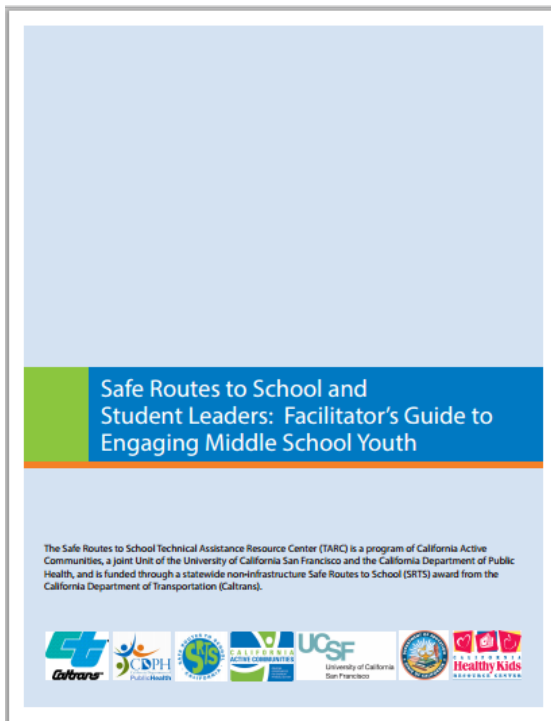


Safe Routes to School and Student Leaders: Facilitator's Guide to Engaging Middle School Youth

Kristin Haukom, M.P.H.

Background on the Guide



- Developed by the Safe Routes to School National Partnership and UrbanThinkers in partnership with Safe Routes to School Technical Assistance Resource Center (now Active Transportation Resource Center)

Guide Objectives

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- Increase awareness of SRTS programs among California middle school students, teachers, adult facilitators, and partners.
 - Provide tools, resources, and strategic activities to support student leadership in the implementation of SRTS program in middle schools.
 - Engage middle school student leaders in planning and hosting activities that will increase the number of students safely walking and bicycling to school while contributing to more pedestrian- and bicycle-friendly policies within schools and communities.
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Youth Leadership and SRTS



- Training and supporting groups of student leaders is an exciting and effective way of engaging schools in safe walking and bicycling promotion.
- Involving student leaders has been proven to be an effective way to promote healthy transportation.
- Collaboration with student leaders will ensure that strategies and activities are ‘cool-proofed’ and fun.

Adult Facilitator

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- The facilitator's role is not to teach the participants, but to help them reach shared goals, such as more students safely walking and bicycling to school, safer school zones, and fewer cars arriving at school.
- The Guide is designed to aid adult facilitators in running a SRTS student leadership project as a part of an after-school program. However, it can be adapted to a student leadership club or classroom project during school hours.

Guide Overview

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- The Guide leads an adult facilitator through two phases of project implementation in ten sessions
 - Preparation Phase (three sessions) to establish a foundation for a SRTS student leader group
 - Campaign Phase (seven sessions) to prepare one of three campaign options, which include events and activities for a SRTS program
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Preparation Phase (PP)

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- PP includes three 90-minute sessions to prepare a student leader group to begin a SRTS campaign.
- PP is about forming the youth group, getting students to know one another, and beginning to work like a team.
- After PP, the student group will choose one campaign to pursue.

Campaign Phase (CP)

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- CP directs student leaders toward action by choosing and implementing one of the three campaigns:
 - Campaign A: More Walk/More Roll - increasing the number of students who safely walk and bicycle to and from school.
 - Campaign B: Safety First - making it safer for students to walk and bicycle to and from school.
 - Campaign C: For Earth's Sake - improving air quality, lowering the school's carbon footprint, and making the school area safer by reducing the number of vehicles arriving at school.
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Sessions at a Glances

Goals

Materials and Preparation

Exercises

Preparation Session 1: Building Group Context

GOALS

- Agree on a list of Group Guidelines.
 - Understand the project's three campaign options so the group can begin thinking about the one they will focus on for Sessions 4 through 10.
 - Record the participants' motivations for choosing to be in a Safe Routes to School student leader group.
- Icebreakers—At the first meeting, come prepared with several five-minute icebreakers and refresher activities, or become familiar with the suggestions in this lesson plan. Information on icebreakers and warm-ups can be found in Appendix A.

