Education Programs

| EDUCATION | | TARGET | OUTCOMES | | |
|---|---|---|--|--|--|
| PROGRAMS | DESCRIPTION | AUDIENCE | PRIMARY | SECONDARY | RESOURCE NOTES |
| ASSEMBLIES/ GAME SHOWS | Assemblies grab students' attention through fun, interactive activities such as games, skits, or demonstrations. SRTS assemblies often cover pedestrian and/or bicycle safety but can also address bicycling skills, the environment, health, and other topics. A game show covering safety questions makes a good format for a smaller group, or for a single classroom. | Elementary school students Middle school students High school students Teachers/faculty/staff Parents School district Neighbors | Increased walking, bicycling, transit use and carpooling Improved walking/biking/ driving safety behavior Health and environmental connections Youth empowerment | Increased walking, bicycling, transit use and carpooling Improved walking/biking/driving safety behavior Health and environmental connections Youth empowerment | Lead: Parent, teacher, or administrator Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, League of American Bicyclists instructors, older students Resources Needed: Time for preparation, props, A/V equipment, class time, assembly venue |
| BICYCLE RODEO | Bicycle Rodeos are events where bicycle skills and safety stations are offered for children and sometimes parents. Examples are obstacle courses, bicycle safety checks, helmet fittings, and rules of the road instructions. Events can be held during or after school, can be administered by adult volunteers or through the local police and/or fire department. | Elementary school students Middle school students Parents Teachers/faculty/staff Volunteers Local police/fire departments | Improved walking/bicycling safety behavior Youth empowerment | Increased bicycling Health, environmental, and community connections | Lead: PTA/parents, local law enforcement or bicycling group Partners: Teachers, administrators, staff, PTA, parents, local law enforcement, local advocates Resources Needed: Station content and materials, bikes and safety gear, cones/street signs/chalk, planning & coordination time |
| BICYCLE MECHANIC TRAINING | Learning bicycle repair skills encourages and empowers students to take charge of their own transportation. A bicycle mechanic training can be made available to students as a one- time basics lesson or as a multi-session course. This training can be offered after school or on weekends, and can be combined with an earn-a-bike program, bike rodeo, or other bicycle safety/skills trainings. | Middle school studentsHigh school students | Increased bicyclingYouth empowerment | Improved walking, bicycling, and safety behavior Health, environmental and community connections, Vocational skills | Lead: PTA/parents, local law enforcement or bicycling group Partners: Teachers, administrators, staff, PTA, parents, local advocates, businesses Resources Needed: Curriculum, instructors, bicycle repair tools and equipment, venue for classes, time for planning and coordination |
| CLASSROOM LESSONS | Safe Routes to School classroom lessons address walking and/ or bicycling and other related topics while also meeting state or district curriculum standards. Lessons can be taught as part of many subjects, including math, science, social studies, health and physical education. | Elementary school students Middle school students High school students Teachers/faculty/staff | Increased walking, bicycling, transit use and carpooling Improved walking/bicycling safety behavior Health, environmental and community connections Youth empowerment | Increased walking, bicycling, transit use and carpooling Improved walking/bicycling safety behavior Health, environmental and community connections Youth empowerment | Lead: Teacher or administrator Partners: School district, teachers, administrators, staff, PTA, parents, local advocates/volunteers Resources Needed: Curriculum, preparation time, class time, visual aids, worksheets or instruction materials |
| EARN-A-BIKE PROGRAM | Over a number of sessions, students learn the basics of bike repair and maintenance, bicycle safety and related topics while refurbishing a donated bicycle. At the end of the program, students earn the bikes they learned to repair. | Middle school studentsHigh school students | Increased bicycling Improved walking/bicycling safety behavior Youth empowerment | Health, environmental and community connectionsVocational skills | Lead: PTA, local advocacy group or volunteer Partners: Teachers, administrators, staff, PTA, parents, school district, local advocates or businesses Resources Needed: Curriculum, instructor(s), bicycles, helmets and safety gear, bike repair tools, time for planning/coordination, storage space |
| FAMILY BIKING CLASS | Family biking classes are great tools for educating and encouraging families to ride bicycles. Education trainings can cover safety checks, skills instruction, basic bike maintenance, how to carry kids by bicycle, cargo bike demonstrations, bike rodeos, and/or guided bike rides. | Elementary school students Parents and families | Increased biking Improved walking/bicycling safety behavior | • Health, environmental and community connections | Lead: Parents, PTA, or bicycling advocates Partners: Teachers, administrators, staff, PTA, parents, school district, local advocates, volunteers or businesses Resources Needed: Curriculum, instructor, materials/handouts, bicycles and gear for demonstrations, preparation time, venue for classes |
