



# Tribal School Zone Safety Video Toolkit



**FHWA-FLH-07-002**  
**March 2007**



# Table of Contents



<b>Toolkit Overview</b> .....	1
-------------------------------	---

## **Safety Education Materials**

• 7 Quick Tips for Children for Walking Safely to School .....	3
• Tips for Walking Safely to School .....	5
• Pedestrian Safety Tips for Parents and Other Caregivers .....	7
• Walkability Checklist .....	10
• Sample Activities for Children .....	14

## **Promotional Tips**

• Using the Tribal School Zone Video to Promote Pedestrian Safety .....	19
• Tips for Promoting Pedestrian Safety in your Community .....	20
• Template Letter to the Editor .....	21
• Template News Article .....	22

## **Video Assistance**

• Tips for Pulling Together Your Own Video .....	23
• Guidance on Video Software Editing .....	24
• Guidance for Video on the Web .....	25

<b>Resource Sheet</b> .....	26
-----------------------------	----

# Toolkit Overview



American Indians have the highest rates of pedestrian injury and death of any other group in the United States. In fact, adult pedestrian death rates for Native Americans are almost 3.5 times that of whites and twice that of African Americans. For Native American children, the pedestrian-related death rate is almost four times that of the overall population of the United States.

The Tribal School Zone Safety Video Toolkit is meant to raise the awareness of these alarming statistics and give Tribal communities tools to help increase the safety of their pedestrians. This toolkit includes:



- Two safety videos;
- A series of pedestrian safety materials designed to help educate children and adults on safe walking behaviors;
- Promotional tips to increase pedestrian safety awareness;
- Information on how to use the video elements; and a
- Resource sheet for additional information.

The following outlines the content of the toolkit and gives general guidance on using the toolkit elements.

## Videos

**“Safety Doesn’t Happen By Accident”** — The 8-minute video primarily targets children 9 to 12 years old, but can also be used for other children. This video can be shown in the classroom or at other school or community events.

**“Pedestrian Safety: A New Tradition”** — The 9.5-minute video primarily targets adults including Tribal/Community Elders, parents/guardians of school-aged children, school board members, policy makers and older teens. This video could also be used to reach a general audience through the media and Public Service Announcements.

**Video Clips** — The toolkit also contains additional short video clips ranging in length and content. These video clips can be used to create your own safety video or incorporate into other video segments from your school or community.

## Toolkit Booklet Contents

### Safety Education Materials

The toolkit offers additional safety education resources to augment the Tribal School Zone Safety Videos.

- **7 Quick Tips for Children for Walking Safely to School:** Use this colorful tip sheet to introduce basic pedestrian and school bus safety messages for younger elementary school-age children. Key messages are presented in brief headings with a higher level explanation to follow. Review and discuss the material with children. Send home with Pedestrian Safety Tips for Parents and Other Caregivers to discuss with caregivers.
- **Tips for Walking Safely to School:** Use this colorful tip sheet to introduce or reinforce safety messages with older elementary and middle school-age children. Pedestrian safety and school bus safety tips as well as personal safety tips for older children who may be walking without an adult are provided in brief messages with a higher level explanation to follow. Review and discuss this material with children. Send home with Pedestrian Safety Tips for Parents and Other Caregivers to discuss with caregivers.

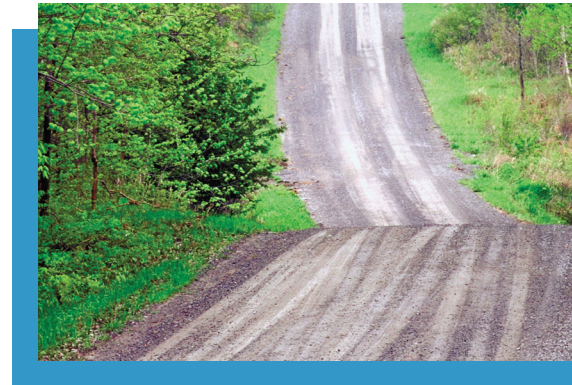


- **Pedestrian Safety Tips for Parents and Other Caregivers:** This tip sheet encourages parents and other caregivers to provide their children with hands-on pedestrian safety education. Tips on being a walking role model, understanding a child's limitations and choosing a safe walking route are explained along with school bus loading and unloading procedures, and safe driving messages. Use this tip sheet to increase your understanding of this area or to distribute to parents and caregivers of children who will be receiving either one of the two tip sheets for children.
- **Walkability Checklist:** This survey form can be used by a parent/guardian and child, or a school or community group, to identify issues in the community related to the walking environment. Though not intended to provide the solutions, these completed checklists can be brought to the attention of local professionals to find solutions to the problems noted.
- **Activities for Children:** Use these fun crossword puzzles and word find with elementary school children to reinforce the pedestrian safety messages presented in the tip sheets and video. To make the crossword easier for younger children, there is also a version that includes a word bank. Answer keys for all puzzles are included.

## Promotional Tips

The toolkit offers guidance on using the Tribal School Zone Safety Video to further promote pedestrian safety in your school and community. The Promotional Section offers ideas on where to show the videos, and tips for promoting pedestrian safety in your community.

- **Using the Tribal School Zone Video to Promote Pedestrian Safety:** This document offers ideas on showing the video in schools and the community. It also offers guidance on working with the media and other community organizations to show the video.
- **Tips for Promoting Pedestrian Safety in your Community:** This tip sheet includes ideas on raising the visibility of pedestrian safety in your community. Whether it is through news articles or Web sites, it is important to get out the message that pedestrian safety is important in the Tribal community.
- The **Template Letter to the Editor** offers a framework for drafting a letter to the editor of your local newspaper.
- The **Template News Article** offers a framework for writing an article to submit to the school or community newspaper.



## Video Assistance

This toolkit also includes shorter video clips that children can use to create their own pedestrian safety video. The Video Assistance section offers tips on creating your own video, guidance on video software as well as information on placing video on the Web.

## Additional Resources and Links

The Resource Sheet offers guidance on where to find additional information on pedestrian safety for Tribes as well as links to other pedestrian-related organizations.

# 7 Quick Tips for Children

## for Walking Safely to School



Follow these tips to make your walk to school fun and safe.

### 1. Walk together

Walk with an adult. If your parent/guardian says it is okay to walk without an adult then walk with a friend.

### 2. Be seen

Wear bright-colored or reflective clothing.

Carry a flashlight.

### 3. Be aware

Keep your eyes and ears open for cars, trucks and other dangers.

### 4. Behave

Work with your parent/guardian to pick a good route to school and stick to that route. Don't let friends talk you into shortcuts that are dangerous.

When you are near the road, don't push, shove, or chase each other.

Never take rides from people without permission from your parent/guardian.

### 5. Stay out of the road

Walk on the sidewalk or a path beside the road rather than in the road. If possible, walk on the side of the road facing traffic, so you can see what's coming.

### 6. Cross the road safely

- Stop at the curb or edge of the road
- Look left, right, left and behind you and in front of you for traffic.
- Wait until no traffic is coming and begin crossing.
- Keep looking for traffic until you have finished crossing.
- Walk, don't run across the road.
- Don't assume that drivers will see you.



## 7. Obey traffic signs, signals and adult school crossing guards

Even when signs and signals say you can go, look for yourself. Drivers don't always obey the rules.



