

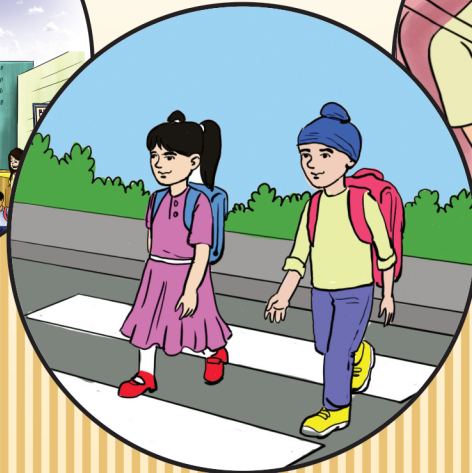
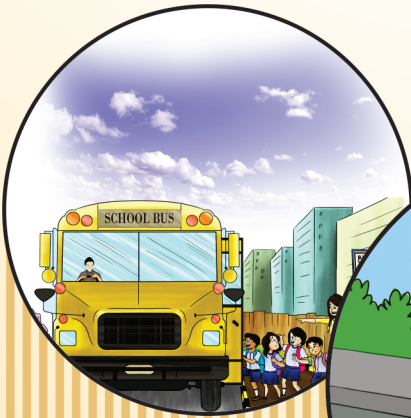


**MULYA VARDHAN**  
ENHANCING CIVIC  
ENGAGEMENT

# TRAFFIC AWARENESS AND ROAD SAFETY

— | **Student Book** | —

**Std - VI**



**State Council of Educational Research and Training  
Government of Goa**

---

**Edition** : January, 2018  
**Revised print** : June, 2019  
**Revised print** : June, 2021  
**Published by :**  
S.C.E.R.T., Government of Goa, Alto-Porvorim  
Shantilal Muttha Foundation, Pune  
Desh Apnayan Sahayog Foundation, Mumbai

**Printer :**  
© All rights reserved by publisher

---

<b>Content Lead</b>	: Dr. Garima Tailang - Desh Apnayan Sahayog Foundation
<b>Subject Matter Experts and</b>	: Mr. Dharmesh Angle- Dy. Superintendent of Police (Traffic), Goa Police
<b>Contributors</b>	: Mr. Pradeep Velip, Traffic Education Cell, Goa Police The late.Shri. Gurunath Kelekar, MARG
<b>Reviewed by</b>	:
<b>Goa Teachers</b>	: Ms. Anagha Sandeep Warlikar, St. Minchael H/S Taleigao Mr. Sebastiao D'costa, Holy Cross H/S, Bastora, Bardez Mr. Suraj Haldankar, Dnyanprassarak Vidyalaya, Mapusa Mr. Gurudas Sawant, The progress H/S- Panjim Mr. Amul Nadkarni, Our lady of the Rosary H/S Taleigao
<b>Shantilal Muttha Foundation</b>	: Ms. Meghana Desai, Ms. Deboshree Bhattacharjee



ENHANCING CIVIC  
ENGAGEMENT

# Traffic Awareness and Road Safety

## STUDENT BOOK

Std-VI

Student book consisting of concepts in detail  
and worksheets for students

Name: .....

School: .....

Division: .....

*Approved for pilot by -*

**State Council of Educational Research and Training (S.C.E.R.T.)**  
**Government of Goa**



# Contents

## Topic 1 - Bicycle rules ..... 1

- 1.1 General bicycle safety rules ..... 1
- 1.2 Different parts of your cycle and how to maintain it ..... 2
- 1.3 Safe places to ride ..... 3
- 1.4 Riding on road junctions ..... 3
- 1.5 Signal-controlled junctions ..... 3
- 1.6 Dos and don'ts of bicycle ride ..... 4

## Worksheets and Handouts ..... 5

- Record sheet - Activity 1 - Chart making ..... 5
- Worksheet 1 - Write a story by using the picture sequence ..... 6
- Worksheet 2 - Name the parts of a bicycle ..... 7
- Worksheet 3 - Decision making: Fill the empty boxes ..... 8

## Topic 2 - Bus travelling ..... 9

- 2.1 Rules for bus safety ..... 9
- 2.2 Don't disturb the driver ..... 10
- 2.3 Good habits ..... 10

## Worksheets and Handouts ..... 12

- Worksheet 1 - Join the dots ..... 12
- Worksheet 2 - Dos and don'ts of bus travel ..... 13

# Topic 1 - Bicycle rules

- 1.1 General bicycle rules
- 1.2 Choosing and maintaining your cycle
- 1.3 Safety equipment and clothing
- 1.4 Safe places to ride
- 1.5 Riding on road junctions
- 1.6 Signal controlled junctions
- 1.7 Dos and don'ts of bicycle rides

## 1.1 General bicycle safety rules

1. Always wear a properly fitted bicycle helmet to protect your head - every time you ride.
2. Use a bicycle that is the appropriate size for you, not one that is too big.
3. Before you ride, make sure you don't have any loose clothing, drawstrings, or shoelaces; they can get caught in your cycle chain and make you fall.
4. Before you ride, have an adult to check the air in your tyres and also if the brakes are working before you ride.