MATERIALS AND PREPARATION

Handouts, Templates, and Tools:

- *Safe Routes to School: An Introduction for Student Leaders* handout, in Appendix A—one copy per student.
- *What I Value in Safe Routes to School* handout, in Appendix A—one copy per student.
- A ball or similar object to toss back and forth for a Name Game icebreaker.
- A whiteboard or large sheet of paper to record the suggested Group Guidelines.
- Group Guidelines notes—the nine categories of guidelines (listed within this session) on a whiteboard or projected onto a screen for individuals or pairs of students to read and discuss.

Warm-Up: Names (10 min)



Choose a name game that helps everyone remember each other's name. One example is "Toss-The-Ball."

Toss-The-Ball: In its simplest version, everyone stands in a circle and shares their name. Then, one person is given a ball and is instructed to call out the name of the person he/she will toss the ball to next. This is repeated until everyone has had the ball. To create more of a challenge, you can add a second ball after a minute or two.



If everyone already knows each other's name, ask each person to share something unique about themselves before passing the ball.

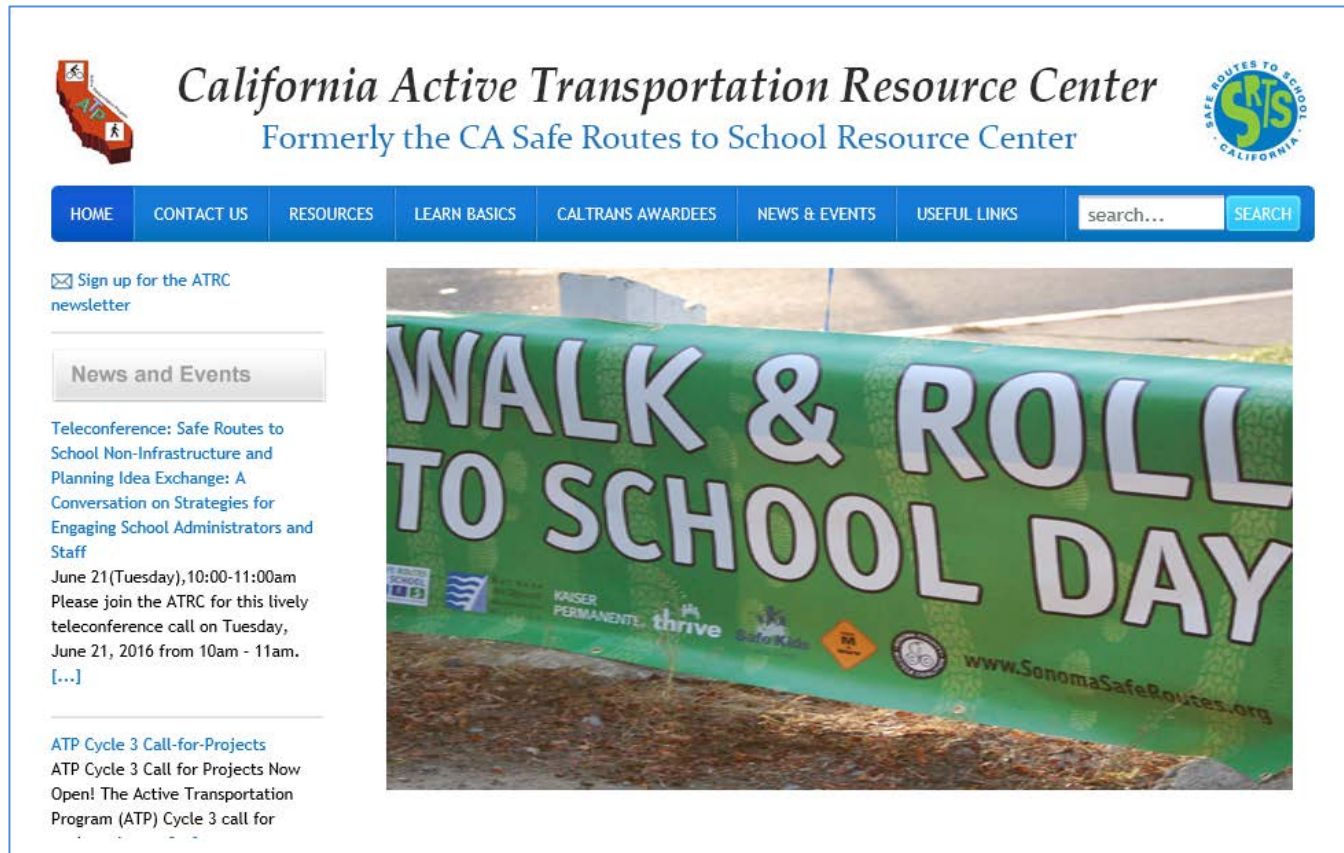
EXERCISES

What Is "Safe Routes to School"? (20 min)

The *Safe Routes to School: An Introduction for Student Leaders* handout provides some background on the significant decreases in the number of students walking to school over the past few decades. In addition to the introductory section at the beginning of the Guide, this handout will enable you to give a brief overview of the program.

Before you distribute the handout, ask the students what they already know about the Safe Routes to School program.

Active Transportation Resource Center