Some of you may be walking to a school bus stop. If you ride the school bus, remember to walk safely to and from the stop and use these tips for getting on and off the bus.

### School bus safety tips

- Arrive at the bus stop early.
- Stand at least 6 feet (3 giant steps) away from the side of the road.
- Wait until the bus stops and the driver opens the door before you walk toward the bus.
- If you have to cross in front of the bus, make eye contact with the driver and wait for the driver to signal you before you cross. Walk at least 10 feet (5 giant steps) in front of the bus. Look for traffic as you cross the road.
- When getting off the bus, look outside to the back of the bus before you step off the bottom step to make sure no cars or trucks are passing.
- Never walk behind the bus.
- Use the handrails to avoid falling. Be careful that your clothes and backpack do not get caught on the handrail or door.
- If you drop something near the bus, tell the driver before you pick it up.
- If you have to walk beside the stopped bus, walk at least 6 feet (3 giant steps) from the side.



# Tips for Walking Safely to School



Walking is fun, but just like riding in a car or bicycling, you need to be safe while doing it. Follow these tips to make sure you get to and from school without any problems.

## Walk together

If you are a younger child, you should always walk with an adult. But, if your parent/guardian allows you to walk with an older child, remember to obey them.

If you are an older child and you know and practice safe walking, then your parent/guardian may allow you to walk without an adult.

If you're walking to school on your own, remember these tips too:

- Walk with a friend when possible.
- Ask your parent/guardian to help you pick a safe route to school; one that avoids dangers.
- Stick to the route you picked with your parent/guardian. Don't let friends talk you into shortcuts that are dangerous.
- When you are near the road, don't push, shove, or chase each other.
- Never hitchhike or take rides from people not arranged by your parent/guardian.
- Talk to your parent/guardian and teacher about any bullying that may happen during your walk. Also tell them if there are other problems along the route.
- Set good examples for younger children that may be walking with you.



## Be seen

Remember, drivers may not be able to see you well. Always wear bright-colored clothes and, if it is dark or the weather is bad, carry a flashlight or wear reflective gear.

## Be aware

- Be aware of your surroundings. Keep your eyes and ears open at all times.
- Watch out for cars and trucks at every driveway and intersection, and in parking lots.
- Look for drivers in parked cars. They may be getting ready to move.

## Stay out of the road

Walk on the sidewalk or a path beside the road rather than in the road. If possible, walk on the side of the road facing traffic, so you can see what's coming. Watch out for blind spots in the road; curves, trees and signs can block a driver's view or block your view of the cars.

## Cross the road safely

Avoid crossing busy or high-speed roads and limit the number of road crossings. When available, cross at a location with an adult school crossing guard.



1. Stop at the curb or edge of the road
2. Look left, right, left and behind you and in front of you for traffic.
3. Wait until no traffic is coming and begin crossing.
4. Keep looking for traffic until you have finished crossing.
5. Walk, don't run across the road.
6. Don't assume that drivers will see you.

## Obey traffic signs, signals and adult school crossing guards

Even when signs and signals say you can go, look for yourself. Drivers don't always obey the rules.

## School bus safety tips

If you ride the school bus, remember to walk safely to and from the stop and use these tips for getting on and off the bus.

- Arrive at the bus stop early.
- Stand at least 6 feet (3 giant steps) away from the side of the road.
- Wait until the bus stops and the driver opens the door before you walk toward the bus.
- If you have to cross in front of the bus, make eye contact with the driver and wait for the driver to signal you before you cross. Walk at least 10 feet (5 giant steps) in front of the bus. Look for traffic as you cross the road.
- When getting off the bus, look outside to the back of the bus before you step off the bottom step to make sure no cars or trucks are passing.
- Never walk behind the bus.
- Use the handrails to avoid falling. Be careful that your clothes and backpack do not get caught on the handrail or door.
- If you drop something near the bus, tell the driver before you pick it up.
- If you have to walk beside the stopped bus, walk at least 6 feet (3 giant steps) from the side.



# Pedestrian Safety Tips

for Parents and Other Caregivers



## Pedestrian safety tips

Walking is a fun and healthy way to spend time with children while teaching them skills that can serve them well throughout life. The walk to school is a great time to use these safety tips.

## Be a walking role model

Children learn through experience. Walking with parents or another caregiver is an important way for children to practice crossing real roads and picking safe places to walk. There is no magic age when children are old enough to walk without an adult. But, as a parent/guardian, you should decide when your child has the skills and experience to deal with traffic safely without you.

As you walk with your child, remember these safety tips and teach them to your child.



- Be aware of your surroundings. Keep your eyes and ears open at all times.
- Wear bright-colored clothes. Carry flashlights or wear reflective gear if it is dark or any time it is hard to see.
- Look for traffic at driveways, intersections, and in parking lots. Drivers at intersections and driveways may be paying more attention to oncoming traffic. Make eye contact with the driver before crossing. Also, be aware of drivers in parked cars that may be getting ready to move forward or backward.
- Obey all traffic signs and signals.
- Cross the road safely:
  1. Stop at the curb or edge of the road.
  2. Look left, right, left and behind you and in front of you for traffic.
  3. Wait until no traffic is coming and begin crossing.
  4. Keep looking for traffic until you have finished crossing.
  5. Walk, don't run across the road.

When your child is ready to go alone, have them stick to the route that you identified together and walk with a friend when possible. If young and old children are walking together, remind the older children to set good examples, and the younger children to obey the older children.

## Understand your child's limitations

Children are not small adults. It will take time and practice for a child to develop the ability to deal with complex traffic situations. Over time, children develop the ability to judge the speed and distance of oncoming traffic. Young children may assume that a car is able to stop, when in fact, it can not. Also, children may think that if they can see a driver, the driver can see them. But, children are smaller and harder for drivers to see. Get down to a child's height to see what they see.



## Choose the safest route

Help your children select a walking route with less traffic and intersections, and one that keeps them out of the road.



- Pick places where there are sidewalks or paths separated from traffic. If there are no sidewalks or paths, walk as far from motor vehicles as possible and, if possible, on the side of the road facing traffic. Avoid walking in the roadway, especially when it is dark outside. Be aware of blind spots in the road; curves, trees and signs can block a driver's view.
- Limit the number of road crossings. When available, cross at a location with an adult school crossing guard.
- Avoid crossing busy or high-speed roads.

## School bus safety tips

If your children ride the school bus, encourage safe walking to and from the bus stop, and teach them these tips for getting on and off the bus safely.

- Arrive at the bus stop early.
- Stand at least 6 feet (3 giant steps) away from the side of the road.
- Wait until the bus stops and the driver opens the door before you walk toward the bus.
- If you have to cross in front of the bus, make eye contact with the driver and wait for the driver to signal you before you cross. Walk at least 10 feet (5 giant steps) in front of the bus. Look for traffic as you cross the road.
- When getting off the bus, look outside to the back of the bus before you step off the bottom step to make sure no cars or trucks are passing.
- Never walk behind the bus.
- Use the handrails to avoid falling. Be careful that your clothes and backpack do not get caught on the handrail or door.
- If you drop something near the bus, tell the driver before you pick it up.
- If you have to walk beside the stopped bus, walk at least 6 feet (3 giant steps) from the side.

## Driver safety tips

Drivers play a big role in the safety of pedestrians. When you are driving a motor vehicle, follow these tips to keep your community a safe place for children to walk.

