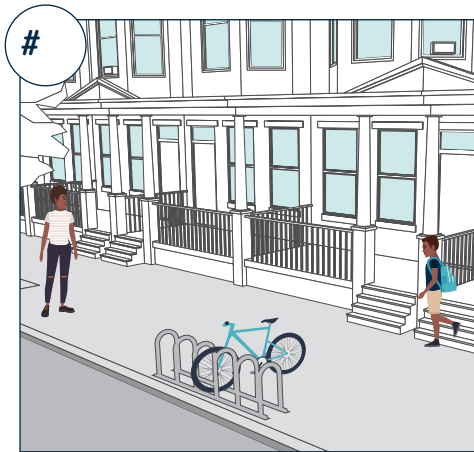
Pedestrian. noun.
 A person who travels on foot; walker. Walking can happen in different ways—using legs, a wheelchair, a cane, or crutches.

	Walk	Bike/Scooter	Bus	Trolley	Subway	Car
School						
Grocery Store						
Friend's House						
Park						
Sports Game						
Library						

Walking and Biking on the Sidewalk

Alex bikes to school every morning. Sometimes Alex remembers to bike responsibly and safely. Sometimes they don't.

The images below show Alex's trip to school. Put an X through the images that aren't safe, and circle the ones that are. After you circle the images that are safe, number them 1-4 to tell the story of Alex's trip to school.



Hey Grown-Ups!

According to Pennsylvania law, children under the age of 12 can ride on the sidewalk. Once they turn 12 they are legally supposed to ride in the road.

Answers on back cover.

Crossing the Street

Before you cross any street, you need to stop at the edge, look left-right-left, and listen for traffic. It is safer to cross at crosswalks.

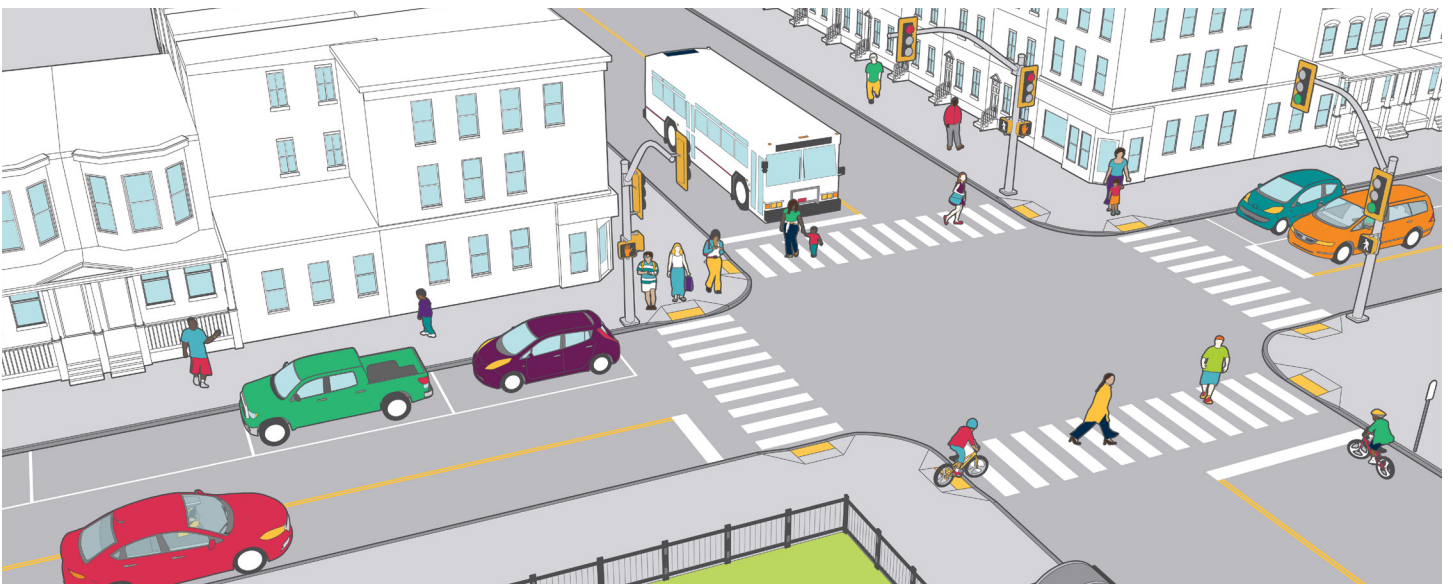
Can you spot the differences? In the top scene, many people are traveling in unsafe ways. In the bottom scene, everyone is behaving safely. Circle the five differences..