| FAMILY BIKING GUIDE | This guide is a how-to manual on family biking, including cargo bikes and gear, safety considerations, tips for picking a route, ideas for rides, etc. The guide can be distributed as part of an event or training or to interested parents at school. | Elementary school studentsParents | Increased bicycling Improved walking, bicycling safety behavior | • Health, environmental and community connections | Lead: Parents, PTA, or bicycling advocates Partners: Teachers, administrators, staff, PTA, parents, school district, local advocates, local law enforcement Resources Needed: Time to prepare guide and distribution strategy, platform for posting online or funds for printing copies |
| IDLING REDUCTION CAMPAIGN | Car exhaust disproportionately affects the health of exposed children. An anti-idling campaign encourages drivers to spare the air by turning off their engines when waiting for student dismissal. The campaign can include street signs, a marketing campaign, and informational materials for parents. Materials may be produced in school, but the campaign will likely take place during pick-up/drop-off or outside of school. | Parents of elementary, middle, and high school students School District High school students | Improved driving safety behavior Improved health and environmental connections | • Youth empowerment | Lead: Parents, PTA, government/advocacy/student group Partners: Teachers, administrators, staff, PTA, parents, school district, local public health advocates, local law enforcement, students Resources Needed: Preparation time, informational materials, signs |
| IN-SCHOOL BICYCLE SAFETY EDUCATION | Bicycle safety training is most appropriate beginning in or after the third grade. It helps children understand that they have the same responsibility as motorists to obey traffic laws. In-school curriculum often includes three parts: in-class lessons, mock street scenarios or skills practice, and on-street riding. Various existing curricula are available online from a number of sources at no cost, or schools may choose to develop one on their own | • Middle school students | Improved walking, bicycling safety behavior Youth empowerment | Increased bicycling Health and environmental connections | Lead: Teacher/administrator Partners: Teachers, administrators, staff, PTA, parents, school district, local public health advocates, local law enforcement Resources Needed: Curriculum, class time, instructor training/preparation, bicycles, helmets, safety gear, cones, street signs, chalk, chaperones |
| IN-SCHOOL PEDESTRIAN SAFETY EDUCATION | Pedestrian safety education aims to ensure that every child understands basic traffic laws and safety rules. It teaches students basic traffic safety, sign identification, and decision- making tools. Training is typically recommended for first- and second-graders. Curriculum often includes three parts: in-class lessons, mock street scenarios, and on-street practice. Various existing curricula are available online at no cost. | | Improved walking, bicycling safety behavior Youth empowerment | Increased walking Health and environmental connections | Lead: Teacher/administrator Partners: Teachers, administrators, staff, PTA, parents, school district, local public health advocates, local law enforcement Resources Needed: Curriculum, class time, instructor training/preparation, mock street or street signs, chaperones |
| MOCK CITY | A mock city provides a safe environment in which students can learn pedestrian, bicycle or general traffic safety. A course is built or set up and students walk, bike, or "drive" through to learn appropriate behaviors in various street situations. A mock city requires a lot of work or a partnership with an organization that has the equipment. This program can take place in or out of school, and is a memorable experience for students. | | Improved walking, bicycling safety behavior Youth empowerment | Increased walking, bicycling, transit use and carpooling Improved driving safety behavior | Lead: Local law enforcement Partners: Teachers, administrators, staff, PTA, parents, school district, local public health advocates, local law enforcement, volunteers, students Resources Needed: Mock city and curriculum |
| PARENT WORKSHOP | Since parents are usually the ones deciding whether their children walk or bike to school, a workshop designed for them can provide the tools, resources, and support needed to begin walking or biking for transportation. Topics could include starting a walking school bus, carpool matching, launching a safety campaign, or organizing an event, such as Walk and Bike to School Day. | | Increased walking, bicycling, transit use and carpooling Improved walking, bicycling and driving safety behavior Health and environmental connections | Increased walking, bicycling, transit use and carpooling Improved driving safety behavior | Lead: Parents, PTA, or local advocacy or governmental groups Partners: Teachers, administrators, staff, PTA, parents, school district, local public health advocates, local law enforcement, volunteers Resources Needed: Presentation/agenda, instructor, handouts, time for preparation and scheduling |
