

Ages 14-18

Secondary and senior secondary (Classes 9 to 12)

These students are tomorrow's riders and drivers - and some already ride. Treat them as young adults: give them the data, the law, and leadership roles. Peer influence works better than instruction at this age.

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

The five fatal behaviours

Over-speeding, no helmet, no seat belt, phone use while driving, and drunk driving - with Indian crash data and honest classroom discussion.

- Open with national and state crash numbers.
- Small groups take one behaviour and present the evidence.
- Close: an anonymous show of hands on which behaviour they see most at home.

LESSON 2 - 35 TO 40 MINUTES

Licences and the law

Legal riding age, learner's licence rules, the Motor Vehicles Act penalties, and why under-age riding risks lives and futures.

- Walk through the learner's licence process on Parivahan and Sarathi.
- Cover penalties, including guardian liability for under-age riding.
- Close: a myth-busting quiz on what is and is not legal.

LESSON 3 - 35 TO 40 MINUTES

Speed, braking and physics

A science-based session: how braking distance grows with speed, why monsoon roads double the risk, and what a 40 km/h impact does to the human body.

- Calculate stopping distances at 30, 50 and 70 km/h.
- Discuss reaction time and the wet-road multiplier.
- Close: link the maths to the local speed limit near school.

LESSON 4 - 35 TO 40 MINUTES

The Good Samaritan and first response

Calling 112, basic bleeding control, hands-only CPR awareness, and the legal protections for citizens who help crash victims.

- Practise the 112 call and scene-safety check.
- Demonstrate direct pressure and the recovery position.
- Close: read the Good Samaritan protections aloud.

Lesson plans 2

LESSON 5 - 35 TO 40 MINUTES

Designing safer streets

An introduction to road engineering and civic responsibility - why footpaths, crossings and signals exist, and how citizens can demand them.

- Study the school zone: speeds, footpaths, crossings, lighting.
- Groups propose three low-cost fixes.
- Close: prepare the findings for the principal or local corporator.

Sheet 1 - School zone safety audit

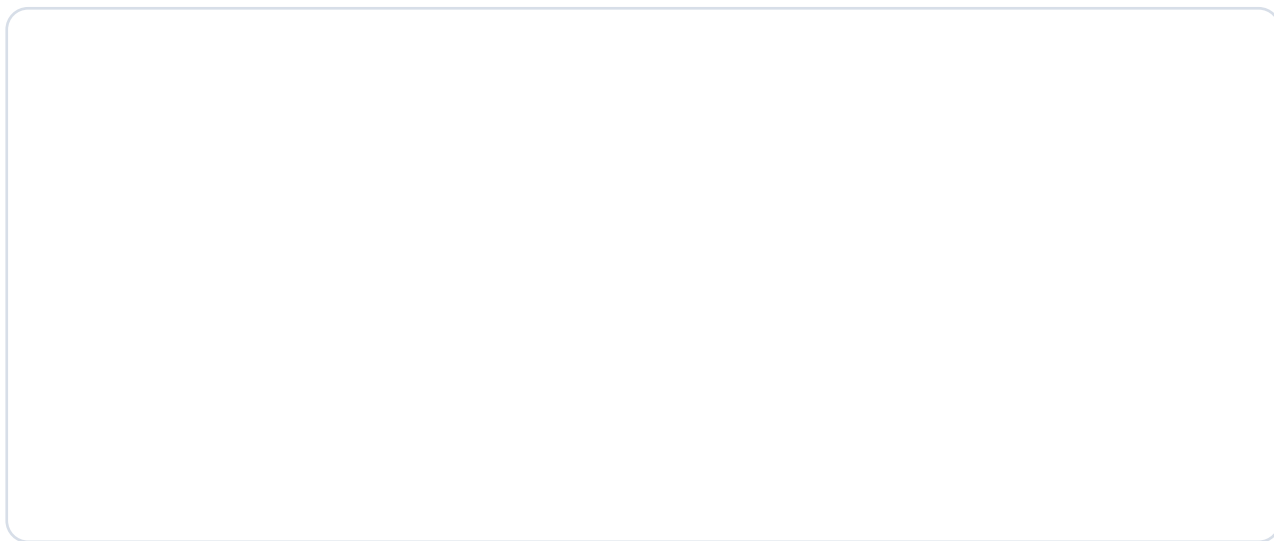
FOR THE TEACHER

Run in groups of four within 500 metres of the school gate. Collate the findings into one submission to the principal.

