SURAKSHA SCHOOL TOOLKIT

Ages 11-13

Middle school (Classes 6 to 8)

Students begin travelling independently - walking, cycling or using public transport. They respond to data, real stories and responsibility. This is the best age to build habits before any riding begins.

INSIDE THIS PACK

- 5 ready-to-teach lesson plans
- 2 printable activity sheets
- A take-home letter and pledge card for parents
- Teacher notes and a term planner

Free to print and photocopy for classroom use. A homegrown citizen movement for safer roads across India.

Lesson plans 1

LESSON 1 - 35 TO 40 MINUTES

Cycling safely in traffic

Helmets, lights and reflectors, riding single file, hand signals, and never using a phone or earphones while cycling.

- Bike check demonstration: brakes, tyres, chain, lights, bell.
- Practise the three hand signals in the playground.
- Close: agree the class cycling code.

LESSON 2 - 35 TO 40 MINUTES

Reading the road

Indian road signs and markings: what solid lines, broken lines, yellow boxes and speed limit boards actually instruct drivers to do.

- Use the Suraksha Road Signs deck, slides on markings and signals.
- Quiz in teams of four.
- Close: each student photographs one sign on the way home.

LESSON 3 - 35 TO 40 MINUTES

Phones down, heads up

Distraction is now a leading cause of crashes. Walking or cycling while on a phone removes your most important safety sense.

- Attention experiment: count passes while distracted.
- Discussion: where do you see distracted walking or riding?
- Close: a one-week phones-down-on-the-road commitment.

LESSON 4 - 35 TO 40 MINUTES

Being a safe passenger

Seat belts in every seat, never distracting the driver, and speaking up respectfully when an adult speeds or uses a phone.

- Role-play: how to ask an adult to slow down without an argument.
- Discuss rear seat belt use and why it matters.
- Close: write the sentence you will actually use.

LESSON 5 - 35 TO 40 MINUTES

The golden hour and helping safely

What to do if you witness a crash: call 112, stay safe yourself, and how the Good Samaritan law protects helpers.

- Teach the 112 call script: where, what, how many, injuries.
- Explain the Good Samaritan protections in plain words.
- Close: save 112 in every student's phone.

ACTIVITY SHEET - AGES 11-13

Sheet 1 - Spot the hazard

FOR THE TEACHER

Project or print four street photographs from near your school and number them to match the boxes.

Name: _____ **Class:** _____ **Date:** _____

1 Mark the hazards

For each photograph, sketch the scene and circle every hazard you can find - parked vehicles blocking sight, a missing footpath, a blind turn, wrong-side riding.

Photo 1 | Photo 2 | Photo 3 | Photo 4

2 Explain the biggest risk

Pick the most dangerous hazard you found. Write what could go wrong and one change that would fix it.

3 My cycle safety check

Check your own cycle before the next ride.

- ☐ Both brakes work.
- ☐ Tyres are inflated and the chain is clean.
- ☐ Front light, rear reflector and bell work.
- ☐ My helmet fits and the strap is buckled.
- ☐ No earphones while riding.

ACTIVITY SHEET - AGES 11-13

Sheet 2 - Emergency response card

FOR THE TEACHER

Students complete and keep this in their bag or wallet. Verify each emergency contact is real.

Name: _____ **Class:** _____ **Date:** _____

1 My 112 call script

Write exactly what you would say: your location with a landmark, what happened, how many people are hurt, and whether the road is blocked.

2 My emergency contacts

Write two family contacts with phone numbers, your blood group, and any allergy or medical condition.

3 What a helper must do

Tick the correct actions at a crash scene.

- ☐ Check that it is safe before approaching.
- ☐ Call 112 immediately and stay on the line.
- ☐ Do not move a person with a possible neck or back injury.
- ☐ Press firmly on heavy bleeding with a clean cloth.
- ☐ Stay until help arrives; the Good Samaritan law protects you.

TAKE HOME - AGES 11-13

A note for parents

Dear parent or guardian, your child is starting to travel on their own - walking, cycling or taking a bus. This term they covered safe cycling, reading road signs and markings, the risk of phone distraction, being a safe passenger, and what to do at a crash scene. Please note that riding a geared or motorised two-wheeler is illegal at this age and unsafe under any supervision.

Five things to do at home this month

1. Do not allow your child to ride a motorised two-wheeler. It is illegal under 18 and the leading cause of teenage road deaths in India.
2. Buy a cycle helmet and a rear reflector, and check the brakes and lights once a month together.
3. Wear your own seat belt and helmet without exception. Your child is watching and copying.
4. Agree a family rule: no phone in hand while walking, cycling or driving, for adults too.
5. Save 112 in your child's phone and talk through what they would say in an emergency.

CUT ALONG THE DOTTED LINE - BRING BACK TO SCHOOL

Our family takes the Suraksha Pledge

We promise to wear helmets and seat belts, to keep phones down on the road, to never ride a motorised vehicle under 18, and to call 112 and help if we ever witness a crash.

Child's name and class

Parent or guardian signature

TEACHER NOTES - AGES 11-13

Term planner and teacher notes

MONTH	LESSON OR ACTIVITY	TAKE-HOME HABIT
June	Lesson 1 - Cycling safely	Monthly cycle check
July	Lesson 2 - Reading the road	Photograph one sign
August	Sheet 1 - Spot the hazard	Walk the school zone
September	Lesson 3 - Phones down	One phone-free week
October	Lesson 4 - Safe passenger	Rear seat belts at home
December	Lesson 5 - Golden hour	Save 112 in the phone
January	Sheet 2 - Emergency card	Family contact card
February	Poster campaign	Display in the corridor

Notes for the teacher

- Use real Indian crash data rather than warnings. This age group trusts numbers and stories over instructions.
- Never show graphic crash imagery. Describe consequences plainly instead.
- Make the emergency card a real, keepable object - laminate it if you can.
- This is the last age at which habits form easily before riding begins. Be firm about the under-18 rule.

Bring a Suraksha volunteer to your school

Schools can request a volunteer-led session, placard kits and the School Road Safety program at no cost. Write to contactus@surakshaindia.org or visit surakshaindia.org/partner with your class strength and preferred dates.