- Watch for small children when driving in parking lots, driveways, along the roadway and at intersections.
- Drive at or below the speed limit. Slow down in school areas and watch for children playing and waiting near bus stops.
- Watch for children loading and unloading school buses. Learn the “flashing signal light system” that school buses use when stopping. Yellow flashing lights mean the bus is preparing to stop and load or unload children. Drivers should slow down and prepare to stop regardless of what lane or



direction they are headed. Red flashing lights and an extended stop arm mean that the bus has stopped and children are getting on or off. Drivers must stop and remain stopped until the red lights stop flashing, the stop arm is withdrawn and the bus begins moving.



- Do not drink and drive, and don't let others who have been drinking drive. Be aware of pedestrians that may be intoxicated and walking in the roadway.
- Make sure children are in child safety seats or seat belts, and buckle up yourself. Generally, children ages 12 and under should ride in the backseat.
- Be patient.

# Walkability Checklist



## How walkable is your community?

### Take a walk with a child and decide for yourselves.

Everyone benefits from walking. These benefits include: improved fitness, cleaner air, reduced risks of certain health problems, and a greater sense of community. But walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

### Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go.

The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall.

After you've rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate answers and long-term solutions under "Improving Your Community's Score..." on the third page.

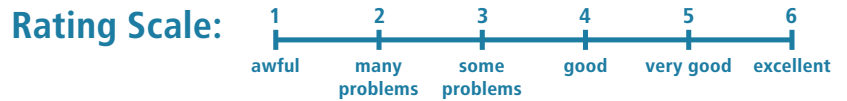


Adapted from the Walkability Checklist developed by the Pedestrian and Bicycle Information Center for the U. S. Department of Transportation



# How walkable is your community?

Location of walk \_\_\_\_\_  
\_\_\_\_\_



## 1. Did you have room to walk?

- Yes     Some problems:
- Sidewalks or paths started and stopped
  - Sidewalks were broken or cracked
  - Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
  - No sidewalks, paths, or shoulders
  - Too much traffic
  - Something else \_\_\_\_\_
- Locations of problems: \_\_\_\_\_

Rating: (circle one) \_\_\_\_\_  
1 2 3 4 5 6 \_\_\_\_\_

## 4. Was it easy to follow safety rules?

### Could you and your child...

- Yes     No    Cross at crosswalks or where you could see and be seen by drivers?
- Yes     No    Stop and look left, right and then left again before crossing streets?
- Yes     No    Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
- Yes     No    Cross with the light?
- Locations of problems: \_\_\_\_\_

Rating: (circle one) \_\_\_\_\_  
1 2 3 4 5 6 \_\_\_\_\_

## 2. Was it easy to cross streets?

- Yes     Some problems:
- Road was too wide
  - Traffic signals made us wait too long or did not give us enough time to cross
  - Needed striped crosswalks or traffic signals
  - Parked cars blocked our view of traffic
  - Trees or plants blocked our view of traffic
  - Needed curb ramps or ramps needed repair
  - Something else \_\_\_\_\_
- Locations of problems: \_\_\_\_\_

Rating: (circle one) \_\_\_\_\_  
1 2 3 4 5 6 \_\_\_\_\_

## 5. Was your walk pleasant?

- Yes     Some unpleasant things:
- Needed more grass, flowers, or trees
  - Scary dogs
  - Scary people
  - Not well lighted
  - Dirty, lots of litter or trash
  - Dirty air due to automobile exhaust
  - Something else \_\_\_\_\_
- Locations of problems: \_\_\_\_\_

Rating: (circle one) \_\_\_\_\_  
1 2 3 4 5 6 \_\_\_\_\_

## 3. Did drivers behave well?

- Yes     Some problems: Drivers...
- Backed out of driveways without looking
  - Did not yield to people crossing the street
  - Turned into people crossing the street
  - Drove too fast
  - Sped up to make it through traffic lights or drove through traffic lights?
  - Something else \_\_\_\_\_
- Locations of problems: \_\_\_\_\_

## How does your neighborhood stack up?

### Add up your ratings and decide.

- |                    |              |   |
|--------------------|--------------|---|
| 1. _____           | <b>26-30</b> | Celebrate! You have a great neighborhood for walking. |
| 2. _____           | <b>21-25</b> | Celebrate a little. Your neighborhood is pretty good. |
| 3. _____           | <b>16-20</b> | Okay, but it needs work.                              |
| 4. _____           | <b>11-15</b> | It needs lots of work. You deserve better than that.  |
| 5. _____           | <b>5-10</b>  | It's a disaster for walking!                          |
| <b>Total</b> _____ |              |   |

Now that you've identified the problems, go to the next page to find out how to fix them.



# Improving your community's score...



## 1. Did you have room to walk?

Sidewalks or paths started and stopped  
 Sidewalks broken or cracked  
 Sidewalks blocked  
 No sidewalks, paths or shoulders  
 Too much traffic

### What you and your child can do immediately

- pick another route for now
- tell local traffic engineering or public works department about specific problems and provide a copy of the checklist

### What you and your community can do with more time

- speak up at board meetings
- write or petition city for walkways and gather neighborhood signatures
- make media aware of problem
- work with a local transportation engineer to develop a plan for a safe walking route

## 2. Was it easy to cross streets?

Road too wide  
 Traffic signals made us wait too long or did not give us enough time to cross  
 Crosswalks/traffic signals needed  
 View of traffic blocked by parked cars, trees, or plants  
 Needed curb ramps or ramps needed repair

- pick another route for now
- share problems and checklist with local traffic engineering or public works department
- trim your trees or bushes that block the street and ask your neighbors to do the same
- leave nice notes on problem cars asking owners not to park there

- push for crosswalks/signals/ parking changes/curb ramps at city meetings
- report to traffic engineer where parked cars are safety hazards
- report illegally parked cars to the police
- request that the public works department trim trees or plants
- make media aware of problem

## 3. Did drivers behave well?

Backed without looking  
 Did not yield  
 Turned into walkers  
 Drove too fast  
 Sped up to make traffic lights or drove through red lights

- pick another route for now
- set an example: slow down and be considerate of others
- encourage your neighbors to do the same
- report unsafe driving to the police

- petition for more enforcement
- request protected turns
- ask city planners and traffic engineers for traffic calming ideas
- ask schools about getting crossing guards at key locations
- organize a neighborhood speed watch program

## 4. Could you follow safety rules?

Cross at crosswalks or where you could see and be seen  
 Stop and look left, right, left before crossing  
 Walk on sidewalks or shoulders facing traffic  
 Cross with the light

- educate yourself and your child about safe walking
- organize parents in your neighborhood to walk children to school

- encourage schools to teach walking safely
- help schools start safe walking programs
- encourage corporate support for flex schedules so parents can walk children to school

## 5. Was your walk pleasant?

Needs grass, flowers, trees  
 Scary dogs  
 Scary people  
 Not well lit  
 Dirty, litter  
 Lots of traffic



- point out areas to avoid to your child; agree on safe routes
- ask neighbors to keep dogs leashed or fenced
- report scary dogs to the animal control department
- report scary people to the police
- report lighting needs to the police or appropriate public works department
- take a walk with a trash bag
- plant trees, flowers in your yard
- select alternative route with less traffic

- request increased police enforcement
- start a crime watch program in your neighborhood
- organize a community clean-up day
- sponsor a neighborhood beautification or tree-planting day
- begin an adopt-a-street program
- initiate support to provide routes with less traffic to schools in your community (reduced traffic during am and pm school commute times)

## A Quick Health Check

Could not go as far or as fast as we wanted  
 Were tired, short of breath or had sore feet or muscles  
 Was the sun really hot?  
 Was it hot and hazy?

