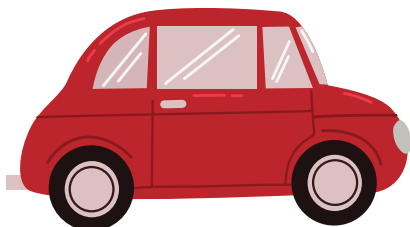
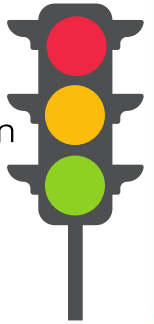


Road Safety

Roads are essential to our everyday lives, and we all use them in one way or another, that's why it's important to keep one another safe when on the road.

What follows are some ideas for teaching autistic children and young people about road safety:

- Before beginning to reflect on how you are both feeling: It is best to teach something new when you are all feeling calm and safe.
- Communicate in a way that makes sense to the individual: This may be one or many of communication methods such as symbols, written word, Makaton, photographs, or speech.
- Provide distractions: If the person struggles staying safe beside a road try and provide distractions. This might look like a music player or playing a game such as 'I spy'.
- Teach risk and consequence: In order to develop an understanding of risk you could use a wide range of resources such as picture books, YouTube clips and visual stories. Some people may respond better to logical, information; For example, if you run into the road, you might get hurt.
- Role play: Practice road safety with different role play scenarios. For example, drawing a chalked path outside with toy cars. There are also some virtual reality experiences that can help to bring the scenario to life.
- Teach the concept of stop, go and wait, through simple games and day-to-day activities.
- Teach the process of safely crossing a road step-by-step. Include on here the need to use designated pedestrian crossings; that way the process will be much more consistent and much safer. Remember that someone may need visual or audio representation to back up the spoken word.



- Think sensory: Roads can be busy, sensory-filled places. Could a change in behaviour be due to sensory differences? Try and find out what specifically is causing the problem and look at what tools could be implemented. For example, sunglasses for bright car lights, ear defenders for the noise of the cars or carrying a favourite fragrance to counteract the smell of exhaust fumes.
- Consider special interests: Some people may be interested in certain types of transport and when they see that transport, they have an urge to run over. Could you turn this into a game of 'I spy' or a scavenger hunt style game where they must cross off on paper when they have spotted certain types of transport.
- Check out the website www.brake.org.uk. This road safety charity site is packed with lots of helpful information.

