



# The WalkStreet Journal

A NEWSLETTER OF THE UNIVERSITY OF MIAMI WALKSAFE™ PROGRAM  
ISSUE 9, FALL 2011

## LETTER FROM THE DIRECTOR

Welcome to the fall issue of *The WalkStreet Journal*! In this issue we bring you the latest updates on our Special Education Curriculum, now available online, which emphasizes pedestrian safety for children with special needs; our various community outreach events; interesting research about pedestrian safety; and also the latest on BikeSafe™ program news. We are very excited about this upcoming month when WalkSafe will join children and adults in more than 40 countries around the world on International Walk to School Day (IWALK)!

**Gillian Hotz, PhD**  
WalkSafe™ Program Director  
University of Miami Miller School of Medicine



## COMING UP THIS MONTH...

### WALKSAFE is Back in Town!

Being a safe pedestrian is a year-round responsibility... but in the **first week of October**, WalkSafe is a priority in Brevard, Broward, Collier, Miami-Dade, Monroe, Polk, Orange, and Volusia counties, where our educational program will be implemented county-wide. With IWALK on October 5<sup>th</sup> and Halloween approaching, there is no better way to “treat” our children than with pedestrian safety education and the WalkSafe™ Statewide Poster Contest! Visit [www.walksafe.us](http://www.walksafe.us) for details.

Oct. 3 <sup>rd</sup>	Oct. 4 <sup>th</sup>	Oct. 5 <sup>th</sup>
Video & In-Class Discussion	Street-Crossing Simulation	Poster Contest Activity



On October 5<sup>th</sup>, WalkSafe will be raising awareness of pedestrian safety issues and celebrating the benefits of walking to and from school at Charles R. Drew Elementary School in Miami, Florida. The IWALK pep rally, walk, and assembly will be filled with fun and excitement, with special guests from University of Miami athletics, the Miami HEAT, Miami-Dade County Public School Board, and local police departments are scheduled to attend.

# WALKSAFE™ SPECIAL EDUCATION CURRICULUM NOW ONLINE!

The WalkSafe™ Special Education Curriculum is now available online for schools, families and communities to access for free. Anyone may create a login and password, or use their existing login information, to download all lesson plans and materials from the website. The curriculum was designed using recommendations and strategies from special education teachers, paraprofessionals, adaptive physical education coaches, and parents. The curriculum's interactive vocabulary video introduces students to pedestrian lingo and shows the simplicity and benefits of being a safe pedestrian. After using the curriculum, be sure to complete the Curriculum Completion Form found on the Materials page of [www.walksafe.us](http://www.walksafe.us) (Resources tab).

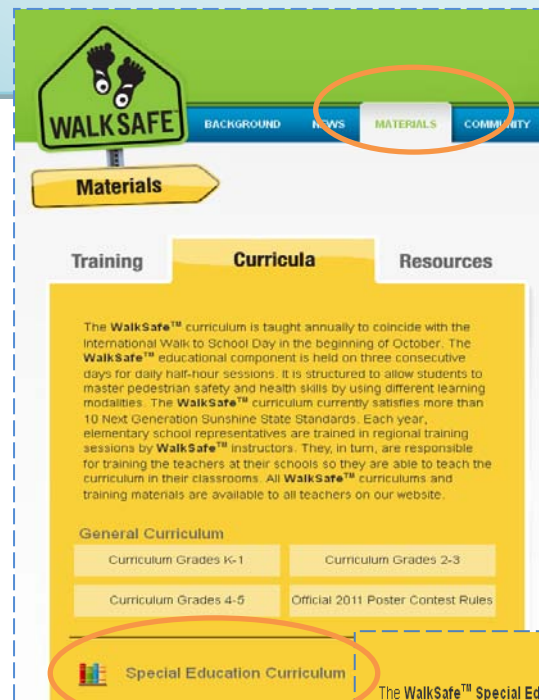
It's Simple! To use the Special Education Curriculum go to the WalkSafe website, click on the Materials tab and download the curriculum!

## WALKSAFE ON THE WEB

The WalkSafe™ Website makes it easy for school representatives and teachers to implement our three-day educational curriculum.

**Remember:** All of the materials are available online, including the curricula, videos, and Official Statewide Poster Contest Rules! Also, after program implementation, complete our Curriculum Completion Form and Teacher Survey!

**Moving towards inclusion...**One of the new features of our website is the Special Education Curriculum. These lesson plans and materials are designed for children with all types of exceptionalities who are in special education classes.