“Stop at the edge of the street.”

Hey Grown-Ups!

Talk to your children about what the word “edge” means.

Visual barriers like parked cars create a “second edge”. If there are parked cars, teach your children to stop at that second edge to peek around the parked cars.






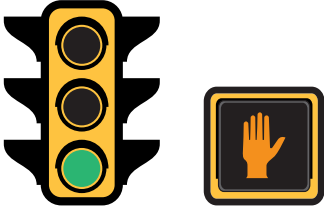
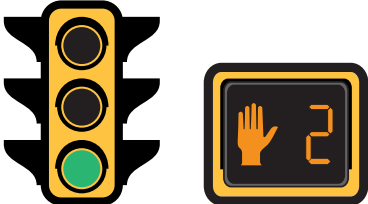
Answers on back cover.

Decoding Traffic Signals

Traffic signals tell us when to stop, when to go, and when it's safe to cross. Your grown-up can help you learn when it is safe for you to cross at different traffic signals and intersections.

If there is a walk signal at a crosswalk, you should always obey it. But, not all traffic signals in Philadelphia have Walk/Don't Walk signals. If there isn't one, look for the color of the traffic signal. If the light is green, you're allowed to walk and cross the street in that direction. If the light is red, you should stop and wait.





Look at the traffic signals below. Can you start walking across the street? Circle Yes or No for each row.