Name: _____ Class: _____ Date: _____

1 Map the zone

Sketch the 500 metre area around the school gate. Mark footpaths, crossings, signals, speed breakers, street lights, parking and the pick-up point.



2 Record what you observed

Note vehicle speeds, helmet and seat belt compliance, wrong-side riding, footpath encroachment and lighting after dark.

3 Three fixes we recommend

For each, write the problem, the proposed fix, and who can authorise it - the school, the traffic police or the municipal body.

Sheet 2 - Know the law and the numbers

FOR THE TEACHER

Students verify each answer on parivahan.gov.in or morth.nic.in and cite the source.

Name: _____ Class: _____ Date: _____

1 Research and answer

What is the minimum age for a gearless and a geared two-wheeler licence? What is the penalty for riding without a helmet, and for an under-age rider? Who is held liable?

2 Stopping distance maths

Calculate total stopping distance at 30, 50 and 70 km/h using a one-second reaction time, then double it for a wet road. What does that mean outside your school gate?

3 My commitment as a future driver

Tick only what you will commit to.

- ☐ I will not ride any motorised vehicle until I hold a valid licence.
- ☐ I will wear a helmet on every ride, including as a pillion.
- ☐ I will wear a seat belt in every seat.
- ☐ I will never use a phone while riding or driving.
- ☐ I will never travel with a driver who has been drinking.

A note for parents

Dear parent or guardian, your child is at the age when road risk rises sharply. Young riders aged 15 to 24 account for a large share of India's road deaths. This term they studied the five fatal behaviours, licensing law, the physics of speed and braking, first response at a crash scene, and how safer streets are designed. The single most protective decision a family can make is to refuse a vehicle to an unlicensed rider.

Five things to do at home this month

- 1 Do not hand over a motorised two-wheeler or car before your child holds a valid licence. Guardians are legally liable for under-age riding.
- 2 Buy a certified full-face helmet that fits, and replace any helmet that has taken an impact.
- 3 Agree a no-questions-asked rule: your child can call you for a ride home at any hour instead of travelling with a drunk or reckless driver.
- 4 Model the behaviour yourself - speed, seat belt, helmet, phone. Teenagers notice every exception you make.
- 5 Talk through the stopping distance maths together. Data convinces this age group more than warnings do.

CUT ALONG THE DOTTED LINE - BRING BACK TO SCHOOL

Our family takes the Suraksha Pledge

We promise that no one in this family rides without a valid licence and a helmet, that seat belts are worn in every seat, that phones stay away while driving, and that no one ever travels with a driver who has been drinking.

Child's name and class

Parent or guardian signature

Term planner and teacher notes

MONTH	LESSON OR ACTIVITY	TAKE-HOME HABIT
June	Lesson 1 - Five fatal behaviours	Family conversation at home
July	Lesson 2 - Licences and the law	Check family licences
August	Sheet 1 - School zone audit	Submit to the principal
September	Lesson 3 - Speed and braking	Stopping distance maths
October	Peer helmet campaign	Gate campaign week
November	Lesson 4 - First response	Save 112 and learn the script
December	Lesson 5 - Safer streets	Present to the corporator
January	Suraksha club sessions	Seniors teach juniors

Notes for the teacher

- Give leadership away. A senior-led gate campaign changes behaviour more than any teacher-led talk.
- Be honest about what students already do. Judgement closes the conversation; data keeps it open.
- Never show graphic crash imagery. Use numbers, law and lived consequences instead.
- Send the school zone audit to the traffic police and the local corporator - a real response teaches civic power.

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.