

MY ROAD TO SAFETY

A journal and activity book



**KEEP
GEORGIA
SAFE**

A FREE K-12 CAR AND ROAD
SAFETY PROGRAM FROM GDOT

FOR STUDENTS

Hey there,

This book was created with you in mind. If you would like to share some of your ideas, grab an adult, take some photos, and send them to us. Learn how at [GARoadSafety.com](https://www.GARoadSafety.com).

FOR TEACHERS

This book was created for grades 3-5 with the GaDOE Standards of Excellence in mind. For a full list of specific standards, go to [GARoadSafety.com](https://www.GARoadSafety.com).

FOR PARENTS AND CAREGIVERS

This road safety activity book from GDOT is available free of charge to all Georgia classrooms in grades 3-5. It's designed to teach students lessons around car and road safety, including:

- Bus and bike safety
- Pedestrian safety
- Distracted driving

Get more resources here!



This Georgia Department of Transportation program is funded through the Highway Safety Improvement Program (HSIP). The purpose of this core Federal-aid program is to achieve a significant reduction in traffic fatalities and serious injuries on all public roads, including non-State-owned roads and roads on tribal land.

This book is made possible by



Let's keep Georgia
roads safe for all.



It's not just your family and
friends looking out for you.

Now you know the Georgia DOT is, too!

All About Me!



Name:

Grade:

Age:

School:

Teacher:

How I get to school each day:

I love this about my school:

Where I live:

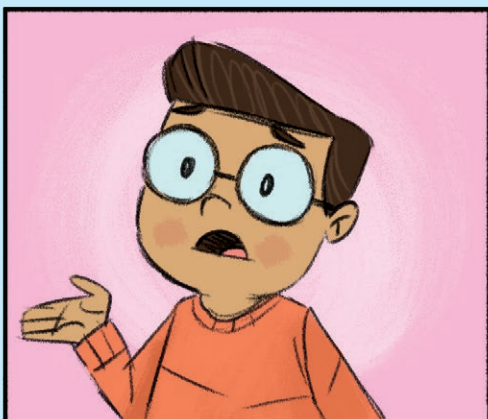
I love this about my neighborhood:

Two fun things to know about me:

Why I think it's important to be safe on the road or in a car:

We Need You!

You might think, "Why me?"



Kids are smart. You are smart.

Adults listen to smart kids.

We have 7 tips for ways kids
(yes, kids!) can be safer on the road
and in the car.

These are important topics,
and we need your ideas, too!

Use this book for your road and safety ideas.