- start with short walks and work up to 30 minutes of walking most days
- invite a friend or child along
- walk along shaded routes where possible
- use sunscreen of SPF 15 or higher, wear a hat and sunglasses
- try not to walk during the hottest time of day

- get media to do a story about the health benefits of walking
- call parks and recreation department about community walks
- encourage corporate support for employee walking programs
- plant shade trees along routes
- have a sun safety seminar for kids
- have kids learn about unhealthy ozone days and the Air Quality Index (AQI)



# Great Resources

## WALKING INFORMATION

Pedestrian and Bicycle Information Center (PBIC)  
UNC Highway Safety Research Center  
730 Martin Luther King, Jr. Blvd.  
Campus Box 3430  
Chapel Hill, NC  
27599-3430  
Phone: (919) 962-2202  
[www.pedbikeinfo.org](http://www.pedbikeinfo.org)  
[www.walkinginfo.org](http://www.walkinginfo.org)

National Center for  
Safe Routes to School  
730 Martin Luther  
King, Jr. Blvd., Suite 300  
Campus Box 3430  
Chapel Hill, NC 27599-3430  
Toll-free 1-866-610-SR-TS  
[www.saferoutesinfo.org](http://www.saferoutesinfo.org)

National Center for Bicycling and Walking  
Campaign to Make America Walkable  
1506 21st Street, NW  
Suite 200  
Washington, DC 20036  
Phone: (800) 760-NBP  
[www.bikefed.org](http://www.bikefed.org)



## WALK TO SCHOOL DAY WEB SITES

USA event: [www.walktoschool-usa.org](http://www.walktoschool-usa.org)  
International: [www.iwalktoschool.org](http://www.iwalktoschool.org)

## STREET DESIGN AND TRAFFIC CALMING

Federal Highway Administration  
Pedestrian and Bicycle Safety Research Program  
HSR - 20  
6300 Georgetown Pike  
McLean, VA 22101  
[www.fhwa.dot.gov/environment/bikeped/index.htm](http://www.fhwa.dot.gov/environment/bikeped/index.htm)

Institute of Transportation Engineers  
[www.ite.org](http://www.ite.org)

Surface Transportation Policy Project  
[www.transact.org](http://www.transact.org)

Transportation for Livable Communities  
[www.tlcnetwork.org](http://www.tlcnetwork.org)

## WALKING COALITIONS

America Walks  
P.O. Box 29103  
Portland, Oregon 97210  
Phone: (503) 222-1077  
[www.americawalks.org](http://www.americawalks.org)



## PEDESTRIAN SAFETY

National Highway Traffic Safety Administration  
Traffic Safety Programs  
400 Seventh Street, SW  
Washington, DC 20590  
Phone: (202) 662-0600  
[www.nhtsa.dot.gov/people/injury/pedbimot/ped](http://www.nhtsa.dot.gov/people/injury/pedbimot/ped)

SAFE KIDS Worldwide  
1301 Pennsylvania Ave. NW  
Suite 1000  
Washington, DC 20004  
Phone: (202) 662-0600  
Fax: (202) 393-2072  
[www.safekids.org](http://www.safekids.org)

## WALKING AND HEALTH

US Environmental Protection Agency  
Office of Children's Health Protection (MC 1107A)  
Washington, DC 20460  
Phone: 202-564-2188  
Fax: 202-564-2733  
[www.epa.gov/children/](http://www.epa.gov/children/)  
[www.epa.gov/airnow/](http://www.epa.gov/airnow/)  
[www.epa.gov/air/urbanair/ozone/what.html](http://www.epa.gov/air/urbanair/ozone/what.html)  
[www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html)  
[www.epa.gov/otaq/transp/comchoic/ccweb.htm](http://www.epa.gov/otaq/transp/comchoic/ccweb.htm)

President's Task Force on Environmental Health Risks and  
Safety Risks to Children  
[www.childrenshealth.gov](http://www.childrenshealth.gov)

Centers for Disease Control and Prevention  
Division of Nutrition and Physical Activity  
Phone: (888) 232-4674  
[www.cdc.gov/nccdphp/dnpa/readysset](http://www.cdc.gov/nccdphp/dnpa/readysset)  
[www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm](http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm)

Prevention Magazine  
33 East Minor Street  
Emmaus, PA 18098  
[www.itsallaboutprevention.com](http://www.itsallaboutprevention.com)

Shape Up America!  
6707 Democracy Boulevard  
Suite 306  
Bethesda, MD 20817  
[www.shapeup.org](http://www.shapeup.org)



## ACCESSIBLE SIDEWALKS

US Access Board  
1331 F Street, NW  
Suite 1000  
Washington, DC 20004-1111  
Phone: (800) 872-2253;  
(800) 993-2822 (TTY)  
[www.access-board.gov](http://www.access-board.gov)

# Safe Walking Word Find



W F G R B F R I E N D S E A L  
O S B D S S C D T P N S C N M  
F E I D E H I T E S E C S X O  
P Z K L Q S I T Y T E M L E H  
K W E P T A M E U F V T G K E  
J I W U A E E O L W O O L D A  
N U O U B N R S E A C M I T L  
E W D C B V N N S O A D S P T  
W S F T R I B E A C D C N U H  
A R G A Q R B F A T H C F G V  
L N T F Q O V S C O I R V F Y  
K I D S A N H A O B Y O D A T  
S E B E P M S L B E C S F H I  
J O R D R E I A I R F S P A N  
Y C A F H N Y L N E B W S C U  
S W S K A T E H Y S H A H T M  
C X G I E S K D E A S L E I M  
G A V F K F R O S B I K S V O  
E M A P C S I D E W A L K E C  
Q S E I D O V O P I U Y F S G

WALK	BIKE	SAFETY	ENVIRONMENT	ACTIVE
KIDS	HEALTH	AIR	CROSSWALK	FRIENDS
TRIBE	SKATE	ROUTES	COMMUNITY	SIDEWALK
FAMILY	OUTSIDE	SCHOOL	HELMET	

Find each of the words in the puzzle above. Words may be forward, backward, vertical, horizontal or diagonal.