| WALK AND BIKE TO SCHOOL ROUTE MAP | Route maps show signs, signals, crosswalks, sidewalks, paths, crossing guard locations, and hazardous locations around a school. They identify the best way to walk or bike to school. A well-defined route should provide the greatest physical separation between students and traffic, expose students to the lowest traffic speeds, and use the fewest and safest crossings. | Elementary school students Middle school students High school students Parents | Improved walking and bicycling safety behavior | Increased walking, bicycling, transit use and carpooling | Lead: Public health advocates or local government Partners: Teachers, administrators, staff, PTA, parents, school district, local public health advocates, local law enforcement, volunteers Resources Needed: Time and technology to prepare a map, funds for printing, a platform for posting online, approval to distribute |







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Encouragement Programs

| ENCOURAGEMENT | | TARGET | OUTCOMES | | |
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| PROGRAMS | DESCRIPTION | AUDIENCE | PRIMARY | SECONDARY | RESOURCE NOTES |
| WALKING SCHOOL BUS | A Walking School Bus is a group of children walking to school with one or more adults. Parents can take turns leading the bus, which follows the same route every time and picks up children from their homes or bus stops at designated times. A Walking School Bus can be informal as a few parents alternating to walk their children to school, but often it is a well-organized, PTA-led effort to encourage walking to school. | Elementary school students Middle school students Parents | Increased walking | Improved walking and bicycling safety behavior Health, environmental and community connections | Lead: Parents/ PTA Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, celebrities, local businesses Resources Needed: Coordination/recruitment time, promotional materials such as flyers or posters |
| BIKE TRAIN | A Bike Train is very similar to a Walking School Bus: groups of students accompanied by one or more adults bicycle together on a pre-planned route to school. Routes can originate from a particular neighborhood or from another meeting place to include children who may live too far to bike the entire way. Bike trains address parents' safety concerns while providing a chance for students and their families to be active together. | Elementary school students Middle school students Parents | Increased bicycling | Improved walking and bicycling safety behavior Health, environmental and community connections | Lead: Parents/ PTA Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, celebrities, local businesses Resources Needed: Coordination/recruitment time, promotional materials such as flyers or posters |
| AFTER-SCHOOL CLUB | An after-school club can take many forms and address many different themes, including bicycle repair, sport cycling, environmental issues, or community and civic engagement. | Elementary school studentsMiddle school studentsHigh school students | Increased walking, bicycling, transit use and carpooling Youth empowerment Improved walking, bicycling and driving safety behavior Health, environmental and community connections | Increased walking, bicycling, transit use and carpooling Youth empowerment Improved walking, bicycling and driving safety behavior Health, environmental and community connections | Lead: Students, teachers, parents, local advocates Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers Resources Needed: An adult or administrative advisor, materials and supplies, space to meet, time to coordinate |
| COMPETITION/ CHALLENGE | Competitions and contests reward students by tracking the number of times they walk, bike, carpool, or take transit to school. Contests can be individual, classroom, school-wide, or district-wide. Students can compete for prizes and inexpensive incentives such as shoelaces, stickers, bike helmets or class parties. Examples include a Golden Sneaker Award for a classroom competition or a Walk/Bike to School Day challenge. | Elementary school studentsMiddle school studentsHigh school students | Increased walking, bicycling, transit use and carpooling Youth empowerment | • Health, environmental and community connections | Lead: Teachers, administrators, staff, PTA Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, older students Resources Needed: Coordination time, promotional materials, program materials for tracking, rewards or prizes |
| FAMILY BIKE RIDE | A family bike ride will generally take place in the evening or on a weekend, and is designed to give students and their family members an opportunity for safely giving bicycling a try and socializing with other families. Rides often have themes, always have a pre-planned route and designated route leader, and offer safety checks and basic skills reinforcement. | Elementary school students Middle school students Parents | Increased bicycling Improved walking and bicycling safety behavior | • Health, environmental and community connections | Lead: Parents, students or local advocacy group Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers Resources Needed: Coordination time, ride leader and volunteers, promotional materials, bicycles, safety gear and basic repair tools |