1		Yes	No
2		Yes	No
3		Yes	No
4		Yes	No
5		Yes	No

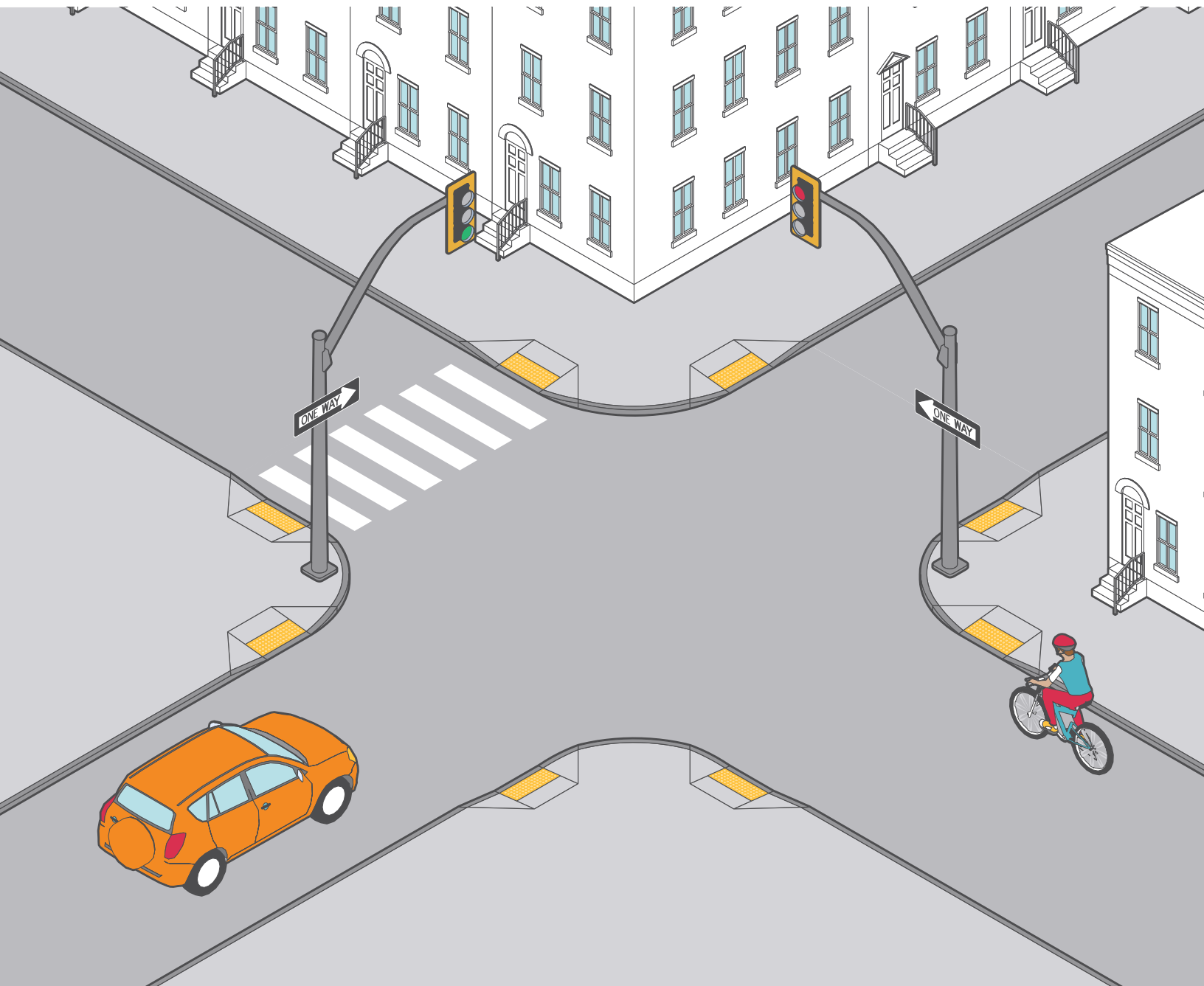
Answers on back cover.

Design a Safer Street

Traffic engineers and transportation professionals use signs, signals, and paint to make streets safer. Help the engineers put the traffic tools in the right place on the street.

- 1  Put the crosswalk at all four parts of the intersection.
- 2  Add the pedestrian signal to the signal posts.
- 3  Draw the citywide speed limit sign in two places for drivers to see.
- 4  Draw a green bike lane next to the curb for the bicyclist to use.
- 5 Now add people walking and biking!

Answers on back cover.



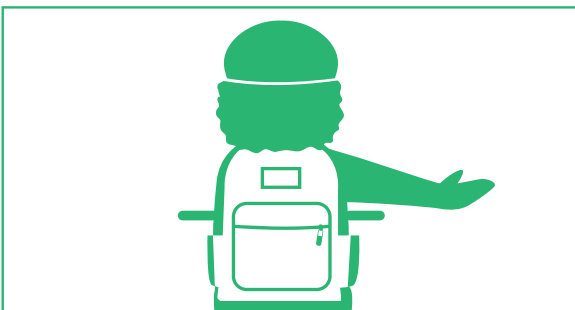
Bicycle Driver's Ed

When you ride your bicycle on the street, you have to look for vehicles and follow the same rules that people driving cars have to follow.

Hand Signals

Hand signals are like turn signals and brake lights on a car. Using a hand signal to show other people that you are turning or stopping warns them to slow down or make room for you.

Draw a line to match the hand signals on the left to what they mean on the right.



Answers on back cover.

Biking Rules of the Road

Look left-right-left for vehicles any time you are going into the street or at an intersection.

Look for vehicles behind you to check any time you move to the left or right.

Use hand signals to warn others if you are going to turn or slow down.

Ride 3 feet away from the curb except when turning left or passing a parked car.

Stopping

Turning Right

Turning Left

What Went Wrong?

The four scenes below each show a bike crash. Figure out what went wrong and what safe bicycling skills could have helped avoid the crash.

