

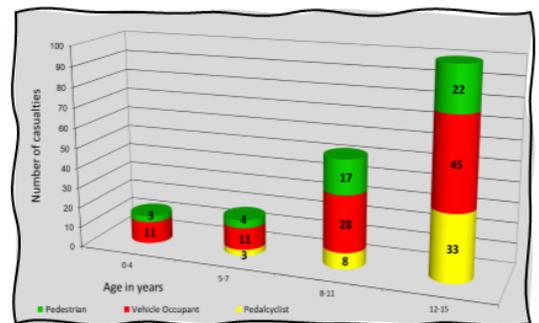
Parent road safety newsletter

Transition road safety advice for parents and guardians of Year 5 & 6 pupils

July 2023

Your child is either starting their journey on to Secondary School soon or asking if they can start to travel to school more independently and you may have some concerns about the transition to this stage.

The Road Safety Team want to support you with the next stage of their journey to and from school, which may be their first regular independent journey.



This graph shows our child casualty statistics in Hampshire in 2020 — 185 casualties aged 0 - 15 years and highlights the increase in casualties as they get older.

Young people are more at risk as they get older and begin to travel independently. With **traffic being the biggest single cause of accidental death for 12—16 year olds**, it is essential your child understands the risks on their peak time journeys to and from school — including why and how they need to make responsible choices to keep themselves safe, whether walking, cycling or travelling in a vehicle.

Read below and overleaf to gain some ideas about how you can help them stay safer on their peak time journey to and from school.

Plan & rehearse their route to school

If your child is currently in year five....have you considered giving them the opportunity to practice their familiar route to primary school or walking half way independently in September?

If your child is currently in year six....your child will be making the transition to Secondary School soon. They may be taking their first independent journey to school - to a new location.

For both scenarios, the questions below are ones you may be considering and hopefully these suggestions will support you and your child with this transition.



- Have they made that route before?
- Have they crossed those roads, at peak time, before?
- Have they crossed any roads independently at peak time before?
- Do they know the route they will be taking?
- Are they walking with friends?

All of these questions can be covered by completing the risk assessment activity above with your child. It suggests you practice the route with them, considering the risks and how they can be minimised. You could use one of their transition days to practice the route with them - when it is busy and at the time of day they will be making the journey.

If you would like a copy of this activity to do with your child, please email road.safety@hants.gov.uk.

What is Routeguard?



Young people enjoy travelling independently and encouraging them to be more active with walking and cycling to and from school will give them a healthier life as an adult.

But, as parents and guardians, you often worry that if they are allowed that level of freedom, they may be exposed to other risks. A new app, Routeguard, helps families plan travel together— providing reassurance for parents and young people alike.

RouteGuard pairs an app on the parent's phone with an app on the young person's device. It runs automatically on your child's phone and, unlike other tracking apps, it allows you to track anywhere on the map system—even if they are off road— sharing their location as they are moving. It also allows the parent or carer to select a series of safe zones or roads to the young person's profile; the parent would then receive a notification if their child moves out of the agreed safe zone.

The Road Safety Team will be promoting this app to all Junior and Primary Schools, and once they have registered, they will receive a code which can be shared with yourselves to enable you to download the application on yours and your child's device. Please contact your child's current school if you are interested in using this application.

Please note, this app has an initial cost attached to it due to the level of accuracy with its tracking; there are alternative free apps which can also be downloaded to track your child's journey to and from school.



Just the Journey map

My Journey and the Road Safety Team have worked together to produce the downloadable map and leaflet for secondary pupils in Hampshire.

The maps have been developed to assist new Year 7 pupils as they adjust to their new, independent travel to secondary school. They allow pupils and parents to plan a safe route to their new school and destination, with highlighted footpaths, cycle routes pedestrian crossings and parking which is available away from the school. It also displays how long the journey will be from your starting point. Use this map to plan your child's safe route with them as well as discussing why the shortest route isn't always the safest. To view the map and leaflet, visit [Just the Journey Map](#).

Hints and tips advice leaflet

On the second page, there are hints and tips for young people to help them make safer, more responsible decisions when travelling to school, whether walking, cycling or getting the bus.



ALWAYS wear a cycle helmet....

Maisie's story

On Thursday 3rd November 2016, Jane Godden received a call which every parent dreads; her daughter Maisie had been involved in a serious road traffic collision whilst cycling to school.

Do you worry that your child doesn't wear their cycle helmet on every journey? During recent workshops with Years 5 & 6, we have been shocked at how many students admit to not wearing one, and often give the following reasons:

- It doesn't fit
- It is uncomfortable
- It looks stupid
- My friends don't wear theirs
- My friends laugh at me
- They are uncool/not very fashionable



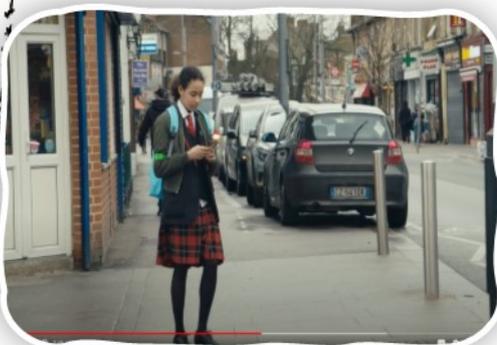
In order to encourage young people to make the responsible choice, we need them to consider the consequences of not riding sensibly or choosing not to wear a cycle helmet.

We would strongly encourage you to watch this video with your child or children; they may have seen it in school but this would allow you to discuss the importance of making those responsible choices on their independent journeys. We all think something like this will never happen to us (as did Maisie) but her story demonstrates that it really can.

Thankfully for her and her family, she made the safer choice of wearing a helmet and is still here to share her story; Maisie wants as many people as possible to hear how wearing a helmet saved her life.

Please visit [Maisie's Story - What do you think - talking about the use of cycle helmets - YouTube](#) to encourage your child to make the responsible choice, like Maisie. It could save their life.

Expect the unexpected.....



Young people put themselves more at risk on or near the roads when they are distracted - talking to friends, listening to music or using their phone to text, view social media or using the camera.

Using our phones takes 80% of our attention and therefore will put young people more at risk. Ensure your child understands the importance of always giving the road their full attention and always expecting the unexpected.

Watch the Department for Transport's campaign video with your child, available to view at [Expect the unexpected.](#)



don't leave your senses at the roadside

Make sure you are aware of what's going on around you
while listening to music outdoors.

For more information, please visit www.hants.gov.uk/roadsafety