The screenshot shows the homepage of the California Active Transportation Resource Center. At the top left is a logo featuring a red outline of California with a white pedestrian icon and the letters 'ATRC'. To its right is the text 'California Active Transportation Resource Center' in a serif font, with 'Formerly the CA Safe Routes to School Resource Center' in a smaller sans-serif font below it. On the top right is a circular logo with 'SAFE ROUTES TO SCHOOL' around the perimeter and 'SRTS CALIFORNIA' in the center. Below the header is a blue navigation bar with white text links: HOME, CONTACT US, RESOURCES, LEARN BASICS, CALTRANS AWARDEES, NEWS & EVENTS, and USEFUL LINKS. To the right of these links is a search bar with the placeholder text 'search...' and a blue 'SEARCH' button. Below the navigation bar, on the left, is a sign-up section with a checkbox and the text 'Sign up for the ATRC newsletter'. Below this is a 'News and Events' section with a grey button. The main content area on the left contains a 'Teleconference: Safe Routes to School Non-Infrastructure and Planning Idea Exchange: A Conversation on Strategies for Engaging School Administrators and Staff' scheduled for June 21 (Tuesday), 10:00-11:00am. It invites users to join the ATRC for this lively teleconference call on Tuesday, June 21, 2016 from 10am - 11am. Below this is a section for 'ATP Cycle 3 Call-for-Projects' with the text 'ATP Cycle 3 Call for Projects Now Open! The Active Transportation Program (ATP) Cycle 3 call for'. On the right side of the page is a large green banner for 'WALK & ROLL TO SCHOOL DAY'. The banner features logos for 'Kaiser Permanente', 'thrive', 'Safe Kids', and 'RA'. The website address 'www.SonomaSafeRoutes.org' is visible at the bottom right of the banner.

California Active Transportation Resource Center
Formerly the CA Safe Routes to School Resource Center

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☐ Sign up for the ATRC newsletter

News and Events

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WALK & ROLL TO SCHOOL DAY
Kaiser Permanente thrive Safe Kids RA
www.SonomaSafeRoutes.org

www.casaferoutetoschool.org

Questions?



Contact

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- www.CAsaferoutestoschool.org



Thank you!