Hey Grown-Ups!

Drivers have responsibilities to be safe road users, too!
When you drive, give bicyclists plenty of room when passing, and yield to pedestrians who are crossing the street.

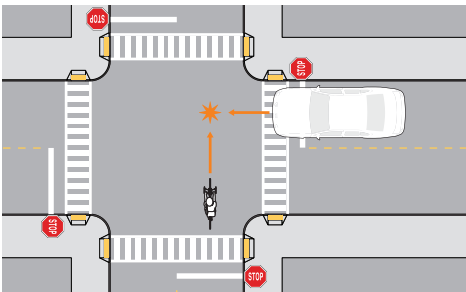
Type of Crash

What went wrong here?

(Choose the correct option)

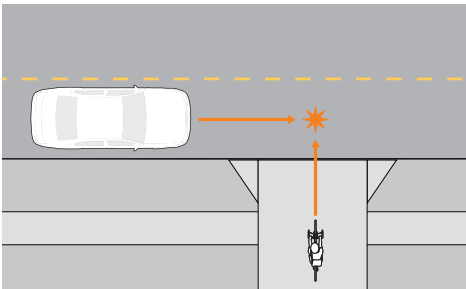
What safe bicycling skills would be helpful here?

(Circle all that apply)



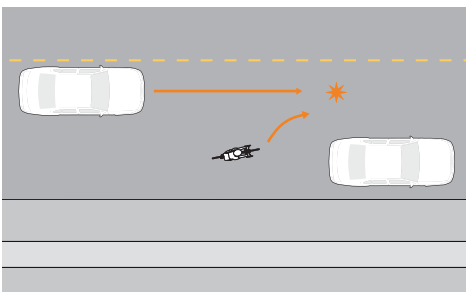
- A.** Bicyclist rode into street from driveway without looking
- B.** Bicyclist moved left into traffic
- C.** Bicyclist or driver did not stop at STOP sign

- A.** Using hand signals
- B.** Riding in a straight line
- C.** Coming to a controlled stop
- D.** Obeying traffic signals and signs
- E.** Being aware of where vehicles are, and don't assume drivers see you



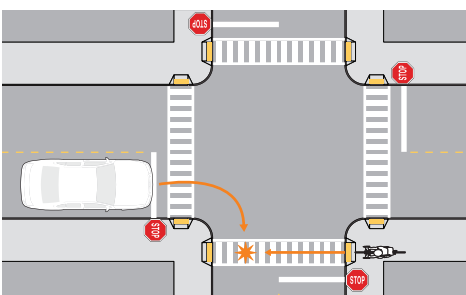
- A.** Bicyclist rode into street from driveway without looking
- B.** Driver hit bicyclist crossing the street at a crosswalk
- C.** Bicyclist or driver did not stop at STOP sign

- A.** Coming to a controlled stop
- B.** Scanning left-right-left for vehicles
- C.** Scanning behind you for vehicles
- D.** Obeying traffic signals and signs
- E.** Being aware of where vehicles are, and don't assume drivers see you



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Answers on back cover.

Walk or Bicycle to School

Help Janelle and Marcus find their way to school.

Trace their path along the sidewalk. Help them cross at intersections. Remember, Janelle must walk and Marcus must stay on a sidewalk or crosswalk at all times!



Start Here!



Answers on back cover.

Your Own Route to School or the Park

Do you live close enough to walk or bicycle to school?

☐ **Yes:** then draw your route to school on this page.

☐ **No:** where do you walk? Draw the route to someplace you walk in your neighborhood, like a park, rec center, or a store.

Draw:

- Streets that feel safe to cross in **green**.
- Streets that don't feel safe to cross in **red**.



Things to include in your drawing: Roads, traffic, crosswalks, sidewalks, stoplights.

Is Your Bicycle Ready?

Do the “ABC Quick Check” to see if your bike is ready and safe to ride. Here’s what each part stands for:

A: Air **B:** Brakes **C:** Chain **Quick Check:** Do a quick ride and check the wheels.