# Safe Walking Word Find



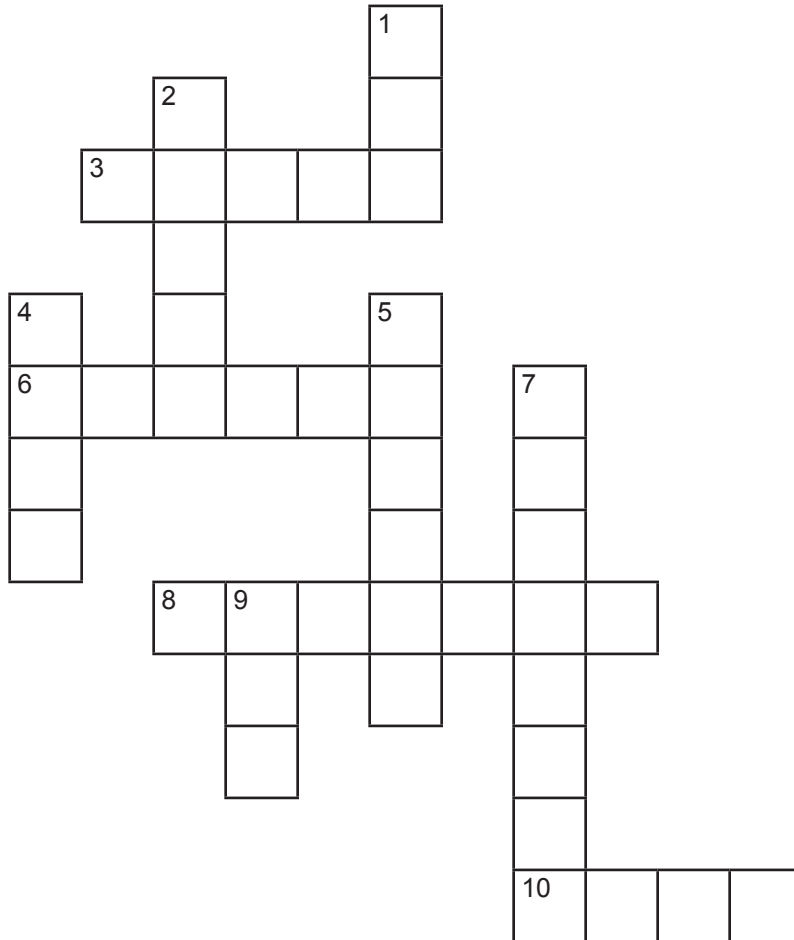
## Answer Key

W F G R B F R I E N D S E A L  
O S B D S S C D T P N S C N M  
F E I D E H I T E S E C S X O  
P Z K L Q S I T Y T E M L E H  
K W E P T A M E U F V T G K E  
J I W U A E E O L W O O L D A  
N U O U B N R S E A C M I T L  
E W D C B V N N S O A D S P T  
W S F T R I B E A C D C N U H  
A R G A Q R B F A T H C F G V  
L N T F Q O V S C O I R V F Y  
K I D S A N H A O B Y O D A T  
S E B E P M S L B E C S F H I  
J O R D R E I A I R F S P A N  
Y C A F H N Y L N E B W S C U  
S W S K A T E H Y S H A H T M  
C X G I E S K D E A S L E I M  
G A V F K F R O S B I K S V O  
E M A P C S I D E W A L K E C  
Q S E I D O V O P I U Y F S G

WALK	BIKE	SAFETY	ENVIRONMENT	ACTIVE
KIDS	HEALTH	AIR	CROSSWALK	FRIENDS
TRIBE	SKATE	ROUTES	COMMUNITY	SIDEWALK
FAMILY	OUTSIDE	SCHOOL	HELMET	

Find each of the words in the puzzle above. Words may be forward, backward, vertical, horizontal or diagonal.

# Safe Walking Crossword



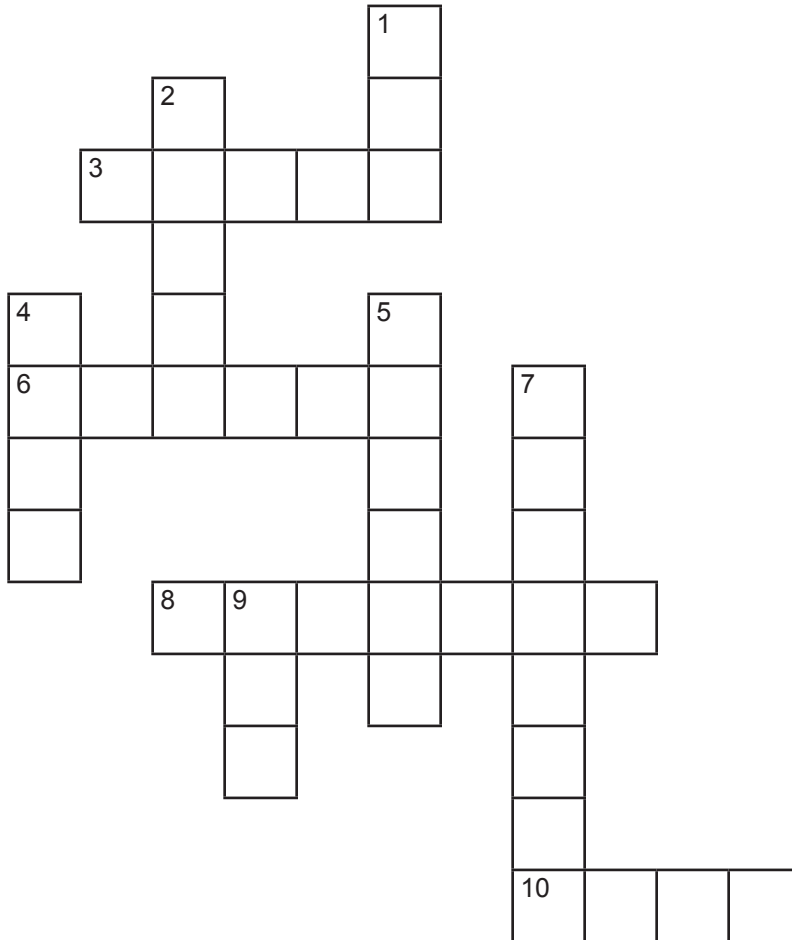
## Across

3. Obey traffic \_\_\_\_\_ and signals.
6. Instead of sitting at home, walking helps kids be \_\_\_\_\_.
8. Walking to school is a chance to spend time with your family and \_\_\_\_\_.
10. Always walk on the \_\_\_\_\_ of the road.

## Down

1. Make sure you practice safe walking even when riding the \_\_\_\_\_.
2. When crossing the street, look left, \_\_\_\_\_ and left again for traffic.
4. \_\_\_\_\_ or bike to school with your friends.
5. When riding your bicycle, always wear a \_\_\_\_\_.
7. Teachers and \_\_\_\_\_ can walk during lunch.
9. Walk, don't \_\_\_\_\_ across the street.

# Safe Walking Crossword



## Word Bank:

walk  
right  
side  
active  
students  
helmet  
signs  
run  
friends  
bus

## Across

3. Obey traffic \_\_\_\_\_ and signals.
6. Instead of sitting at home, walking helps kids be \_\_\_\_\_.
8. Walking to school is a chance to spend time with your family and \_\_\_\_\_.
10. Always walk on the \_\_\_\_\_ of the road.

