

Good
to
GO ✓

Travel in West Yorkshire for Year 7 and beyond

Secondary school!

There's so much to think about, especially around journeys and travel.

You will travel to and from school around 400 times each year and that's on top of all the other journeys you might make. **Making the right decisions will help you stay safe, healthy and independent.**



**STOP
LOOK
LISTEN
THINK**

Remember the Green Cross Code?

It still matters! Young people aged 12-15 are more likely to be injured as pedestrians than any other age group.

Did you know?

- Walking or cycling to school is a great way to **keep healthy**.
- Not using cars will **improve air quality and congestion** outside your school.

Distractions

Mobile phones are great. They can help you keep in touch when you're out and about; you can also download apps to help you plan your journey...

...But they can be a **HUGE DISTRACTION** and are one of the main reasons for young people of **YOUR AGE** getting injured on the roads. Other common causes are: walking out from behind a parked car, running into the road or simply not looking before you cross.

To demonstrate how easily we can all get distracted, **search for Monkey Business Illusion on YouTube.**



Things to think about

- Never text or answer a call when you are **crossing a road**.
- If listening to music, **take your earphones out** to cross the road.



It's great to walk and talk with friends to and from school, but sometimes when you are in a group it is easy to get distracted.

Top Tips

Check yourself!

Always look for yourself, **don't just assume that your friends have checked it is safe to cross.**

Go old skool!

Stop, look, listen, think – it's still around for a reason, so be smart, use it!

Stick to what you know!

Peer pressure is a major factor in injuries for your age group. **Sometimes when we are with our friends we do things we would never consider doing if we were on our own.** Think for yourself.

No pushing!

Yes it is fun to mess around with your friends, but there is a time and a place; **pushing and shoving near a road really isn't safe.**

Be prepared

- Always make sure you have plenty of **credit and charge.**
- Add an **'In Case of Emergency' (ICE) number** to your mobile phone.

Did you know?

- The worst time for crashes is between 3pm and 6pm.
- Two thirds of all pedestrians injured were not crossing at a safer crossing place.
- 55% of teenagers have prevented a friend from being injured by pulling them back or calling out to them.



Don't get caught out

Have you remembered?

- Your phone
- Money
- Bag
- Keys
- Bus/train pass or tickets
- Cycle helmet and lock

Have you planned your journey?

(The apps and sites below may be useful.)

Don't forget to leave yourself plenty of time to get there, and always tell someone where you are going and what time you plan to be back.



What could you do if...

- Your bus/train is late?
- You forget your money?
- You get a puncture?
- The friend you usually walk with doesn't turn up?
- The person who picks you up doesn't turn up?



Check out these resources online



With the **CityConnect Journey Planner** you can choose between the fastest and the quietest routes for cycling or walking. cyclemap.cyclecityconnect.co.uk



Make it 'Appen! Companies like **Arriva** and **FirstBus** have apps that you can download to help you get about.



Google Maps can help you do all sorts of great things!

- Get directions on how to travel on foot, by public transport or by bike.
- Drag the yellow 'peg kid' to an area you want to explore at street level. Where could you cross safely?
- See if there's a quieter, safer route.
- Work out what time you need to set off.



The Schools section of the **West Yorkshire Metro** website has loads of useful information to help you travel safely all over West Yorkshire. www.wymetro.com/plan-a-journey



Check if your school offers **Bikeability**. www.bikeability.org.uk

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 437780.