Now, what do you need to check for each part?

Air: What are you checking?

- ☐ To see if the air outside is nice enough to ride
- ☐ To make sure the air in my tires is as hard as a basketball
- ☐ To make sure the air in my tires is bouncy/squishy like a kickball

Brakes: What are you checking?

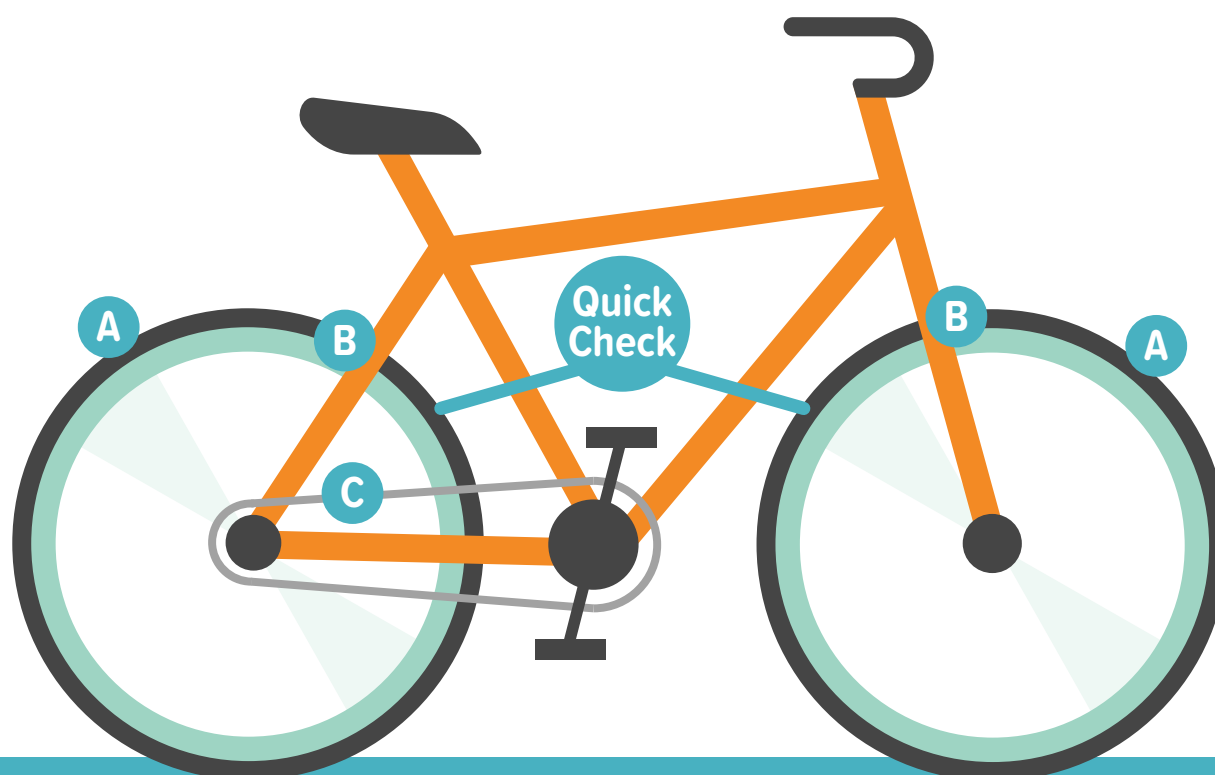
- ☐ To feel whether the brakes stop the bike when I pull the levers (for hand brakes) or pedal backwards (for coaster brakes)
- ☐ To see whether the brakes are rusty and need to be oiled
- ☐ To make sure the brakes don’t squeak

Chain: What are you checking?

- ☐ To see whether the chain is dirty or rusty and needs to be oiled
- ☐ To make sure the chain is attached to both the front and back chainring and cogs
- ☐ Both A and B

Quick Check: What are you checking?