5. Wear bright-coloured clothes so that others can see you at all times of the day.
6. Stay alert at all times; never listen to music when riding. Pay attention and watch for cars, people, and other cyclists around you.
7. Don't cycle at night. If you must ride, make sure your bike has reflectors and lights and wear retro-reflective materials on your ankles, wrists, back and helmet.
8. Before you enter any street or intersection, check for traffic by looking in all directions to make sure no cars or trucks are there.
9. Obey traffic laws, including all the traffic signs and signals.
10. When riding on the road, always ride on the left-hand side (same direction as traffic).
11. Ride predictably - ride in a straight line; don't weave in and out of traffic.
12. Look for debris\* on your route that could cause you to fall off your bicycle, like trash, stones, and toys.
13. Ride bicycle in the cycle ine.

\*Debris – Scattered rubbish or remains on the road like stones, sand, etc.



## 1.2 Different parts of your cycle and how to maintain it

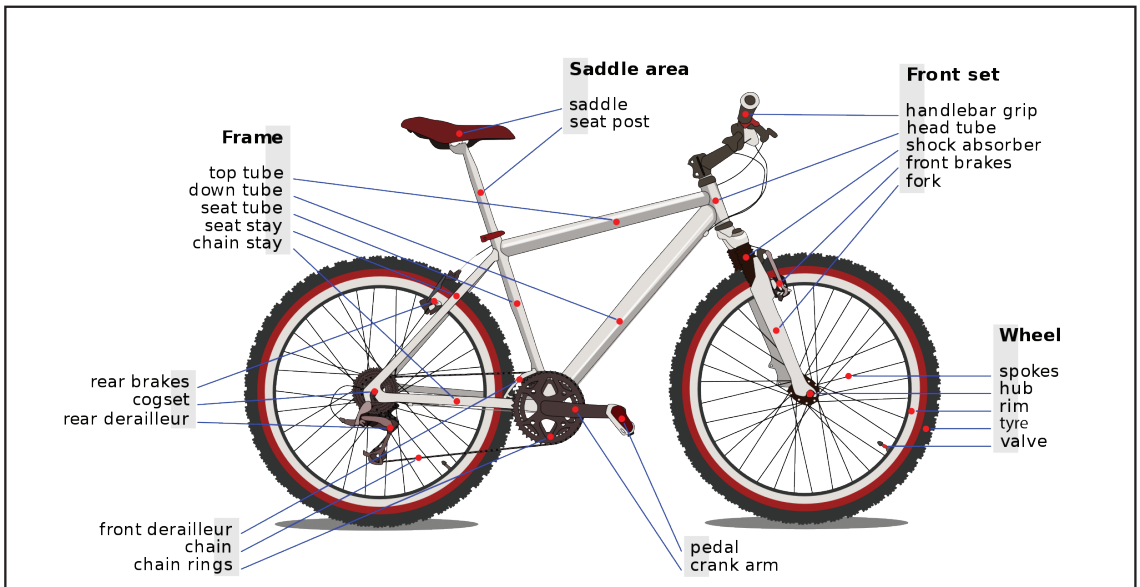


FIG: Parts of bicycle

### Checkpoints before you start riding -

1. Always choose the right-sized cycle for comfort and safety.
2. Make sure lights, bell and reflectors are kept clean and in good working condition.
3. Check tyres, make sure they are in good condition, and are inflated to the pressure recommended for cycling.
4. Check brakes. Ensure they are working correctly.
5. Ensure the cycle chain is properly adjusted.
6. Ensure the saddle is adjusted to the correct height.
7. Fit a bell and use it when necessary to warn other road users, particularly visually handicapped and partially-sighted pedestrians.



