KENT
ROAD SAFETY CLUB

Travel Plan

1. Match the temptation that could distract you on the left, to the strategy you could use to stop yourself getting distracted on the right.

Temptations that could distract me	Strategy to stop the distraction
I may be tempted to look at my phone while walking/cycling to school…	… I will remind my friends of the dangers of behaving unsafely. Setting a good example to friends shows strength.
If I have headphones on and I'm about to cross the road…	... I will put my phone on silent and leave it in my bag/pocket.
If I am walking in a group and feel peer pressure to behave unsafely near the road…	… I will find somewhere safe to stop (e. g a bench) and make the call/send the text there. I will then put the phone away again before I carry on walking.
If I am walking to school and I need to send a text or make a phone call...	... I will take them out to cross the road as I need to listen for traffic. Ideally, I wouldn't use them at all when walking.
If I am chatting with my friend and we need to cross the road….	… I will remind myself how important it is to be able to hear everything around you when cycling.
If I am tempted to listen to headphones while cycling to school….	… I will tell my friend we need to stop talking until we safely cross the road.

2. Have on hand the route you have planned for all or part of your journey to school by using an online mapping tool (we used Google Earth to create ours.)

3. You may now want to break your journey down into stages using the template below.

The Stages of My Journey	Key Places	Key Road Safety Tips
Walking from the train station to school.	*I will pass Ashford College; County Square; The Gym; and St. John Ambulance.*	*Use the Pelican and Puffin crossings; always Stop-Look-Listen-Think, including shared spaces.*

4. Like we did for Alex, think about how you can organise your morning so that you aren't tempted to rush.
   Depending on how you plan to travel to school, some of these questions may not be relevant- choose those that best fit the journey you plan to make:

What time does registration start?	
What time should I am to arrive on the school site?	
How long is my journey likely to take? *An online mapping service like Google Maps can help predict the time it is likely to take you, whether you plan to walk, cycle or take public transport. We have also provided links to bus and train providers.*	
What time does my bus or train leave?	
How much time do I need to give myself to get to the bus stop or train station?	
What time will I need to leave the house?	
What time should I set my alarm for to wake me up on a weekday morning?	

5. Make a note of the following key people at your new secondary school and (where possible) their contact details: if the unexpected happens and you are running late or face any challenges, it is best to know you can contact:

What is the school office telephone number?	
Who is your Mentor or Student Support Officer?	

6. Use the space below to record the items you will need to pack the night before:

7. What three promises can you now make to keep you safer on your journey to school?

I promise….

I promise….

I promise….