- ☐ To check that wheels are attached to the bike, and they don’t wiggle or fall off
- ☐ To see how quickly you can ride
- ☐ To feel whether everything seems to be working before starting your ride
- ☐ Both A and C



Come Up with Your Own School Announcement

Think of a message to make it safer to walk or bike in Philadelphia.

Here are
some ideas



Write a 4-line poem or rap about
being a safe pedestrian or bicyclist.

Make an advertisement for being
a safe pedestrian or bicyclist.



Your Choices Matter.

1 Find these people in the scene and circle them. They are all pedestrians:



Set a good example for your child by being a safe, aware pedestrian yourself. If you bike or drive, show your child how to be courteous and respectful of pedestrians.

Make an **X** next to these people:

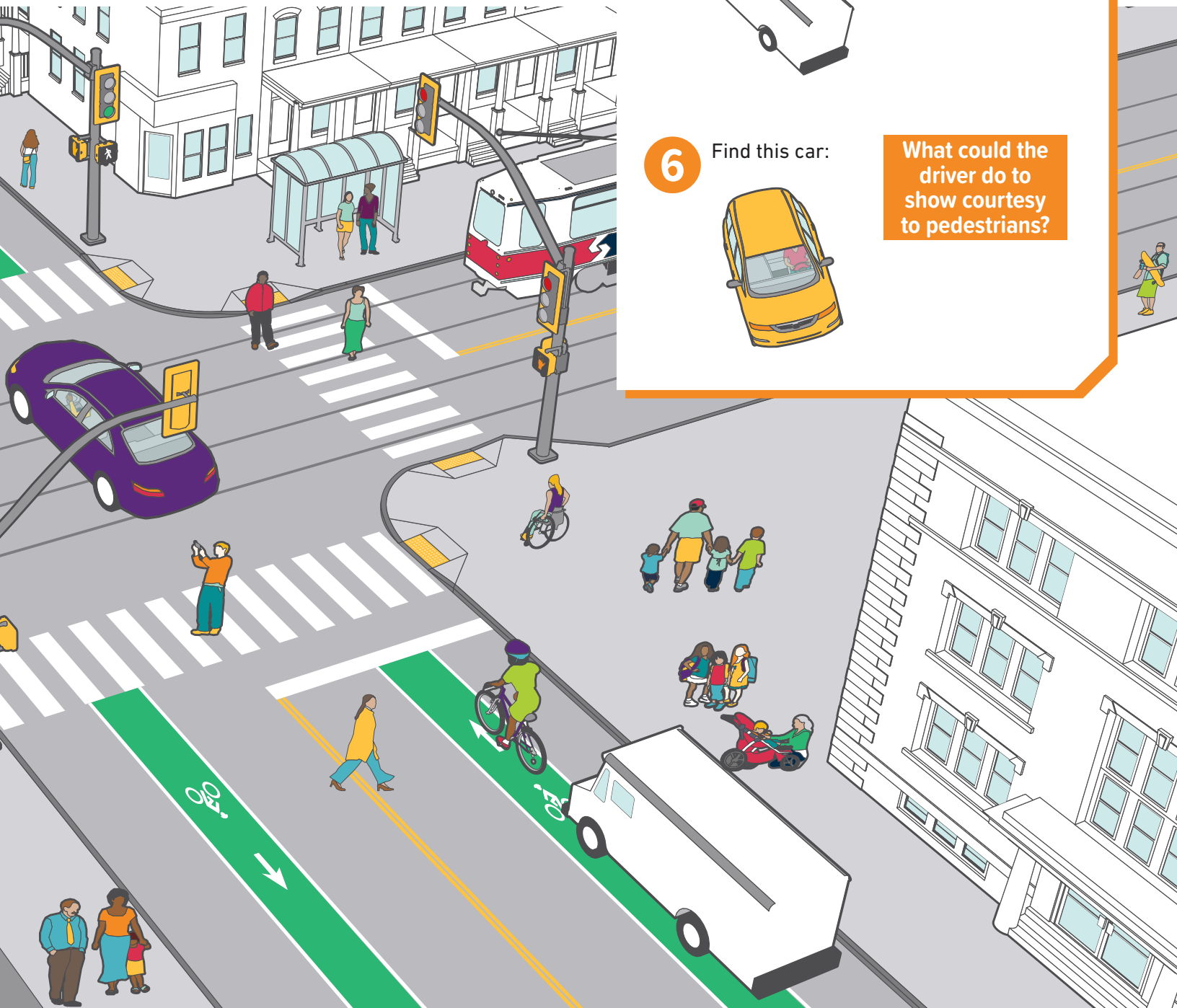
Put a ✓ next to the bicyclist who is behaving safely.