Write



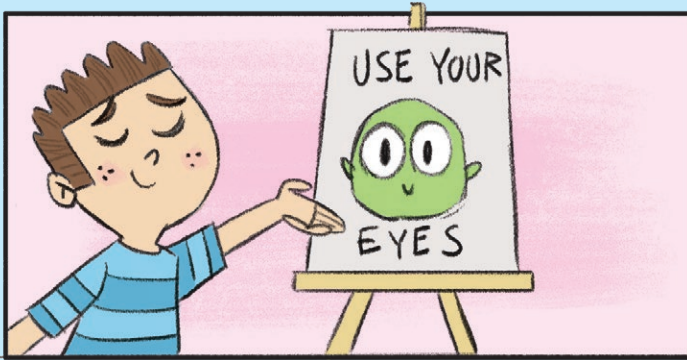
Draw



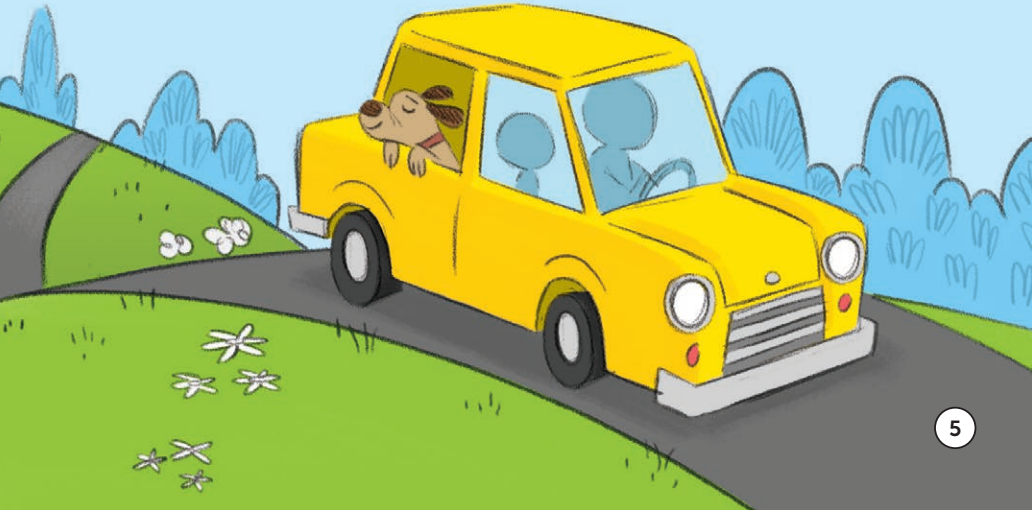
Create

Then share with others.

Our ideas + your ideas = **genius.**



Let's go.



Tip #1

BUCKLE UP

Seatbelts work.
They save lives.

It doesn't matter if you are in the family van or your grandpa's sports car.

Wearing your seatbelt is one of the smartest things you can do on the road.

Research shows seatbelts save around 15,000 lives a year.



Explain why **SEATBELTS MATTER**

GDOT needs you to help keep Georgia safe.
Write a letter to someone important in your life,
encouraging them to buckle up.

_____ Date

Dear _____,

Sincerely,

Tip #2

Be smart during school PICKUP and DROPOFF

It can be exciting when you first get to school in the morning and REALLY exciting to leave in the afternoon.



But always follow school rules
and watch where you're going.



HOW I WILL BE CAR & ROAD SAFE



Write down how you plan to be safe in each of these places. Then add your own ideas at the bottom.

BEFORE SCHOOL

AFTER SCHOOL

IN THE CAR

IN MY NEIGHBORHOOD

ON THE BUS

IN A PARKING LOT

Tip #3

PAY ATTENTION WALKING ON SIDEWALKS AND STREETS

You might always **PAY ATTENTION** when you're walking.

Maybe. Possibly. Probably not.

Even if you can say this:

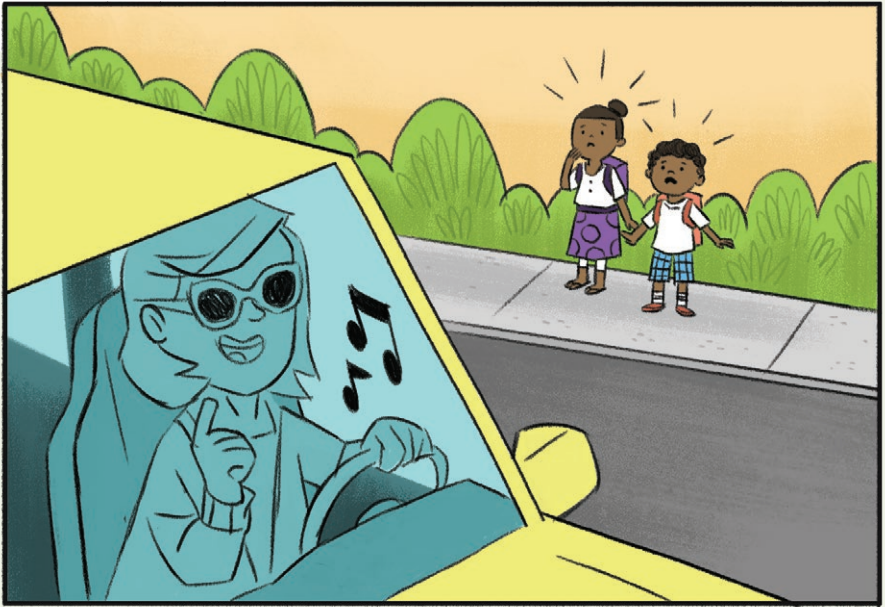
“I'm not using a phone.”

