

ENCOURAGEMENT

Stepping Out to Summer

Stepping Out to Summer is a complimentary initiative of the Massachusetts Safe Routes to School (SRTS) Program designed to engage and educate elementary and middle school students on the health and environmental benefits of walking and bicycling. This interactive program also focuses on the importance of safety skills and reviews critical pedestrian and bicycle safety techniques.



✓ Keep the Momentum Going!

Stepping Out to Summer sessions are a great way to keep the Safe Routes to School momentum going in your community. Additionally, they can help boost the number of students adopting safe and active modes of transportation to school and in your local neighborhoods each day.



Students participate in a round of pedestrian and bicycle safety trivia in Acton.

✓ Types of Activities

Stepping out to Summer actively engages elementary and middle school-aged students in safe bicycle and pedestrian practices through a variety of fun activities including:

Trivia— A fun way to engage students and reinforce pedestrian and bicycle safety. We'll break students off into teams with each student getting a chance to spin the trivia wheel, answer safety related questions, and win prizes.

Pedestrian Safety— An interactive way for students to learn about proper ways to walk on the street, sidewalk, crosswalk, and in parking lots. We'll train adult volunteers, or older students to help teach the lessons. Students will then be break up into small groups where they will learn in a structured, real-world context, that will be easy for them to recall when applying these learned safety skills.

Bicycle Safety— A SRTS bicycle safety trainer will teach the basics of bicycle safety in each interactive session, challenging the students to demonstrate the skills they just learned.

Students will learn:

- Why biking is good for you
- How to properly fit and wear a bike helmet
- Proper clothing to wear while biking
- Simple bike maintenance and rules of the road



Students learn how to check a bike for safety in Mansfield.

✓ Hold a Session

Like many aspects of the SRTS program, Stepping Out to Summer is customizable. The flexibility that we offer allows us to work with you to build a program that best fits the specific needs of your school or community. Whether it is indoors or outside, a few students or many, we can work to make sure the program works for you.

For more information contact your Outreach Coordinator, or call us directly.

Massachusetts Safe Routes to School
888-426-6688

www.mass.gov/safe-routes-to-school

massDOT
Massachusetts Department of Transportation

