Overview
This module will look at ways different organizations are educating and encouraging youth to be safe bicyclists and pedestrians. Education and encouragement activities for this age group take a variety forms and intend to impart healthy habits for life. Since children see, hear, and process information differently than adults, education programs must be crafted specifically with the child’s developmental ability in mind. Many communities are taking part in the federal “Safe Routes to School Program” which incorporates education, encouragement, engineering, enforcement, and evaluation into the program. This model has been successful in communities across the country and internationally. Bicycle Rodeos or skill camps, “earn a bike” programs, road safety education, and other similar interventions encourage hands-on training in a safe, fun, and supervised environment for greater learning in young students.

Learning Objectives
- Explain the causes and consequences of fewer children walking and biking to school.
- Identify components of successful youth encouragement and education programs for active transportation.
- Design and evaluate a program for a community-based youth bicycling education.

Suggested Use
- Professional Development
- Graduate Level
- Undergraduate

Time Required
- Less than 1 hour
- 1 hour
- 2-3 hours
- Half-day Workshop
- Full-day Workshop

Instructions
1. Discuss learning objectives & give brief overview of the day
2. Give lecture “Bicycle and Pedestrian Education and Encouragement Programs for Youth”
3. Break for discussion and questions
4. Circulate handouts and evaluations
5. Assignment

Lecture
“Bicycle and Pedestrian Education & Encouragement Programs for Youth”
1. Causes & consequences of decreased physical activity in youth
2. Considerations when working with youth
   a. Learning styles
   b. Age appropriate materials
   c. Parental involvement
3. Program Types
   a. Encouragement
      i. Safe Routes to School programs (Bike + Walk Days, Walking School Bus)
   b. Education & Safety
      i. Safe Routes to School
Bicycle Rodeos & Camps

Earn a Bike Programs

4. Discussion

Suggested Materials and Handouts

- Safe Routes to School Fact Sheet
- “An Organizer’s Guide to Bicycle Rodeos”
- Sample pedestrian safety lesson plan for educators

Assignment

1. Creating an Education and Encouragement Program Outline
2. Safe Routes to School Program Observation or Interview
3. Safe Routes to School Case Study Discussion

Suggested Readings


Related Modules

- Adult & Family Education
- Universal design
- Encouragement programs