| INTERNATIONAL WALK AND BIKE TO SCHOOL DAY | Walk and Bike to School Day is an international event that attracts millions of participants in over 30 countries in October. The event encourages students and their families to try walking or bicycling to school. Parents and other adults accompany students and staging areas can be designated along the route to school where groups can gather and walk or bike together. These events are often heavily promoted through media. | Elementary school studentsMiddle school students | Increased walking and bicyclingYouth empowerment | Improved walking and bicycling safety behavior Health, environmental and community connections | Lead: Parents, students or local advocacy group Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, local businesses Resources Needed: Coordination time, promotional materials, program materials, rewards or prizes |
| ONGOING WALK AND BIKE TO SCHOOL DAYS | Ongoing Walk and Bike to School Days are organized events encouraging students to walk or bicycle to school. These events can be held monthly, weekly, or even on an ongoing basis, depending on organization capacity, the level of support, and school interest. Like Walk and Bike to School Day, incentives or celebrations recognize students' efforts. | Elementary school studentsMiddle school students | Increased walking and bicycling Youth empowerment | Improved walking and bicycling safety behavior Health, environmental and community connections | Lead: Parents, students or local advocacy group Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, local businesses Resources Needed: Coordination time, promotional materials, program materials, rewards or prizes |
| PARK AND WALK TO SCHOOL | This program is designed to encourage families to park several blocks from school and walk the rest of the way to school. Not all students are able to walk or bike the whole distance, as they may live too far away or their route may include hazardous traffic. The program allows students who are unable to walk or bike to school a chance to participate in the SRTS programs. It also helps reduce traffic congestion at the school. | Elementary school studentsMiddle school studentsParents | Increased walkingYouth empowerment | Improved walking and bicycling safety behavior Health, environmental and community connections | Lead: Parents/PTA Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, local businesses Resources Needed: Coordination/recruitment time, promotional materials such as flyers and posters, supplies and materials as needed |
| POSTER, T-SHIRT, OR VIDEO CONTEST | These types of activities are great for engaging middle and high school students in SRTS efforts. Students can get creative for a cause by designing and producing posters, t-shirts, videos, or other materials that communicate about active transportation. A contest like this can be combined with any type of campaign, like a school safety campaign or anti-idling campaign. | Elementary school students Middle school students High school students | Increased walking, bicycling, transit use and carpooling Youth empowerment | Improved walking and bicycling safety behavior Health, environmental and community connections Youth empowerment | Lead: Teachers, parents Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, businesses, students Resources Needed: Materials and equipment as necessary, promotional materials, oversight time, class time (if desired), funds for production |
| TRIP/MILEAGE TRACKING PROGRAM | A trip or mileage tracking program can be implemented as an opt-in club, a classroom activity, or a collaborative school- wide event. Students track trips or mileage made by walking, bicycling, transit and/or carpools with some type of goal or culminating celebration or reward. Example programs include Pollution Punchcards or Walk Across America. | Elementary school studentsMiddle school studentsHigh school students | Increased walking, bicycling, transit use and carpooling Youth empowerment | • Health, environmental and community connections | Lead: Teachers, administrators, staff, PTA Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, businesses, students Resources Needed: Coordination time, promotional materials, program materials, trip or mileage tracking equipment, rewards or prizes |
| WALK/BIKE FIELD TRIP | A field trip made by foot or by bicycle gives students a supportive environment in which to practice their pedestrian safety or bicycling skills and showcases the many benefits of walking and bicycling for transportation, including health and physical activity, pollution reduction, and cost savings. The destination of the field trip may vary, or the field trip could be the ride itself. | Elementary school students Middle school students High school students Teachers/Faculty/Staff Parents | Increased walking, bicycling, transit use and carpooling Improved walking, bicycling and safety behavior Youth empowerment | • Health, environmental and community connections | Lead: Teachers, administrators, staff, PTA Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, businesses, students Resources Needed: Coordination time, bicycles, helmets, and safety gear, permission slips, basic repair tools, adult chaperones |







