

# Don't get caught out

## Have you remembered?

- Your phone
- Money
- Bag
- Keys
- Bus/train pass or tickets
- Cycle helmet and lock

## Have you planned your journey?

(The apps and sites below may be useful.)

**Don't forget** to leave yourself plenty of time to get there, and always tell someone where you are going and what time you plan to be back.



## What could you do if...

- Your bus/train is late?
- You forget your money?
- You get a puncture?
- The friend you usually walk with doesn't turn up?
- The person who picks you up doesn't turn up?

## Check out these resources online



With the **CityConnect Journey Planner** you can choose between the fastest and the quietest routes for cycling or walking. [cyclemap.cyclecityconnect.co.uk](http://cyclemap.cyclecityconnect.co.uk)



**Make it 'Appen!** Companies like **Arriva** and **FirstBus** have apps that you can download to help you get about.



**Google Maps** can help you do all sorts of great things!

- Get directions on how to travel on foot, by public transport or by bike.
- Drag the yellow 'peg kid' to an area you want to explore at street level. Where could you cross safely?
- See if there's a quieter, safer route.
- Work out what time you need to set off.



The Schools section of the **West Yorkshire Metro** website has loads of useful information to help you travel safely all over West Yorkshire. [www.wymetro.com/plan-a-journey](http://www.wymetro.com/plan-a-journey)



Check if your school offers **Bikeability**. [www.bikeability.org.uk](http://www.bikeability.org.uk)

# Good to GO

## Travel in West Yorkshire for Year 7 and beyond

### Secondary school!

There's so much to think about, especially around journeys and travel.

**You will travel to and from school around 400 times each year** and

that's on top of all the other journeys you might make.

**Making the right decisions will help you stay safe, healthy and independent.**



**STOP  
LOOK  
LISTEN  
THINK**

### Remember the Green Cross Code?

**It still matters!** Young people aged 12-15 are more likely to be injured as pedestrians than any other age group.

### Did you know?

- Walking or cycling to school is a great way to **keep healthy**.
- Not using cars will **improve air quality and congestion** outside your school.

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 437780.

**Safer  
Roads**  
West Yorkshire

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# Distractions

Mobile phones are great. They can help you keep in touch when you're out and about; you can also download apps to help you plan your journey...

...But they can be a **HUGE DISTRACTION**

and are one of the main reasons for young people of **YOUR AGE** getting injured on the roads. Other common causes are: walking out from behind a parked car, running into the road or simply not looking before you cross.

To demonstrate how easily we can all get distracted, search for **Monkey Business Illusion on YouTube**.

## Things to think about

- Never text or answer a call when you are **crossing a road**.
- If listening to music, **take your earphones out** to cross the road.



It's great to walk and talk with friends to and from school, but sometimes when you are in a group it is easy to get distracted.

## Top Tips

### Check yourself!

Always look for yourself, **don't just assume that your friends have checked it is safe to cross.**

### Go old skool!

**Stop, look, listen, think** – it's still around for a reason, so be smart, use it!

### Stick to what you know!

Peer pressure is a major factor in accidents for your age group. **Sometimes when we are with our friends we do things we would never consider doing if we were on our own.** Think for yourself.

### No pushing!

Yes it is fun to mess around with your friends, but there is a time and a place; **pushing and shoving near a road really isn't safe.**

### Be prepared

- Always make sure you have plenty of **credit and charge**.
- Add an **'In Case of Emergency' (ICE) number** to your mobile phone.

## Did you know?

- The worst time for road accidents is between 3pm and 6pm.
- Two thirds of all pedestrians injured were not crossing at a safer crossing place.
- 55% of teenagers have prevented a friend from having an accident by pulling them back or calling out to them.