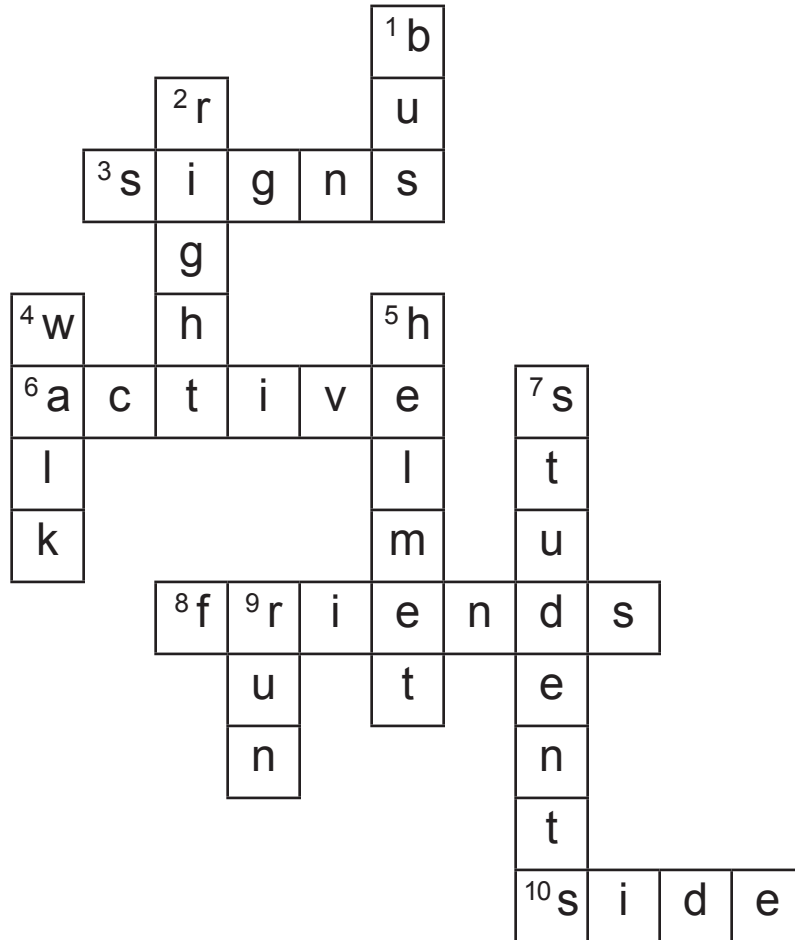
## Down

1. Make sure you practice safe walking even when riding the \_\_\_\_\_.
2. When crossing the street, look left, \_\_\_\_\_ and left again for traffic.
4. \_\_\_\_\_ or bike to school with your friends.
5. When riding your bicycle, always wear a \_\_\_\_\_.
7. Teachers and \_\_\_\_\_ can walk during lunch.
9. Walk, don't \_\_\_\_\_ across the street.

# Safe Walking Crossword



## Answer Key



### Across

3. Obey traffic \_\_\_\_\_ and signals.
6. Instead of sitting at home, walking helps kids be \_\_\_\_\_.
8. Walking to school is a chance to spend time with your family and \_\_\_\_\_.
10. Always walk on the \_\_\_\_\_ of the road.

### Down

1. Make sure you practice safe walking even when riding the \_\_\_\_\_.
2. When crossing the street, look left, \_\_\_\_\_ and left again for traffic.
4. \_\_\_\_\_ or bike to school with your friends.
5. When riding your bicycle, always wear a \_\_\_\_\_.
7. Teachers and \_\_\_\_\_ can walk during lunch.
9. Walk, don't \_\_\_\_\_ across the street.

# Using the Tribal School Zone Video

## to Promote Pedestrian Safety



There are many ways to use the Tribal School Zone Video within your school or community to promote the importance of pedestrian safety. The video targeting children can be shown through the school and other community organizations to educate young pedestrians on walking safely to and from school. The media can also work to promote the video to parents/guardians and the overall community about safe walking tips and good driving practices around schools. Here are just a few ideas on how to use the videos in your community:

### 1. Using the video in schools

- Show the video during a school assembly, particularly when walking is increased, such as Halloween or before summer break, or when visibility is low, such as the end of Daylight Saving Time.
- Show the video and then use the Walkability Checklist in a neighborhood near the school.
- Work with a school or district's Web team to upload the video to their Web site.
- Show the video during International Walk to School Month in October.
- Encourage student groups to hold contests for creating their own videos. Students could incorporate their own video within elements of the School Zone Video. The winning video could be shown during a school assembly.
- Show the video when teaching children about safety or safe walking. Use the pedestrian safety tip sheets available in this toolkit.



### 2. Using the video with local media

- Consider partnering with your local media to develop public service announcements using elements from the video. This approach typically has to be planned out months in advance but can have huge potential for increasing the visibility of your program.
- Approach the program director or station manager at your local cable or public access station and inquire about showing the video. If they are not able to show the video, brainstorm additional ideas for getting out the same message, such as displaying the key pedestrian safety messages on programs.

### 3. Using the video with other community organizations

- Talk with your tribal health director about potential partners in your community.
- Partner with community organizations to brainstorm how the video would be shown to their members or in conjunction with their events. Potential groups include:
  - o Local cultural center
  - o Local law enforcement
  - o Children's athletic groups or clubs
  - o 4-H clubs
  - o Civic clubs
  - o Boy Scouts/Girl Scouts
- Approach city/county/tribal government departments about posting the video on their Web sites

# Tips for Promoting Pedestrian Safety

within your Community



## 1. Use Community-based Communication

Take advantage of the wonderful community-based resources to spread the word about pedestrian safety. Submit articles into local community newsletters or post information on billboards in community centers. You can also encourage principals and schools to make announcements at school and publish articles in the school newsletter.

## 2. Co-promote with Local Organizations

Join with other individuals and groups that have similar interests in pedestrian safety. Expand your program's reach by reaching out to other key groups such as law enforcement, public officials and parent/teacher associations. You might also consider partnering with your local media to develop public service announcements.

## 3. Engage the Media

Media coverage brings visibility to the issue of pedestrian safety and can shine the spotlight on any changes that need to be made to make it safer to walk. The media help spread the word of the great health, safety, environmental and social benefits of walking. Use the template media materials available in this toolkit as a guide for sending materials to the media.

A few helpful hints in engaging the media include:

- **Use Standard Media Materials:** Draft a news release or media advisory with information on your pedestrian safety-related event or information. Try to keep the length down to one or two pages and offer more detailed information on a Web site or through supplemental materials. Make sure you also keep an updated media contact list.
- **Follow up:** After you have distributed your news release, it is important to follow up with a few key contacts. Don't be afraid to pick up the phone and talk to a reporter or editor about your issue – just make sure you target someone who covers a beat related to safety or schools. For television, the best time to call is between 10am-2pm and 7pm-10pm so that you are not calling during peak news broadcast hours.
- **Seek Opportunities for Co-Promotion:** Approach your local media to discuss opportunities for teaming up on the promotion of pedestrian safety and safe driving around schools. Contact the community affairs department to discuss potential partnerships. This approach typically has to be planned out months in advance but can have huge potential for increasing the visibility of your program.
- **Maintain the Relationship:** Obtain contact information from members of the media that show interest in your story or event. This will help with future stories down the road.



## 4. Use the Web

Web sites are an excellent resource for promoting pedestrian safety and housing additional information such as safety tips, news releases and photos. Seek opportunities for linkage with other popular Web sites in your area, such as tribe Web sites, local newspapers and community forums.

# Template Letter to the Editor



Use the following template as a guide to customize your own letter to the editor regarding pedestrian safety issues in your community. At the bottom of the letter, add the name of the person sending the letter, their organization's name, and community name. In the body of the letter, insert community-specific information in each blank and include additional local information related to the topic. Remember that publications typically have a word limit on their letters to the editor, so try and summarize the essential points first.

