

Making Tracks Walking Safety

About Making Tracks:

Active transportation means any non-motorized form of transportation such as walking, cycling, in-line skating, scootering and skateboarding. Making Tracks is about making active transportation safe for children and youth in Nova Scotia by giving them the skills they need to do it safely.

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Session B

General Safety Awareness

LEGEND		
(K) WHAT THEY KNOW	(D) WHAT THEY CAN DO	(V) WHAT THEY VALUE
GETTING THERE	ALMOST THERE	THERE
OUTCOMES	FOR LEADERS	FOR PARENTS/ GUARDIANS
(K) I know that what I wear can help keep me safe when walking		
(D) I can dress appropriately for the seasons		
(V) Dressing appropriately keeps me safe and helps drivers see me		

Session A

Introduction and Community Building

LEGEND		
(K) WHAT THEY KNOW	(D) WHAT THEY CAN DO	(V) WHAT THEY VALUE
GETTING THERE	ALMOST THERE	THERE
OUTCOMES	FOR LEADERS	FOR PARENTS/ GUARDIANS
(K) Walking can help me stay healthy and active		
(K) Walking is a great way to help the environment		
(D) I can play fair with others		
(D) I can communicate well with others		
(D) I show respect for others		
(V) I appreciate my environment and help protect it by walking to/from school/places		
(V) Walking helps me build friendships		

My name is:

Making Tracks

YOUR PASSPORT TO
Walking Safety



Session C

Walking Safety

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I know I need to stop, look and listen before crossing the road		
(K) I know that jaywalking is dangerous and against the law		
(D) I can choose the proper side of the street to walk on when there is no sidewalk		
(D) I can show my parents/caregivers unsafe places along my route and neighbourhood		
(D) I can safely cross the street		
(V) I know the importance of signaling to drivers when crossing the street or intersection		
(V) I appreciate the importance of walking properly in my community		

Session D

Choosing a Walking Buddy and a Walking Route

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I am aware of crosswalks, signs, and other important obstacles in my neighbourhood		
(K) I have a specific route to walk to and from my school/club		
(D) I can lead my parents/guardians safely along my route		
(V) I understand that safety is important when walking		
(V) I understand it is important to stay on my walking route		

Session E

Don't be Scared, be Aware

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I know of safe people and places in my community		
(K) I know what to do if I am approached by someone I do not know		
(D) I know who to tell if I see someone being bullied or feel like I am being bullied		
(D) I can show my parents/caregivers the safe places along my route		
(V) I know that people like police officers, firefighters, and my school teachers are safe people to go to if I am in trouble		
(V) I know that walking in a group can keep me safe from strangers along my route		

Session F

Putting the Pieces Together

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I know that littering is bad for the environment and my community		
(K) I know that respecting other people's property is important and that I should never trespass		
(D) I can point out the dangers along my route		
(D) I can warn my family and friends of things that might put them in danger when walking		
(V) I understand that every person is responsible for keeping our community safe and clean		
(V) I understand that walking in paths or wooded areas can put me in danger		