“I'm not distracted by a squirrel.”

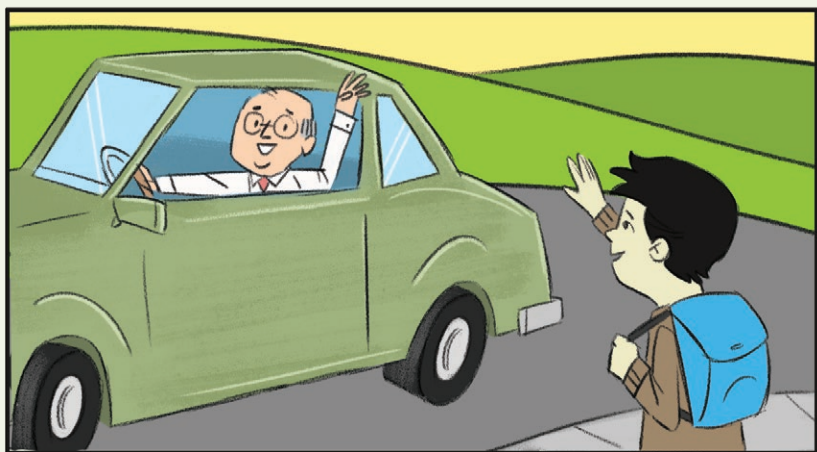
“I'm walking where everyone can see me.”

You should still remember the

GDOT rule: SEE AND BE SEEN!



Make sure the driver **sees** you!



And make sure **you** see
the driver at all times.



How You Can See & Be Seen

How can you follow the rule of **SEE AND BE SEEN**?
Use this space to draw, write, doodle, and create
your own ideas.

SEE

BE SEEN

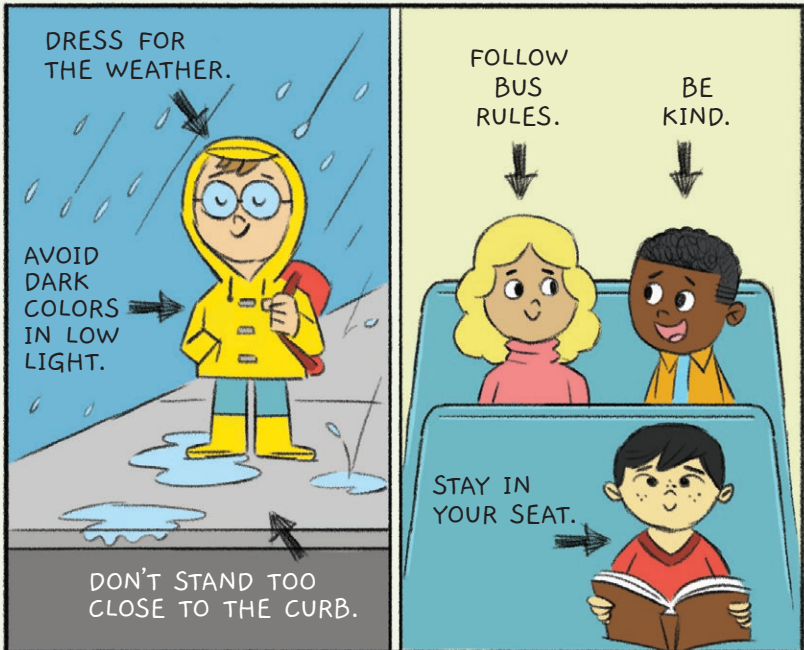
The page features a 2x2 grid of drawing spaces. The top-left space is labeled 'SEE' and contains a drawing of a folded sheet of paper. The top-right space is labeled 'BE SEEN' and contains a drawing of a rectangular sheet of paper. The bottom-left space contains a drawing of a sheet of paper with a row of seven circles along its top edge. The bottom-right space contains a drawing of a sheet of paper with a row of seven circles along its top edge.

MAKE GOOD BUS CHOICES

The bus driver already has a lot to think about.



