Walking Without Looking

Staying Safe in a Distracted World: Keep Your Head Up and Eyes Open!



OBJECTIVE:

Students will actively experience how distractions impact pedestrian safety and identify strategies for safer crossing.

TIME REQUIRED:

45-60 minutes

MATERIALS:

- Video player
- Worksheet

PREP:

Have videos and worksheets ready.

POWER UP YOUR LESSON:

Meme It—Pedestrian Edition: Students create a school-appropriate meme on their device that highlights distracted walking or pedestrian safety. Under their meme, they add a one-sentence "real talk" safety tip in their own words.

Viral or Nah? After sharing memes as a class, answer: Which meme do you think would get the most attention at your school? Why?

LESSON

In today's world, it's easy to get distracted by phones and friends while walking. This lesson helps students recognize the risks of distracted walking and spot the dangers, and empowers them to create fun digital messages that promote safer pedestrian habits.

1. Opening Question: Pedestrian Safety

Start with a class discussion: If you're walking with friends and everyone is looking at their phones, how do you make sure you all cross safely? Are you paying attention or just following everyone else?

2. Watch and Reflect

Show one or both of the videos below available from WVRoadReady.wv.gov. After viewing, ask students to share their initial reactions.

- Video 1: How You Can Be a Defensive Driver
- Video 2: Myths About Speeding

3. Discussion Questions: Facilitate a group conversation using these prompts:

- What are the biggest risks for pedestrians in your community?
- How does being a teen change the way you walk or cross streets (e.g., headphones or earbuds, socializing, walking at night)?
- What strategies can help you and your friends stay safe?

4. Worksheet Activity: Spot the Risk

- The worksheet "Spot the Risk" has students analyze brief distracted-walking scenarios, identify risky behaviors, and suggest safer choices.
- The worksheet also includes a "Safe or Risky?" habits checklist, a prompt to write a safety tip, and a reflection on teen distractions.
- Students can work alone or in groups, then review answers together as a class.

5. Closer: Your Pedestrian Safety Pledge

- Invite students to write down one specific action they will take to be a safer pedestrian—such as putting their phone away at crosswalks or reminding friends to look both ways.
- Discuss together! Consider posting student pledges on the wall.

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