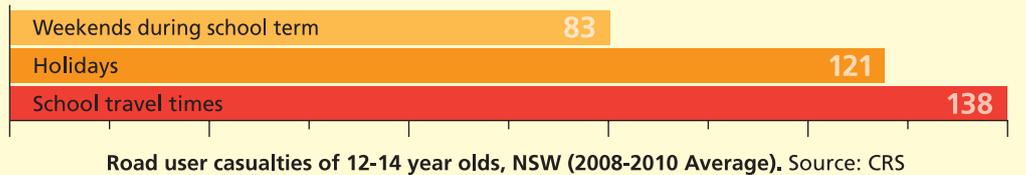


# On the way to High School: Helping Teenagers to Travel Safely

## Facts:

1. During school travel times, there are on average around 3 young high school student casualties each week on NSW roads.
2. In country areas most young high school casualties are passengers, while in metropolitan areas they are more likely to be pedestrians.
3. The number of road casualties during school travel times increases during the first years of high school.
4. Young high school students are more likely to be a road casualty during school travel times than in any other time period, including holidays and weekends during school term. (CRS, NSW 2012)



### Why is travel to and from school risky for new high school students?

**Lower levels of adult supervision** mean it is important for young people to begin to take responsibility and learn how to manage their own safety as well as looking out for their peers.

**Using public transport** may be new for many Year 7 students and they need to develop skills in travelling by bus and train.

**Rushing to catch public transport** to avoid being late for school, to meet up with friends or to catch their bus or train home can mean making quick decisions without thinking about safety around crowded stations and bus stops.

**Longer distances and travel times** are often involved in travelling to and from high school.

**Longer hours at school and heavier school bags** can be tiring and can affect a young person's ability to pay attention to safety, especially on the way home.

**New friends**, talking and texting on mobile phones and using other electronic devices are a real distraction for young people. Peers can also influence the decisions of other young people as they travel to and from school.

**School drop off and pick up times** are busy with heavy traffic and lots of pedestrians.

# On the way to High School: Tips for Safer Travel

*Regularly discuss with young people risks they face when travelling to high school and how to cope with these risks. Make some journeys to school with them to help identify the safest route, injury risks and ways of safely managing their travel. Have a back up plan of what to do if something goes wrong during the journey.*

Young teenagers are **PEDESTRIANS** for at least some of their journey so remind them that...

- They need to stop, look, listen and think every time they cross the road.
- Pedestrian crossings, refuges and crossings with traffic lights should be used, however they still need to be careful as cars do not always stop.
- Crossing from between parked cars or behind buses limits a driver's ability to see pedestrians and stop in time.

If young teenagers are starting to **CATCH THE BUS OR TRAIN** suggest they...

- Wait for a bus well back from the road and wait for a train behind the platform's yellow line.
- Let a bus or train go rather than take risks rushing to catch one – a back up plan is vital here.
- Hold on when standing and keep clear of windows and doors, especially when doors are opening or closing.
- Follow the Code of Conduct sent out with transport passes - mucking up puts everyone at risk.
- Travel quietly on the bus so that the driver can concentrate.
- Wait until the bus has gone so they can see and be seen before crossing the road.
- Remember train tracks are always 'no go' zones.
- Obey warnings at level crossings, use pedestrian crossings if available and always stop, look, listen and think before crossing.

If young teenagers **TRAVEL BY CAR** they should...

- Understand that it is the law to wear a seatbelt.
- Discuss their travel arrangements with you before accepting a lift.
- Be a responsible passenger by not distracting the driver.
- Say something if the driver starts taking risks, such as speeding.
- Reduce the risks by getting out of the car on the kerb side, not the traffic side, and crossing the road only when there is a clear view and it is safe to cross.

If young teenagers **RIDE A BIKE** explain that...

- It is the law to wear a helmet that complies with the Australian and New Zealand Standard (AS/NZ2063) when riding a bike in a public place. The helmet needs to be buckled and fit firmly so that it protects the forehead and won't slip.
- They need to develop skills and understanding for riding in traffic environments.
- Wearing something reflective will make them more easily seen in traffic.
- Carrying a heavy bag will affect their ability to balance and steer the bike.
- They should use shared pedestrian/bike paths or bike lanes, where available.
- They need to check their bike regularly to ensure that the bike and brakes are in good order.