

## Module 3: Lesson Plan Details

# BE SAFE, BE SEEN

Today we are going to discuss the importance of being safe and being seen when you are out walking or biking, sharing the road with other road users. There are many things you can do to make sure drivers see you and you see them.



1

### Discussion 1

## DRESSING TO SEE AND BE SEEN

You will need some props for this:

Three shirts – A dark one, a white one and a bright coloured shirt

Something reflective (like a reflector for a bike, on a jacket etc.)

Toque, scarf, hoodie

Flashlight



### Demonstration

Select a few volunteers from the class either wearing the following/ or to put on the three different shirts:

- Dark clothing
- White clothing
- Bright coloured clothing

Ask the class: *Who do you think would be more visible to motorists if they were walking down the street?*



- Turn off the lights/shut the blinds/curtains, and have the students pick who is more visible. Then have one hold the reflective material and shine a flashlight from the back of the room to light it up.
- Talk about the importance of wearing light coloured, bright clothing, especially when walking in the dark and explain what retro-reflective material is (material that picks up light that is shining on it and reflects or bounces it back)
- Next pick one of the volunteers and have them put on a toque, hood, and wrap a scarf up around them covering everything but their eyes.
- Have them look forward and remain looking forward. Stand in the line of their peripheral vision and ask them how many fingers you are holding up without turning their head. They will not be able to tell you. Ask them now what if I was a car and you were about to step in front of me without looking? No that might not end well.
- Discuss the importance of dressing to keep peripheral vision clear when walking and reiterate why this is important to look all ways.

2

### Video

## WATCH VIDEO 3: BE SAFE, BE SEEN



## 3

## Discussion 2

## VISUAL BARRIERS



- Can anyone tell me what a *Visual Barrier* is?  
**Anything that makes it hard for you to see or makes it hard for vehicles to see you is called a visual barrier.**
- What are some examples of a visual barrier?  
**Parked cars, trucks, buses, tall trash cans, trees, fences, curves in the road or hills, bushes/shrubs, snowbanks.**
- And what do you do if you want to cross the street but there is a visual barrier like a parked car that makes it hard for you to see the traffic?  
**If possible find another place to cross that is free of barriers and safer. If not – ensure that you can see the driver and the driver can see you before crossing.**
- How can you do this?  
**Make Eye Contact – wave, nod etc.**

## 4

## Activity

## COMMUNICATING WITHOUT WORDS



Now let's talk a bit more about why making eye contact is so important. Often you will not be able to talk directly to a driver to tell them you want to cross the road. They have their window up, you are too far away to hear each other, it is loud around you with traffic noises etc. And it is important to never assume that a driver knows what you are going to do. There are lots of ways we can talk to people without using words. Making eye contact is one way. Let's do a little activity to demonstrate how you can communicate without using words.

## NON-VERBAL COMMUNICATION ACTIVITY

For this exercise, you will need a regular pack of playing cards and a lot of space to move around.



1. Shuffle the deck of cards thoroughly and walk around the room to give each student a card.
2. Instruct the students to keep their card a secret. No one can see the type or colour of another's card.
3. Make it clear to students that they will not be able to speak during this exercise.

4. Instruct students to assemble into 4 groups according to suits (hearts, clubs, diamonds, spades) using nonverbal communication.
5. Once students get into their groups, they must line up in order of rank, from ace to king.
6. The group that lines up in correct order first wins!

## Activity Debrief

Did you find it easy or hard to communicate without words?

What are some of the things that you did to communicate without words (nodding and shaking head, pointing, making eye contact)

How can you relate this back to when you are walking and want to communicate with drivers without using words? (wave to drivers, nod head, put up hand to stop them, make eye contact to make sure they see you.)

