

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

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.

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.

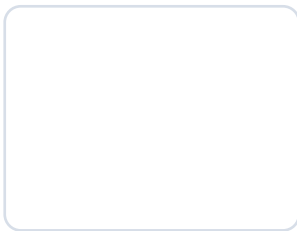


Photo 1

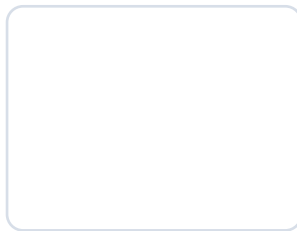


Photo 2

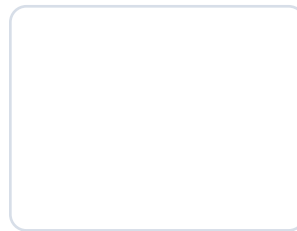


Photo 3

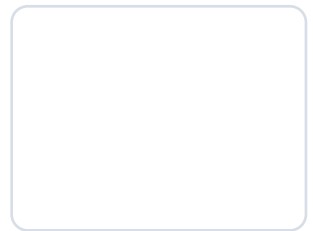


Photo 4

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.

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.

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

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.