



Walk**ALONE**

WORKBOOK



Road
SMARTS
4 kids!



OSTA
Ottawa Student
Transportation
Authority



ON THE **ROAD TO SAFETY**
SUR LA **ROUTE DE LA SÉCURITÉ**

Welcome to your WALKALONE PROGRAM WORKBOOK

So you want to start walking places on your own? Well – this program is for you!

Follow along in this workbook and on your computer or device to complete the program and earn your **WalkAlone Licence!**



Table of Contents

Why walk?	3	My People Smarts Plan	11
Are you Ready to Walk Alone?	3	Places List	11
Readiness Checklist	4	Safe Zone List	11
Decision Making and Using Good Judgement	4	Buddy List	11
Good Judgement Scenarios	5	Emergencies	12
Road Safety Rules	7	Safe route planning	12
People Smarts	10	Practice Walk/"Dry-run"	13
Determine a "Safety Code Word" with your parents	10	WalkAlone Checklist	14
People Smarts Tips	10	Wrap-up	14
		WalkAlone Licence	14
		References	15



You can also stream the video at <https://youtu.be/1IK9k9fX9jM>

WHY WALK?

What are some reasons that you want to walk places and start doing it on your own?



I want to walk places on my own because:

1

2

3



Did you know that walking is:

Really good for your health!

Really good for your brain!

Really good for the environment!

Helps our roads be safer and less congested!

ARE YOU READY TO WALK ALONE?

Whether you are ready to start walking some places on your own really depends on a few different things, such as how good you are at paying attention, making decisions, whether you have good judgement and whether or not you still need regular reminders about keeping yourself safe.

Remember – never walk alone by yourself anywhere unless your parent/guardian has said that it is ok and they know where you are going and how you are getting there.

Review the Readiness checklist on the next page. These are all things that you need to know and do to be safe walking alone.

Readiness Checklist

Answer yes or no to the following



- Do you walk regularly (*i.e., at least once or twice a week*) already with an adult? **Y N**
- Have you walked places with a parent or adult, but you led the way (*i.e., made the decision when it was safe to cross the road, chose where to walk on the street*)? **Y N**
- Do you think about a situation before you jump into it? **Y N**
- Are you good at paying attention? (*in school, to a task*) **Y N**
- Has there been a time when you had to handle an emergency on your own? **Y N**
- Is the route to the place you want to walk relatively safe? **Y N**
- Do you know the basics of the following: (*put a checkmark next to each item that you know about*)
 - ☐ Where to cross the street?
 - ☐ How to cross the road safely?
 - ☐ What side of the street to walk on if there is no sidewalk?
 - ☐ How to make sure drivers see you?
 - ☐ How to communicate with drivers and other road users?
 - ☐ The mistakes that drivers can make?
 - ☐ The rules that drivers sometimes break?
 - ☐ The mistakes that pedestrians sometimes make?
 - ☐ What the concept "right of way" is?
 - ☐ How distraction can be dangerous on the road?
 - ☐ What the traffic lights mean?
 - ☐ What to do if a stranger approaches you?
 - ☐ What to do in an emergency? (*i.e., if you get lost*)

If you answered yes to most of the things on the readiness checklist then you might just be ready to start walking to some places alone!

Decision Making and Using Good Judgement

You make big decisions all the time when you are out walking. You decide where to cross the street, when it is safe to cross, where to walk, what route to take. All of these decisions are important and can affect your safety so it is important to use good judgment when making them.

For really big decisions – you want to use good judgement. Good judgement means that you have made a decision AFTER considering your actions and the consequences of those actions.

When making a decision, think about the following three questions:

- What is the decision you need to make?**
- What are your options?**
- What are the consequences of the options?**



Consider these consequences for each option:

- Could this decision hurt me or others?
- Is this decision safe for me or others?
- Is this decision against the law or against my values?
- Would my parents be disappointed?
- Will this decision get me in trouble?

Once you have considered all of that – choose the best option as your final decision.

Good Judgement Scenarios

Read the scenarios below and write down 3-4 things that you would do or consider if this happened to you:

Scenario 1

You are running late because you stopped to chat with some friends on your walk to school. You come to a traffic light where you need to cross the road. The pedestrian light is showing the hand signal and counting down – 7 seconds left to cross. If you run you could get across the street before it turns to “don’t walk” and not be late for school. Write down 4 things to do or consider in your decision:



1

2

3

4

Scenario 2

You are on your way home from school, walking on your own. You see a bunch of your friends in the park, playing soccer. They call to you to come over and play with them. You didn’t tell your parents you were going to stop on the way home but your friends really want you to join them. Write down 4 things to do or consider in your decision:



1

2

3

4

Scenario 3

You are walking along, listening to music on your headphones. Suddenly you realize you are lost and not sure where you are or how to get back on route. Write down 4 things to do or consider:



1

2

3

4

Scenario 4

You are in a rush to get to soccer practice and walking down a busy street with lots of traffic and intersections to cross. Your phone is in your backpack and keeps dinging – your friends are sending you messages. You really want to see what they are saying. Should you get your phone out and look at it while you are walking? Write down 4 things to do or consider:



1

2

3

4

ROAD SAFETY RULES

Knowing the rules of the road and being aware of how everyone shares the road is also really important and can help you in your decisions.