The WalkSafe™ Special Education Curriculum consists of five lessons with instructional, modeling, and creative modules and enhanced learning tools for students with cognitive and/or physical impairments. The structure of the curriculum facilitates reinforcement of knowledge and skills, and allows teachers to easily incorporate the activities into their daily lesson plans. The curriculum has been tested and shown to improve mastery of pedestrian safety concepts among students with special needs.

Curriculum

FOLLOW US ONLINE!



Become a fan of Facebook and follow us on Twitter! Posts include invitations to future events and the inside scoop on what's going on within the program. WalkSafe has hundreds of followers... Join the force! Also be sure to check out our Teacher Training Videos and instructional videos for children on our YouTube page at [youtube.com/WalkSafeProgram](http://youtube.com/WalkSafeProgram).

# PEDESTRIAN SAFETY NEWS

## FROM RESEARCH TO REAL LIFE: Useful knowledge from science!

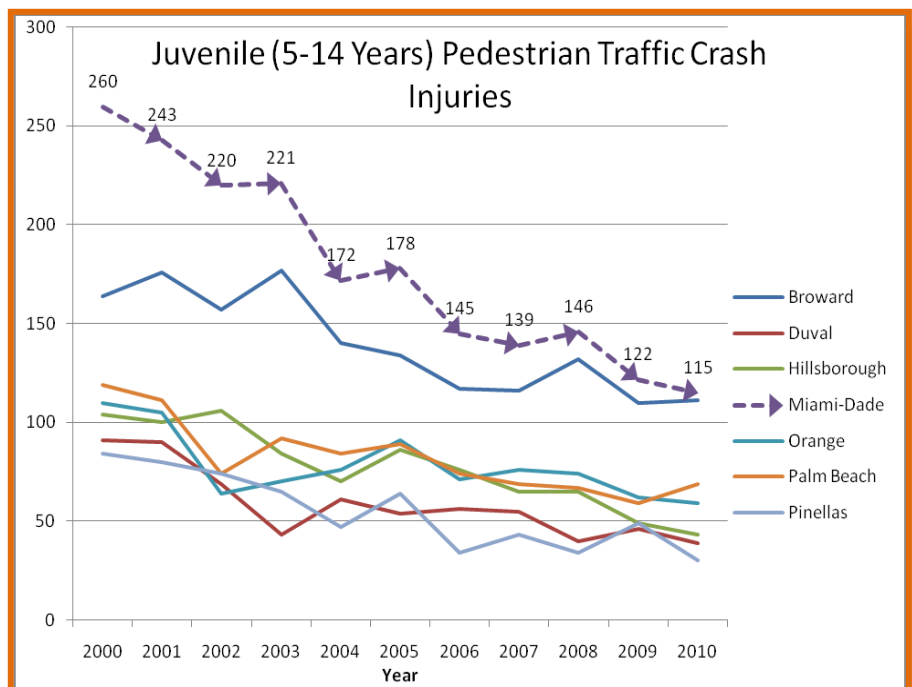
Parental influence on the behaviors of children when crossing the street could potentially put children in danger. Research has shown unintentional injury is a leading cause of death for children ages 1-14 in the United States. Dads tend to allow more risk-taking in play activities and real life than moms do. However, results of this particular study showed dads are also more protective of their daughters and do not allow them to engage in the same level of risk as they do their sons. To prevent children from being injured, parents should model the correct behaviors when crossing a street. Educating children on *why* certain situations are dangerous will help develop their understanding of risk and increase their likelihood of crossing the street safely. Kids can also benefit from knowing safe places to walk and how to use pedestrian signals. Families can take a stroll around the neighborhood and make a game out of finding sidewalks, crosswalks, and pedestrian signs and signals along the route. Walking to or from school with your children and their friends can also provide opportunities to practice walking safely.

## SO FAR, SO GOOD!

Since 2001, the WalkSafe™ program has strived not only to reduce the number of pedestrian-hit-by-car incidents in Miami-Dade County, but to serve as a model program that can be applied to any school, any community, nationwide. The nearly decade long implementation of this program has been associated with a substantial decrease in the number of children ages 0–14 hit-by-cars. We hope to continue this downward trend, but we cannot do it alone. Please take the time to visit our website at [www.walksafe.us](http://www.walksafe.us) and fill out the Community Survey under the community tab. Your input is valuable in assisting us with getting help where it is needed.

