



Service Learning Worksheet

Lesson Topic: Distracted Walking

What's the Point?

This lesson is designed to be to teach for both middle and high school students about the dangers of distracted driving, walking and bicycling. The materials provided in the reference section of the discussion guide on this topic should be used by teens to not only teach each other about the dangers distracted drivers pose to pedestrians and bicyclists but also how you put yourself at risk by walking and bicycling distracted. This topic can be incorporated into a civics course, a public speaking course, a health class or a physics class. Please feel free to adapt it to fit your curriculum goals and time constraints.

Objectives

- Students will learn how to properly fit a bicycle helmet.
- Students will learn about traumatic brain injuries and how lives change as a result of those injuries.
- Students will commit to wearing properly fitted helmets when out bicycling.
- Students can examine why more teenagers and adults don't wear bicycle helmets.
- Students can look for ways communities and advocacy groups across the country are working to change this and how they can help.

Brainstorm Session

Determine the main points you want the audience to walk away with. Develop a question or activity to grab their attention. Remember to tailor your messages to the audience. Messages for peers are likely to be different than those for younger teens and parents.

Action

Use ideas developed in the brainstorming session and conduct research to determine your next steps. This includes setting a specific topic or topics on which to focus your activities. You should also determine whether this is a short term or long term project (like a campaign).

Research

Activity

Evaluation

Personal Reflection