Watch the pedestrian safety videos and after each video answer the questions below.

Video 1: Definitions and Walking Safely



1 If there is no sidewalk, what side of the street should you walk on? _____ Why?

2 How can you tell if a car is backing out of a laneway?

3 What should you do with books, phones, earphones and balls when you are walking?

Video 2: Crossing the Road Safely



1 Where is the safest place to cross the street?

2 What does the flashing hand with a countdown mean on a pedestrian light?

3 What are the 5 steps to crossing the street?

Video 3: Be Safe, Be Seen



1 What is a visual barrier? Provide 3 examples.

2 What is the best type of clothing to wear in order for drivers to see you?

3 What can you do if you want to cross the street but you think a visual barrier is making it hard for you to see drivers or drivers to see you?

Video 4: Sharing the Road



1 When cars and pedestrians have to share the road and wait their turns to go at an intersection – what is this called?

2 Who has the right of way at an intersection with a stop sign?

3 Who has the right of way at an intersection with a pedestrian and traffic light?

4 Is it safe to assume that drivers always follow the rules and will give pedestrians the right of way?

Video 5: Dangers of Distraction



1 What is a distraction and why is it dangerous on the roads?

2 What are some things that can distract you when you are walking?

3 What are some things that distract drivers?

4 What can you do to stay safe around distracted drivers, like when crossing the street for example?

Video 6: Pedestrian and Motorist Behaviours



1 When drivers want to stop for something, can they do so right away?

2 How does weather affect how long it takes a driver to stop for something in their way?

3 What are some other things that might make a driver take longer to react and stop for something?

PEOPLE SMARTS

It also important to use your people smarts when you are out walking somewhere on your own. Using “people smarts” means making sure that you are safe around strangers – because sometimes a stranger can be dangerous.



People Smarts Tips



- Walk in public/open places/where there are people around (i.e., don't take shortcuts through empty alleyways or forests).
- Don't approach or talk to strangers.
- Don't believe what a stranger might tell you if you don't recognize them (i.e., I know your parents).
- Never accept gifts, food or candy from strangers.
- Never tell a stranger your address or where you go to school.
- Do not wear anything with your name, address or school listed on it (i.e. ball cap with school logo, tag on your backpack with your name and address).
- Yell & Tell: If you feel in danger from a stranger – yell “NO” or “GO AWAY”, then find an adult you trust and tell them what happened.
- Your parents are always telling you to listen to adults – them, your teachers, your grandparents, your baby sitter. But it is totally OK to say NO to adults that are strangers. You have everyone's permission to do so.
- Trust your instincts if something doesn't feel right.

Determine a “Safety Code Word” with your parents

A safety code word is a word that is known only by you and your parents/guardians or other trusted adults. Once you have decided on a code word, you should never go with an adult, either a stranger or someone you know, unless that person knows the safety code word.

Our safety code word is:

Make sure you share that code word with your parents and other adults you trust.



My People Smarts Plan

Complete the plan below to ensure you have a plan for safety if you ever feel in danger walking alone.

Places List

Make a list of places that you might like to walk alone to:



1 _____

2 _____

3 _____

Safe Zone List

The second People Smarts Step is to Identify Safe Zones. Safe Zones are safe places or safe people you can go to for help if you are out walking and feel like you are in danger.



Examples of safe zones are:

A place where there is someone you can trust such as:

- School
- Library/Community Center
- A store
- A friend's house

A person that you can trust:

- A Crossing Guard
- A teacher
- A Police Officer
- An adult that is with their own children

It is a good idea to figure out some safe zones that are along your walking route, before you walk alone.

Now think of some places or people along the way that could be "safe zones" if needed.

1 _____

2 _____

3 _____

4 _____

5 _____

Buddy List

It is safer to walk in groups with your friends if you can. Make a Buddy list of some people you could potentially walk places with. Buddies will be people that you know that live close to you and might be going to the same places you want to walk to.



Now think about some friends or buddies that might also want to walk to these places and could join you:

1 _____

2 _____

3 _____

EMERGENCIES

Now that you have completed your people smarts plan, the other thing that you need to have a plan for is in the case of an emergency while walking. An example of an emergency that could happen while walking is you could get hurt or you could get lost.