Here are a few easy tips for parents to make sure they are practicing safe habits with their kids:

- (1) **STOP!** Before looking both ways and crossing the street always stop walking.
- (2) **Look left, right, and then left again** before walking across the street.
- (3) **Hold hands with children** while crossing the street. Research suggests an association between fewer incidents of injury and closeness to a parent while crossing the street.



# REACHING OUT THROUGH OUTREACH

The WalkSafe™ and BikeSafe™ Programs educated 242 people at three outreach events in Miami-Dade County over the summer. WalkSafe attended *The Village South Health Fair* in June, bringing awareness to community members of health improvement resources and conducting workshops on proper lifestyle choices. *The City of Miami* hosted a Back to School Event in Coconut Grove on July 29, where children were bused from Parks and Recreation summer camps. Staff displayed materials and gave away prizes to kids who demonstrated the proper way to be a safe pedestrian. WalkSafe™ Program staff also made an appearance at the *Sunny Isles Beach Public Safety Awareness Day*. Demonstrations by the Venom Response and K-9 Units drew enthusiastic crowds to check out the wild snakes and talented canine officers of the police departments. Another big thrill for attendees was the Seatbelt Safety Simulator, which showed audience members the importance of a seatbelt in action.



## WHAT'S NEW WITH BIKESAFE

This summer, BikeSafe was able to educate 141 children on the essentials of bicycle safety at three Miami-Dade County Parks and Recreation Summer Camps. In July, BikeSafe received a generous donation from the Everglades Bike Club's *Daniella Izquierdo Injured Cyclist Fund*. From this donation, BikeSafe acquired 12 brand new youth bikes and helmets from *Mack Cycle* for use in program implementation. On July 24<sup>th</sup>, BikeSafe™ staff attended the *"Bike Miami Days' 150<sup>th</sup> Birthday of the City of Miami."* At this event, BikeSafe provided families and children with bike safety materials and offered assistance with the bike drills being set up along with other organizations at the event. On August 25<sup>th</sup>, BikeSafe™ staff offered a free bike safety seminar to the seven young men living at *Emmaus Place*, a housing facility for young men who are transitioning from foster care to the working world. Seeing as a bicycle is the primary mode of transportation for these young men, they learned the basics of riding safely in traffic, FL law as it relates to bicycles.

FOLLOW US ON FACEBOOK  
AND TWITTER AND LOOK OUT  
FOR THE LAUNCH OF OUR NEW  
WEBSITE!

[WWW.IBIKESAFE.US](http://WWW.IBIKESAFE.US)



# INSIDE WALKSAFE

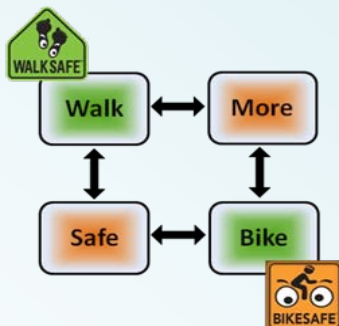
## SRTS CONFERENCE

In mid August, WalkSafe attended the Safe Routes to School National Conference in Minnesota where over 600 providers, teachers, and enforcement agents from around the country attended. At the conference, we presented our work on the revised WalkSafe™ pedestrian safety curriculum for children with special needs, and our annual school transportation surveillance system in two separate Break-Out Sessions. WalkSafe also led one of the main Topic Sessions entitled, *“Injury Prevention through Community Transformation”* with invited guest David Henderson from the Miami-Dade Metropolitan Planning Organization. The conference was successful in providing WalkSafe a national platform to present our various new projects which were enthusiastically received.



## TASK FORCE MEETING

WalkSafe conducted its Annual Task Force meeting for community partners and stakeholders to report on the projects and initiatives that have been implemented over the past year. This year marked the tenth anniversary of the WalkSafe™ program and included presentation of initiatives such as the education curriculum implementation at 100% of MDC elementary schools (over 140,000 kids), development and pilot of a special education curriculum, walking school bus, International Walk to School Day, crossing guard policies and initiatives, numerous outreach events, and BikeSafe. WalkSafe thanks all of the participants in this year’s event and we look forward to another 10 years!



## Staffbook



### WalkSafe/ BikeSafe



We continue to grow!  
Welcome Carolina Rios M.A,  
Kristian Figueras M.S,  
Jonathan N. Hooshmand ,  
and Jasmine Reid to the  
team!

August 1 at 11:04am · [Like](#) [Comment](#) ·

Questions or comments?  
Contact the WalkSafe™ office:

(305)243-8115

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