Find this truck:

What is the driver doing that isn't safe?

Find this car:

What could the driver do to show courtesy to pedestrians?



Hey Grown-Ups!

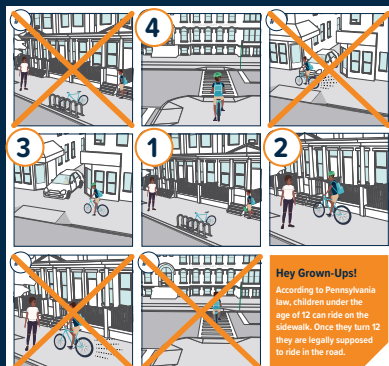
Remember these key points about children walking and biking:

1. Children need to learn how to choose the safest places to walk.
2. Children need to learn where to cross streets and how to cross safely.
3. Children will demonstrate these skills some of the time, so continued practice is needed until they are consistent.
4. The ability to focus attention on watching for traffic while crossing the street—concentration and attention switching—is something that needs to be practiced and develops as children mature.

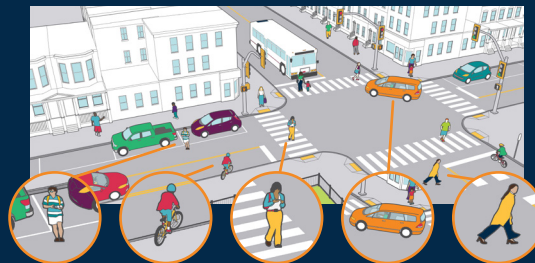


Your Answers Here.

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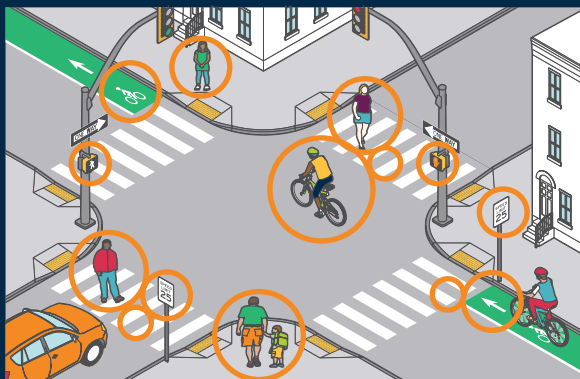
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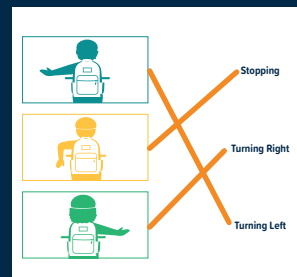
Page 6

1: Yes; 2: Yes; 3: No; 4: No; 5: No

Page 7



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Page 9

1st Crash: C; C, D, E
2nd Crash: A; A, B, E
3rd Crash: B; A, B, D, E
4th Crash: B; E

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Page 12

Air: To make sure air is as hard as a basketball
Brakes: To feel whether the brakes stop the bike
Chain: Both A and B
Quick Check: Both A and C

Pages 14-15

Question 3: What do they have in common?
They are all behaving unsafely.
Question 5: What is the driver doing that isn't safe?
They are blocking the bike lane.
Question 6: What could the driver do to show courtesy to pedestrians? They can wave to the pedestrians in front of them and wait for them to pass.