

WORKSHEET 1: Choices

Think about the choices that we make every day as road users and the impact that they have on our safety.

List as many of these choices, good and bad, as you can. Write the choices that you make as a cyclist on the right and that drivers make on the left.

DRIVERS

CYCLISTS



DRIVERS

CYCLISTS



WORKSHEET 2: Safety Precautions

Think about the safety precautions that you take when you are out cycling on the road. List examples of the things you wear and the way you behave to make sure that you are a safer cyclist.



WORKSHEET 3: Don't Forget

Think about the scenes in the advertisement. Have you ever experienced any of these? Write three examples in the table below. Describe what happened, whether you or the other person involved followed the correct behaviour or not, and how you felt.

1

2

3

WORKSHEET 4F: Bus Lanes

Answer the questions below using the information from the DVD.

- Why are Bus Lanes there? Who has the right to use them?
- Where should you position yourself in the lane and why?
- Why should you never cycle up the inside of a bus? What are the dangers?
- What should you be wary of when overtaking a bus on the outside?
- What is the simple rule to remember about blind spots?
- What should you try to avoid on your route?

WORKSHEET 4G: Advanced Stop Lines

Answer the questions below using the information from the DVD.

- What are Advanced Stop Lines? Where do you find them?
- Which road users are allowed into the green box?
- What is the purpose of Advanced Stop Lines? How do they help cyclists?
- Why is it important for cyclists to make eye contact with drivers in high seated positions?
- What are the rules for cyclists at traffic lights?

WORKSHEET 5: Who I am?

Think about the different aspects of your life that would be affected if you suffered a head injury.

In the first box below, write about your personality.
Are you, for example, funny, chatty, shy or adventurous?

In the second box write about the things that you enjoy doing or are good at. For example, do you play football or write stories?

In the third box write about how your life would change if you had a brain trauma and lost parts of your personality or the ability to use your skills or do your hobbies.

MY PERSONALITY

MY SKILLS & HOBBIES

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LIFE AFTER A BRAIN TRAUMA

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WORKSHEET 6: Being Independent

Think about the impact that a serious head injury could have on your life. If you could not feed yourself, or walk, or talk – how would it affect you?

Below list some examples of the things that you do regularly, and write about what it would be like to have to rely on other people to do these things for you all the time.

Example:

THINGS THAT I DO

WHAT IT WOULD BE LIKE IF I COULDN'T DO THESE THINGS MYSELF?

GO TO THE SHOP WITH MY FRIENDS

- CAN'T WALK TO THE SHOP.
- DON'T GET TO CHOOSE WHAT I WANT.
- MISS MY FRIENDS.
- DON'T GET TO GO OUTSIDE ON MY OWN.
- LONELY AND BORED.

THINGS THAT I DO

WHAT IT WOULD BE LIKE IF I COULDN'T DO THESE THINGS MYSELF?