Dear Editor:

I am writing to inform [community/location] of the importance of safe walking for Native Americans. The statistics are alarming. American Indians have the highest rates of pedestrian injury and death of any other group in the United States. In fact, adult pedestrian death rates for Native Americans are almost 3.5 times that of whites and 2 times that of African Americans. For Native American children, the pedestrian-related death rate is almost 4 times that of the US.

[Insert additional local-level information on the issue of pedestrian safety in your community. Has there been some specific issue or concern in your community relating to pedestrian safety? Are there specific solutions to these issues?]

As a community, we can all take steps to increase our safety when walking. It is important to walk on the sidewalk or a path beside the road rather than in the road. If possible, walk on the side of the road facing traffic, so you can see what's coming and watch out for blind spots in the road; curves, trees and signs can block a driver's view. Also, wear bright clothing or retro-reflective material and carry flashlights if walking when it's dark.

Drivers also play a big role in keeping pedestrians safe. When driving, slow down in areas where you might expect pedestrians, including schools, parks, parking lots, driveways, along the roadway and at intersections. Always drive at or below the speed limit. Slow down in school areas and watch for children playing and waiting near bus stops.

Everyone can contribute towards making our community a safer place to walk.  
[Include additional contact information or a Web site address for more information].

Name

Organization

# Template News Article



Use the following template as a guide to submit articles to your local school or community newspaper. In the body of the article, insert community-specific information in each blank and include additional local information related to the topic. Where possible, include quotes from community members, such as a principal or student, on pedestrian safety.

## We can all take safer steps for our community

[Date]

[Organization/school name] is encouraging its students, parents/guardians and teachers to take safer steps when walking to and around the school. [An alternative introduction could include a quote from a student on their experience walking to school]

[Insert additional local-level information on the issue of pedestrian safety in your community. Are there particular issues that face students/families walking around the school in your community?]

Please share these safety tips with your friends and family:

- **Walk together:** Younger children should always walk with an adult. Older children who know and practice safe walking may be allowed to walk without an adult, but should still be encouraged to walk with others when possible.
- **Be seen:** Remember, drivers may not be able to see you well. Always wear bright-colored clothes and if it is dark or the weather is bad, carry a flashlight or wear reflective gear.
- **Be aware:** Be aware of your surroundings. Keep your eyes and ears open at all times. Watch out for cars and trucks at every driveway and intersection, and in parking lots. Look for drivers in parked cars. They may be getting ready to move.
- **Stay out of the road:** Walk on the sidewalk or a path beside the road rather than in the road. If possible, walk on the side of the road facing traffic, so you can see what's coming. Watch out for blind spots in the road; curves, trees and signs can block a driver's view or block your view of the cars.

Drivers also play a big role in keeping pedestrians safe. When driving, please slow down in areas where you might expect pedestrians, including schools, parks, parking lots, driveways, along the roadway and at intersections. Always drive at or below the speed limit. Slow down in school areas and watch for children playing and waiting near bus stops.

For more information on pedestrian safety, please visit [insert Web site or use <http://www.saferoutesinfo.org>]



# Tips for Pulling Together

## your Own Video



Video is a very powerful form of communication. We are exposed to video almost constantly via television, movies and the Internet. The good news is that you probably have a very good idea about what makes for a good video because you have seen so much of it!

One thing to keep in mind is that effective videos are usually focused and concise. This means that for a short video piece (around 5 minutes) you want to focus on one main idea. You should be able to sum up your video idea in one very brief statement. Once you have this one idea, how are you going to illustrate it? It helps to plan out how your assets can be used to tell your story. If you find that you are missing a way to illustrate a particular point, it's better to find that out early-on in the planning process, as opposed to while you are in the heat of editing.



- When you are first starting out with making videos, one good thing to do is to start analyzing the video you see everyday. Pay special attention to editing techniques. Record a few different types of videos (commercials, education programs, etc) and watch them over and over, paying close attention to what you are actually seeing and hearing, as opposed to just “watching.” What do you like and what don't you like? Why? How does a certain editing technique make you feel versus another one? Why? Feel free to make notes on what techniques you like and dislike—these can be very valuable when you start to edit your own videos.
- Once you are ready to start working on your video, the first thing you will want to do is gather all of your assets together on your computer. Assets can include video clips, audio clips, images and text. You can use folders to keep things organized; it can be very frustrating to scroll through large lists of files to search for that one particular clip you had in mind. It is also important to name your files in a way that makes them easy to use.
- The next step will be to go through all of your assets and start to craft your story. Video is all about communicating—the point of your video should be to tell your viewers your message. If you have the time, a great way to find out what you actually have in your audio and video clips is to transcribe them. In this process, you will write down the time in the video clip, what's going on in the scene, and what the people on camera are saying. This process is also known as logging. You will also want to make note of clips that work well with your subject matter, that have great visuals, or anything else interesting; in actuality you are starting to edit your video already!

Even if you don't have the time to transcribe all of your video clips, it is still important to write things down. Editing video can get overwhelming if you are not organized. It is very helpful to have at least a written outline of the plan for your video, keeping in mind things like a traditional story arc (beginning, middle and end).

Once you have everything organized and ready to go it's time to start editing!

# Guidance on software editing



Editing video on a computer is known as Non-Linear Video Editing. Because as you are not restricted to a physical medium like videotape, you are free to insert clips anywhere along the timeline of your video that you would like. Most computers these days include some sort of video editing software. On a Windows computer you can use the built-in program Windows Movie Maker. On a Macintosh you can use the free program iMovie.

There are also many video editing programs sold by other companies that come in a wide range of features and prices. There are also free open-source video editing programs available. These programs are usually a little harder to use than their retail counterparts, but you can also usually find help from other users of the programs online.

When you are editing your video, you are essentially taking many small pieces of video and stringing them together in a coherent and unified way. When you join two pieces of video together, you are creating what's known as a transition.

- A “cut” is the most basic form of transition, and often the most effective. A cut usually indicates a change in subject matter or perspective (like when you feature two different speakers).
- A cross fade is a type of transition in which one element fades out while at the same time another element fades in. This type of transition can be effective for showing the passing of time, like when used in a montage sequence.

Many video editing programs include a very wide range of transition effects, but keep in mind that overuse of these sometimes wild effects can have a negative effect on the perceived quality of your video.

When you are editing your video, there are a few ideas to keep in mind.

1. The first one is the pacing of your video. Do you want the pace to be fast or slow? What techniques can you use to achieve this?
2. Another idea to focus on is the coherence of your video. Does the order of things make sense? Will your audience understand what's going on, even if they don't know anything about the subject matter? If not, what can you do to make it easier to understand?
3. One final idea to keep in mind is the overall feel of your video. Do you maintain a consistent style from start to finish? Why or why not? Are there things you can do to make it feel more complete? When trying to answer any of these questions, it can be very helpful to get the opinions of others. When you are heavily involved in your own project it can become difficult to see things objectively. It can also be helpful to take a break and look at your video again later with fresh eyes and perspective.
4. One last thing to remember—computers can often have unexpected problems. Make sure to save your work early and often! If you can, make a backup of your work and save it to a disc or CD-Rom. Most editing programs will save the information about your video as a small file separate from all of your assets.

# Guidance on video for the web



Once you are done editing your video, you need to make it available for others to view. Usually this involves some sort of exporting process from your video editing software. There are often many different options for outputting your video, but in general the files will share one characteristic – they are big! This can be a problem if you want to get your video on the Internet for others to view. If you are producing a video to go online, here are a few basic pointers to keep in mind.