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Enforcement Programs

| ENFORCEMENT | | TARGET | OUTCOMES | | |
|-----------------------------------|--|--|---|---|---|
| PROGRAMS | DESCRIPTION | AUDIENCE | PRIMARY | SECONDARY | RESOURCE NOTES |
| AUTOMATED ENFORCEMENT | Some types of enforcement do not require the presence of a law enforcement officer and are automated. Photo detection, radar trailers, or speed feedback signs are examples of automated enforcement. | Elementary school students Middle school students High school students Parents Neighbors | • Improving driving safety behavior | Increased walking and bicycling | Lead: Local law enforcement Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers Resources Needed: Funding for police over time (not always required, but can be helpful), equipment, promotional/educational materials |
| CROSSING GUARDS | Crossing guards are trained adults, paid or volunteer, who are legally empowered to stop traffic to assist students with crossing the street. | Elementary school students Middle school students Parents Neighbors | Improved walking and bicycling safety behavior Improved driving safety behavior | Increased walking and bicycling | Lead: School district, school administration, local law enforcement, or PTA Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers Resources Needed: Training materials, funding to pay crossing guards, safety vests and stop signs |
| DROP-OFF STUDENT VALET PROGRAM | In a valet program students, teachers, or volunteers are trained to assist with drop-off and pick-up procedures to expedite and standardize the process. This allows students to get in and out of cars safely and quickly, discouraging parents from unsafe behaviors and reducing hazards for students arriving or leaving school. | , | Improved driving safety behaviorYouth empowerment | Improved walking and bicycling safety behavior Health, environmental and community connections | Lead: School district, school administration or PTA Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, older students Resources Needed: Training materials, supervision/ oversight, safety vests |
| LAW ENFORCEMENT | Enforcement tools are aimed at ensuring compliance with traffic and parking laws in school zones. Enforcement activities help to reduce common poor driving behavior, such as speeding, failing to yield to pedestrians, turning illegally, parking illegally and others. Law enforcement actions include School Zone Speeding Enforcement and Crosswalk Stings, or parking lot citations. | Elementary school students Middle school students High school students Parents Neighbors | • Improved driving safety behavior | Increased walking and bicycling | Lead: Local law enforcement, school district or administration Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, businesses Resources Needed: Funding to pay for police, equipment, promotional/educational materials |
| SCHOOL SAFETY CAMPAIGN | A safety campaign builds awareness around walking and biking to school and encourages safe driving behavior. A School Safety Campaign can use media at or near schoolssuch as posters, business window stickers, yard signs, and/or street bannersto remind drivers to slow down and use caution in school zones. This program can also address school bus safety, parent drop-off and pick-up behavior. | Elementary school students Middle school students Parents Neighbors | Improved walking and bicycling safety behavior Youth empowerment | Increased walking, bicycling, transit use and carpooling Health, environmental and community connections | Lead: School administration or PTA Partners: Teachers, administrators, staff, PTA, parents, local government, local law enforcement, local advocates, volunteers, students, businesses Resources Needed: Promotional materials and collateral, advertising, time to supervise/oversee student efforts |
| SCHOOL SAFETY PATROLS | School safety patrols are trained student volunteers responsible for enforcing drop-off and pick-up procedures and assisting with street crossing. They do not stop vehicular traffic, but rather look for openings and then direct students to cross. Student safety patrols increase safety for students and traffic flow efficiency for parents. | Elementary school studentsMiddle school students | Improved walking and bicycling safety behavior Improved driving safety behavior Youth empowerment | Increased walking, bicycling Health, environmental and community connections | Lead: School district, school administration or PTA Partners: School district, teachers, administrators, staff, PTA, parents, local government, local law enforcement, volunteers, older students Resources Needed: Training materials, supervision/ oversight, safety vests and stop signs |







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