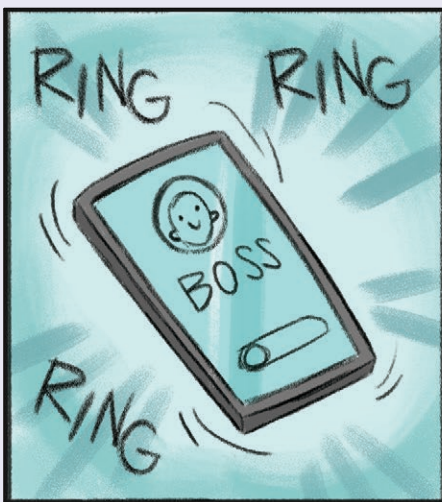
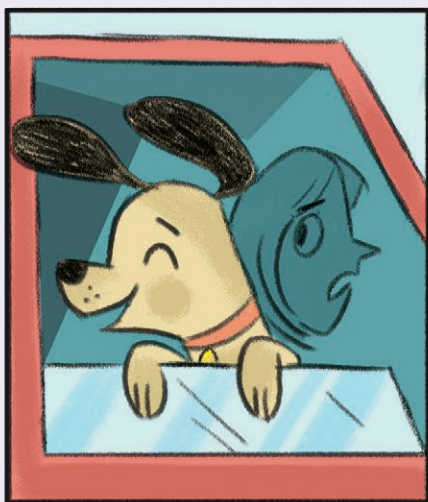
Let's help our bus drivers out!



Tip #5

DON'T BE A DISTRACTION

There's already a lot going on in a car.



CTION IN THE CAR

As a passenger in a car, you often add to those distractions without even knowing it.



Stay in your seat, and let the driver drive.
By doing this, you make the
roads safer for **everyone**.

Use a **GROWTH MINDSET** For Distractions

It's not easy to get rid of distractions, but **you can** with a growth mindset.

When you have a growth mindset, you believe your brain can grow and learn many new things.



What are three ways a driver can get distracted in a car?

1. _____
2. _____
3. _____

Why is this bad?

How can passengers help?

HOW CAN I HELP?

Here's what I'd say to help people remember it's important to put phones down:

The Power of **SPEAKING UP**

My Ideas
#5

When you learn to speak up, it can come in handy. It could even save lives. Write down your ideas to encourage others to be safer in the car and on the road.



Here are three traits I think encouraging people have:

1. _____
2. _____
3. _____

Here's something I want to **encourage someone** about road safety:

Here's why this is an important topic:

Here's something I'm going to do on my own:

Here's how I'm going to encourage others in my family to help out:

Tip #6

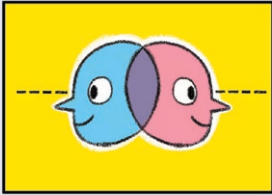
Follow all Rules for Crossing the Street

Here are the basics.

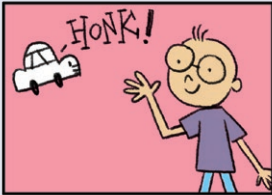
Yes



Cross at intersections and always use crosswalks. If available, push the walk button. Then wait and follow instructions.



Look left, right, and left again as you cross.



Keep an eye out for turning cars. They might not see you!

No cartwheels, listening to music, or playing on a phone or tablet.

No



Road Safety HABIT TRACKER



Use this safety habit tracker for crossing the street, riding your bike, and other road safety goals. How many different goals can you accomplish in a week?



ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT

Tip #7

BE SAFE ON

There's one **HUGE** thing you can do while riding your bike, scooter, and skateboard.