One way to reduce the file size of the video is to reduce the actual size of the video. The “standard” size for web video is 320x240 pixels. Most video editing programs will allow you to output your video at this size. If you are able, you might also want to reduce the frame rate to 15 frames per second (down from the default of 30) and also reduce the audio from stereo to mono. These steps will go a long way towards reducing the file size of your video.

Another very important thing to keep in mind is the format of your video. There are a huge range of video formats used on the Internet. To keep things simple, we will recommend the following:

- If you are using a Windows computer, save your video as a Windows Media Video file (WMV). If you are using a Macintosh computer, save your video as a Quicktime Video (MOV).
- Both Windows Movie Maker and iMovie include profiles for exporting video for the web. These profiles should work well for your needs, but you should also feel free to try other settings to find a good balance of quality and filesize.
- Please also keep in mind that the computer may need to do a lot of processing to save your video file, especially if you’ve used a lot of effects, so don’t be alarmed if it takes a considerable amount of time for your video to be ready.

Once you’ve got your video file, you’ll need to make it available for others to see. If you have your own Web site, you can upload the file and then build a webpage that includes a link for visitors to download the file. If you don’t have access to a Web site, you could try using a service like YouTube or Yahoo Video to upload and share your video.



# Tribal School Zone Safety

## Resource Sheet



## Federal Agencies

### U.S. Department of Transportation

#### Federal Highway Administration (FHWA)

- FHWA administers the Safe Routes to School (SRTS) program funds made available by the Federal SRTS legislation. Their SRTS Website provides information and program guidance for SRTS programs.  
<http://safety.fhwa.dot.gov/saferoutes/>
- FHWA's Pedestrian Safety page contains resources to improve pedestrian facilities in communities.  
[http://safety.fhwa.dot.gov/ped\\_bike/ped/index.htm](http://safety.fhwa.dot.gov/ped_bike/ped/index.htm)
- FHWA's Pedestrian Safety Videos page provides a variety of brief videos with pedestrian safety messages.  
[http://safety.fhwa.dot.gov/ped\\_bike/ped/ped\\_video.htm](http://safety.fhwa.dot.gov/ped_bike/ped/ped_video.htm)
- FHWA's Federal Lands Highway Division implements a Road Safety Audit project on Indian Reservation Roads.  
[http://www.fhwa.dot.gov/flh/technology/ctip\\_newsletter/nl09051.htm#rsa](http://www.fhwa.dot.gov/flh/technology/ctip_newsletter/nl09051.htm#rsa)
- FHWA's Tribal Transportation Planning Website contains relevant statutory and regulatory information, guidance, case studies and links to other pertinent Websites. <http://www.fhwa.dot.gov/hep/tribaltrans/index.htm>
- FHWA's Tribal Technical Assistance Program makes available to Tribes training and education resources to enable local Tribal governments to improve their roads and bridges. <http://www.ltapt2.org/about/ttap.php>



#### National Highway Traffic Safety Administration (NHTSA)

- NHTSA's Pedestrian Safety Program is directed toward reducing pedestrian injuries and fatalities. Their Website contains information and activities for parents/guardians and children.  
<http://www.nhtsa.dot.gov/portal/site/nhtsa/menuitem.dfedd570f698cabbf30811060008a0c/>
- NHTSA's School Bus Safety Program is committed to reducing school bus-related crashes, injuries, and fatalities. The program Website contains information and activities to educate children and adults about safe behavior that reduces the risk of being involved in a school bus-related crash.  
<http://www.nhtsa.dot.gov/portal/site/nhtsa/menuitem.e712547f8daccabbf30811060008a0c/>
- NHTSA, School Transportation-Related Crashes, Traffic Safety Facts, 2004 Data. U.S. DOT HS 809 914.  
<http://www-fars.nhtsa.dot.gov/>
- NHTSA, Resource Guides. TIP # 8: Kids on the move: walking and bicycling safely.  
<http://www.nhtsa.dot.gov/cps/newtips/pages/tip8.htm>
- NHTSA, Resource Guides. TIP # 10: School Bus Stops. <http://www.nhtsa.dot.gov/CPS/newtips/pages/Tip10.htm>
- NHTSA, Kids the School Bus and You. DOT HS 808 423 July 1996.  
[http://nhtsa.gov/people/injury/buses/kidsschoolbus\\_en.html](http://nhtsa.gov/people/injury/buses/kidsschoolbus_en.html)



## U.S. Department of Health and Human Services

### Centers for Disease Control and Prevention (CDC)

- The CDC's Nutrition and Physical Activity Program has developed the KidsWalk-to-School program to increase opportunities for daily physical activity and encourage pedestrian safety. <http://www.cdc.gov/nccdphp/dnpa/kidswalk/>
- CDC's National Center for Injury Prevention and Control produces the Injuries among Native Americans: Fact Sheet, 2006 and provides links to data resources. <http://www.cdc.gov/ncipc/factsheets/nativeamericans.htm>

### Indian Health Services (IHS)

- Indian Health Services is the federal health program for American Indians and Alaska Natives. The Kids Page includes traffic and pedestrian safety activities for teachers and children. <http://www.ihs.gov/PublicInfo/Publications/Kids/index.cfm>

## Tribal Traffic Safety Program Examples

- Navajo Nation Seat Belt/Community Traffic Safety Program. NHTSA Traffic Safety Digest Fall 1998. <http://www.nhtsa.dot.gov/people/outreach/safedige/Fall1998/n5-108.html>
- Wyandotte Tribal Safety and Safe Community Program. NHTSA Traffic Safety Digest Winter 1998. <http://www.nhtsa.dot.gov/people/outreach/safedige/Winter1998/n5-38.html>

## State Departments of Transportation Safe Routes to School Programs

- State Departments of Transportation administer funds provided by the Federal Safe Routes to School Program. Contacts for each state are found at this site. <http://www.saferoutesinfo.org/contacts/index.cfm>

## National Organizations

- National Center for Safe Routes to School (NCSRTS) offers information to assist communities in developing programs to encourage and enable more children to safely walk and bicycle to school. See the SRTS Guide, the Walking School Bus Guide, materials in the NCSRTS Resource Center as well as other resources for training and technical assistance. <http://www.saferoutesinfo.org/>
- Pedestrian and Bicycle Information Center (PBIC) is a clearinghouse for information about pedestrian and bicycle issues. <http://www.pedbikeinfo.org/>
- RiskWatch is a comprehensive injury prevention program designed to give children and their families the skills and knowledge they need to create safer homes and communities. Their Website contains pedestrian safety activities for parents/guardians and children. [http://www.nfpa.org/RiskWatch/parent\\_bike.html](http://www.nfpa.org/RiskWatch/parent_bike.html)
- Safe Kids Worldwide created Safe Kids Walk This Way to prevent pedestrian-related injury to children. Their Website contains information about pedestrian safety issues and programs. <http://www.usa.safekids.org/wtw/index.html>
- The Active Living Resource Center is managed by the National Center for Bicycling and Walking and contains materials and guidance for safe walking in various settings, including the route to school. <http://www.activelivingresources.org/index.php>
- The Walk to School Day Website for events in the USA contains planning information, resources and participant registration. <http://www.walktoschool.org/>

*Note that all links were accessed in January, 2007.*