

Resources for Teaching Children Biking and Walking Safety Education

There are dozens of quality resources for teaching biking and walking safety to children, from simple quizzes and videos to guide books with a check list of teaching points, complete lesson plans, and even on-bike education. Under HB 4799, schools will have the flexibility to choose their own approach.

PEDESTRIAN SAFETY PROGRAMS				
PROGRAM TITLE	AUTHOR	AGE RANGE	DESCRIPTION	WEB LINK
Pedestrian Safer Journey	Federal Highway Administration	Ages 5 through 18	The Pedestrian Safer Journey website includes age-appropriate videos with follow-up quizzes and discussion guides on safe walking. The material is divided into three age ranges: 5 to 9, 10 to 14, and 15 to 18. The website also includes a list of additional resources and curricula from around the country for teachers and parents/caregivers.	http://www.pedbikeinfo.org/ped-saferjourney/index.html
Child Pedestrian Safety Curriculum	National Highway Traffic Safety Administration	Grades Kindergarten through 5 th	The Child Pedestrian Safety Curriculum teaches and encourages pedestrian safety for students in grades Kindergarten through 5th Grade. It is organized into five lessons: walking near traffic, crossing streets, crossing intersections, parking lot safety, and school bus safety. Each lesson builds upon previous set of skills learned.	https://www.nhtsa.gov/pedestrian-safety/child-pedestrian-safety-curriculum
WalkSafe®	University of Miami KiDZ Neuroscience Center	Grades Kindergarten through 5 th	The University of Miami WalkSafe® evidenced-based pedestrian safety program is organized into three levels for grades K-1, 2-3, and 4-5, and includes lessons using videos, outside simulation activities, and art projects. Supplemental materials include handouts, flashcards, and pre- and post-assessment tests.	http://kidzneurosciencecenter.com/walksafe/

BICYCLE SAFETY PROGRAMS				
Bicycle Safer Journey	Federal Highway Administration	Ages 5 through 18	The Bicycled Safer Journey website includes age-appropriate videos with follow-up quizzes and discussion guides on safe bicycling. The material is divided into three age ranges: 5 to 9, 10 to 14, and 15 to 18. The website also includes a list of additional resources and curricula from around the country for teachers and parents/caregivers.	http://www.pedbikeinfo.org/bicyclesaferjourney/index.html
Bikeology	Shape America and the National Highway Traffic Safety Administration	Middle and High School	Bikeology is an easy-to-use bicycle safety curriculum for grades 6 to 12. This curriculum aligns with the National Standards for K-12 Physical Education and includes lessons and assessments for skills and knowledge. The curriculum also includes a guide to share with parents to support bicycle safety, including assistance on selecting an appropriate bicycle and helmet for their child. Supplemental materials include a parent guide to reinforce the curriculum.	https://www.shapeamerica.org//publications/resources/teachingtools/qualitytype/upload/bikeology-curriculum-part1-v2.pdf
BikeSafe®	University of Miami KiDZ Neuroscience Center	Grades 6 th through 8 th	The University of Miami BikeSafe® evidenced-based curriculum contains four off-bike lessons to teach bicycle safety skills to middle school-aged children through interactive simulations, modeling, and creative activities. Supplementary materials include student worksheets and parent tip sheets. An optional on-bike lesson plan is provided with instructions to organize a bike rodeo and/or bike to school day ride.	http://kidznc.org/bikesafe

Bike Safety Quiz	Ride Illinois	Grades 4 th and 5 th	BikeSafetyQuiz.com is an online resource that teaches kids, adults, and motorists how to share the road safely. Interactive quizzes for each audience cover safety techniques and relevant state laws using images, short explanations for each answer choice, and extra chances to answer correctly. Teachers of older elementary school, high school, and driver education students assign the appropriate quiz as a one-period computer lab (or homework) assignment.	http://www.bikesafetyquiz.com/
Cycling Skills Clinic Guide	National Highway Traffic Safety Administration	Ages 10 and older	NHTSA's Cycling Skills Clinic Guide provides a step-by-step approach to planning and initiating an on-bicycle safety skills event, including instructions and resources for setting up a skills-training course and conducting it to meet the needs of all the children participating.	https://one.nhtsa.gov/Driving-Safety/Bicycles/CyclingSkillsClinic
Kids on Wheels Training Manual	Active Transportation Alliance	Grades 2 nd through 4 th	The Kids on Wheels program is an experiential, on-bike curriculum to teach 2 nd to 4 th grade students to travel safely on a bicycle. Over three lessons, students are engaged in demonstrations, hands-on exercises, and on-bicycle riding skills activities.	http://www.activetrans.org/resources/education
COMBINED PEDESTRIAN AND BICYCLE SAFETY PROGRAMS				
Bicycle and Pedestrian Safety: 10-minute Lessons for PE Class	Active Transportation Alliance	Grades Kindergarten through 5 th	A series of brief pedestrian- and bicycle-themed lessons consisting of one 10- to 15-minute physical activity. Lessons are for both early elementary and late elementary ages.	http://www.activetrans.org/resources/education
Bicycle and Pedestrian Safety: 9 Lessons for the Classroom	Active Transportation Alliance	Grades Kindergarten through 5 th	A series of brief pedestrian- and bicycle-themed lessons designed to be delivered in a classroom setting. Lessons are for both early elementary and late elementary ages.	http://www.activetrans.org/resources/education