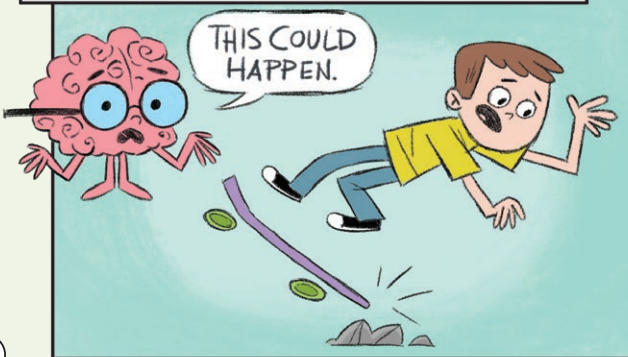
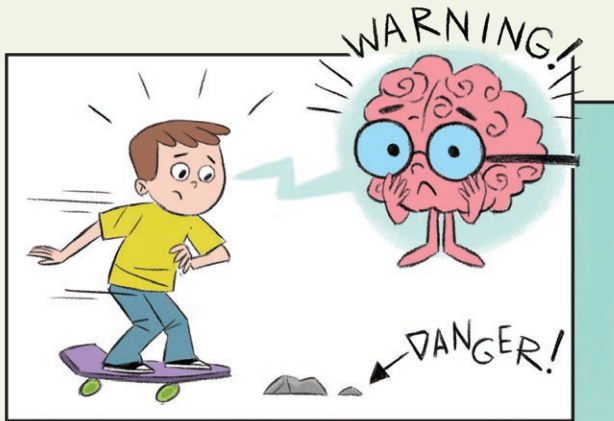
Wear a helmet.

Here's why it matters.

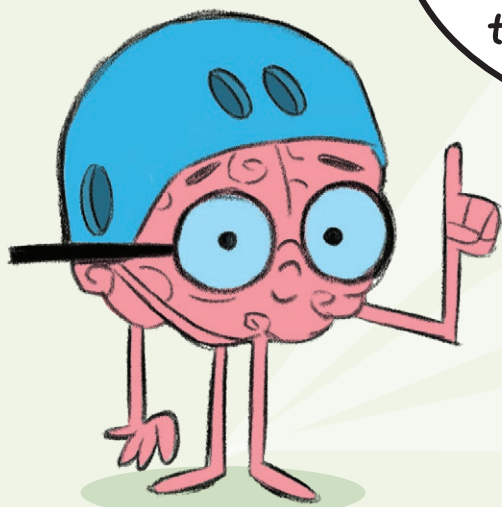
Your skull is hard, but your brain is soft.

When you wear a helmet, you are protecting one of the most important organs in your body.

This means you're **TWICE** as likely to keep your brain safe and healthy.

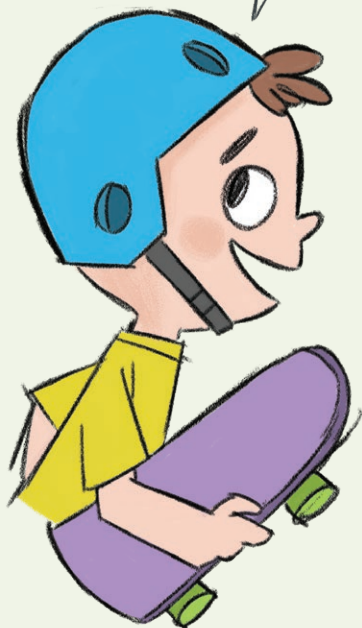


WHEELS



So wearing a helmet is like saying thank you to your brain.

THANKS BRAIN
OLD BUDDY!



More Bike Safety Rules



Go with the flow of traffic, not against it.

Yield to traffic.

Stay alert.

Always look before turning.

Watch for parked cars.

See and be seen.

Wear bright or reflective clothing.