The most important thing you can do to prepare for an emergency is:

- to make sure that your parent or guardian knows where you are going
- that they know when you should arrive and
- they know what route you are taking.

In the case of an emergency on route, you need to find/contact a trustworthy adult to help. Having a phone for this purpose is a good idea, but not everyone has a phone. If you have an emergency and need help while you are walking, but do not have a phone, go to a safe zone and find a trusted adult whose phone you can use. If you are hurt and cannot get to a safe zone, call out for help or even carry a whistle that you could use to get someone's attention who could help you.

List of Emergency Contacts

If you have access to a phone, you need to know who to call for help. It is important that you keep and carry your list of emergency contacts on you at all time when walking alone. Your WalkAlone license that you will receive at the end of this course, has a space on the back for you to write your emergency contacts down.



Pause the video and fill out the emergency contact phone number list.

Parent(s) Cell #(s): _____

Home phone: _____

Neighbour's phone: _____

Parent(s) work #(s): _____

Another adult you
trust (aunt, uncle,
grandparent): _____

911

SAFE ROUTE PLANNING

When planning to walk somewhere, it is always best to take a look at a map ahead of time and plan the safest route for walkers, or the route that is the most walkable!

Once you have your route planned, it is important to do a "dry run" with an adult, where you go out and

practice walking the route a few times before trying it on your own.

Open Google Maps on your computer and find your neighbourhood/address. Take a look at the map for things that would make a route safer or more walkable.

Safe route Checklist

Find these on your Google map:



- | | |
|--|---|
| <input type="checkbox"/> Sidewalks/wide shoulders on the road | <input type="checkbox"/> Condition of the crosswalk (street markings, dangerous driving, rolling stops, length of pedestrian light) |
| <input type="checkbox"/> Pedestrian Pathways (i.e. through the park) | <input type="checkbox"/> Crossing Guards |
| <input type="checkbox"/> Lower speed limits on the streets | <input type="checkbox"/> Places to rest along the way (benches, grassy areas, parks, pedestrian islands) |
| <input type="checkbox"/> Lower amounts of traffic | |
| <input type="checkbox"/> Absence of visual barriers | |
| <input type="checkbox"/> Intersections at which to cross | |

Now start mapping out your route. You may want to print a copy of your Google map and mark the route in pencil.

Consider these things:

- Where you will be crossing the street?
- What side of the street you will walk on?
- Where are pedestrian paths you may take?

PRACTICE WALK/“DRY-RUN”

Now that you have planned out your route, it is good to do some practice walks with an adult. Take the following list with you and as you walk the route, stop along the way and identify the things listed and whether they make the route safer or not:

Sidewalks/wide shoulders on the road

Lower speed limits on the streets

Visual barriers

Intersections at which to cross

Condition of the crosswalk (street markings, dangerous drivers, rolling stops, length of pedestrian light)

Crossing Guards

Places to rest along the way



WALKALONE CHECKLIST

Anytime you are preparing to walk to a new place alone, you can use this checklist to make sure you are ready and have covered all the things you need to know and do to be safe.



- | | |
|---|--|
| <input type="checkbox"/> Completed Readiness Checklist and Good Judgement Scenarios | <input type="checkbox"/> Filled out and have your Emergency Contact Card with you |
| <input type="checkbox"/> Completed road safety videos and quizzes | <input type="checkbox"/> Have your phone with you fully charged (if you have one) |
| <input type="checkbox"/> Determined a Code Word with parent/guardian | <input type="checkbox"/> Dressed for the weather and dressed to be seen |
| <input type="checkbox"/> Planned the safest Route(s) & practised walking it/them with an adult | <input type="checkbox"/> Let your parent or guardian know where you are going, what route you are taking and when you will arrive and check in |
| <input type="checkbox"/> Identified Safe Zones along your route(s) | |
| <input type="checkbox"/> Identified any buddies that you could walk with and invited them along | |

WRAP-UP

Walking to places alone is a BIG step in growing up.

We hope this handbook has helped you and your parents/guardians to feel more confident and prepared for this big step towards independence.



REMEMBER: Whether you can walk somewhere alone is a decision that needs to be made between you and your parent or guardian.



Always discuss with a parent or guardian before walking anywhere alone. And remember – always use your RoadSMARTS! Happy and Safe walking!

WALKALONE LICENCE

You can download and fill out your WalkAlone license and [Emergency Contact Card here](#).

 Walk ALONE	LICENCE
	_____ Name
 ottawa conseil de safety sécurité council d'ottawa	_____ Date

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