My Ideas
#7

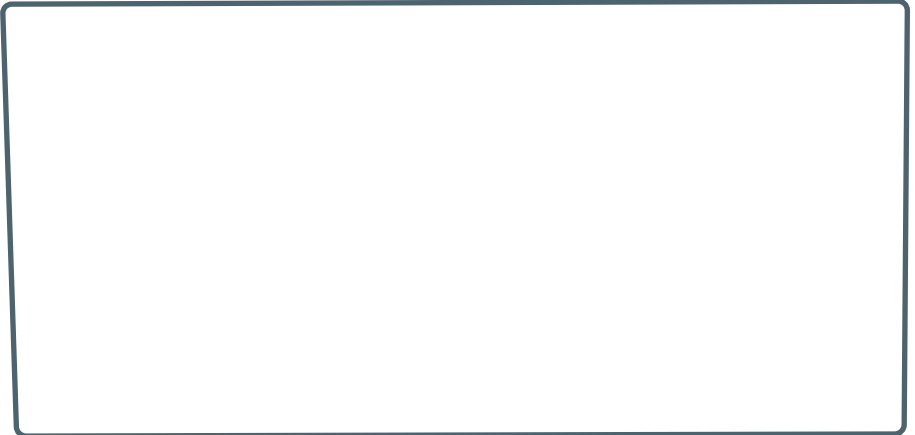
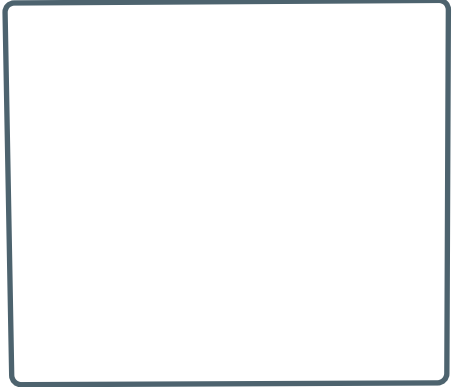
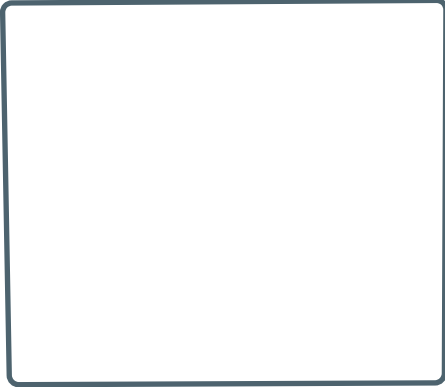
BIKE SAFETY POSTER

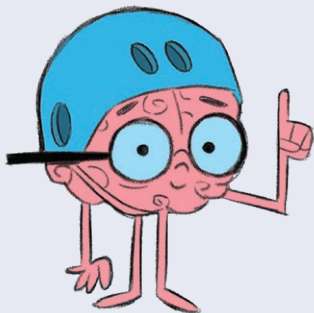
Create a poster to help get the word out to watch for bikers in your neighborhood.



KEEP GEORGIA SAFE

Create your own comic scene about road and bike safety.





Checking in on Road Safety

Solve the crossword to see what you learned about road safety.

ACROSS

2. It's one of the biggest organs in your body.
4. When drivers are smart on roads, they keep kids _____.
5. In 1788 this state became official



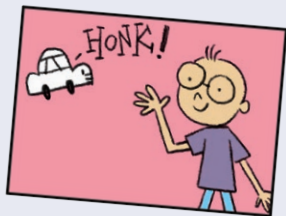
3

4

5

1

2



DOWN

1. This is a great way to get around on two wheels.
2. Before we can go, you need to "_____ up."
3. This big word can be a big problem for drivers.
5. When you have a _____ mindset, you keep trying.

Let's Review

Thanks for doing your part to keep Georgia safe. Let's take a look at those 7 things you can do regularly!



- 1. You can buckle up.** You can keep yourself and your family and friends safe every day with this one.
- 2. You can be smart during pickup and drop-off.** Don't forget to always be on the lookout, even in school parking lots.
- 3. You can pay attention when walking.** Whether you're near school or in your neighborhood, remember to see and be seen.
- 4. You can make good bus choices.** Remember to be safe both before you get on the bus and while riding.
- 5. You can promise not to be a distraction in the car.** Let the driver stay focused to keep passengers safe.
- 6. You can follow rules for crossing the street.** Look for that crosswalk, and push the button.
- 7. You can be safe on wheels.** Remember the importance of that helmet, no matter what you're riding.

We hope you'll share your ideas with others, too!

Write, draw, create, and share your ideas!

This book is part of Keep Georgia Safe, a free K-12 car and road safety program from the Georgia Department of Transportation.

Find more activities like these, including videos,
a virtual game, and an online field trip at

www.GARoadSafety.com



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