## 1.3 Safe places to ride

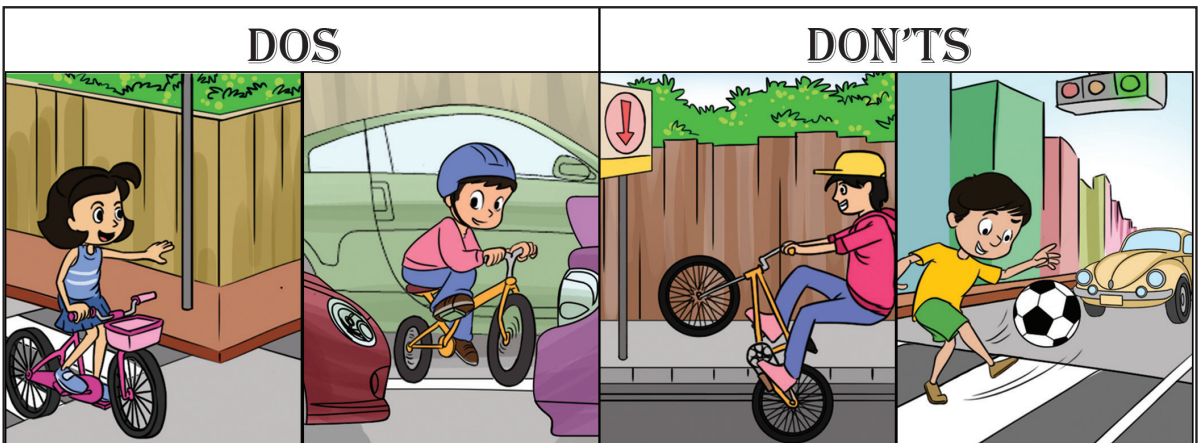
1. Roads are not safe for riding a cycle especially main roads and highways where the traffic is moving speedily. Children below the age group of 10 years shouldn't ride on these roads.
2. Use the extreme left side of the road while riding and avoid pavements or footpaths.
3. Adults should accompany children while riding on the roads.
4. Ride cycles near your home street and inform adults about the place.

## 1.4 Riding on road junctions

1. Watch out for vehicles turning in front of you from or into a side road.
2. Do not overtake from the left the vehicles that are slowing down to turn left.
3. Pay particular attention to long vehicles, which need a lot of room to manoeuvre\* at corners. Wait until they have completed the manoeuvre.
4. When turning right, check the traffic behind you, check the traffic signal and when it is safe move to the centre of the road.
5. Wait until there is a safe gap in the traffic before completing the turn.
6. Obey the rules of traffic lights; use stop lines.

## 1.5 Signal-controlled junctions

1. Traffic signals are also applicable to cyclists. You must not cross the stop line across the road when the lights are red.
2. Some junctions have advanced stop lines, which enable cyclists to position themselves ahead of the other traffic. Use them wherever provided.

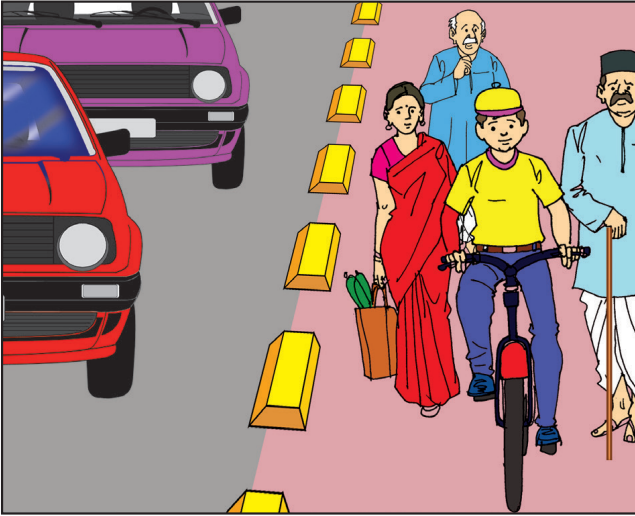


\*Manoeuvre – A cleverly planned action to handle a difficult situation



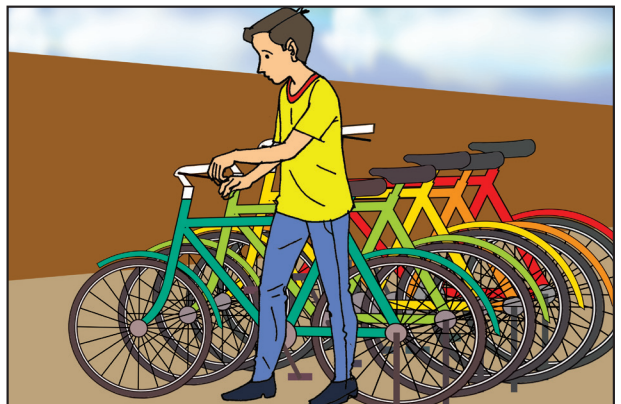
## 1.6 Dos and don'ts of bicycle ride

1. Do not ride on the main road or highways. If required, you must be accompanied by a parent or guardian.
2. Do not cycle on the pavement or footpath. It is meant for pedestrians.



3. Do not ride near the drains, potholes and parked cars, and look ahead while riding.
4. Ride the cycle only on the left side of the road and keep a distance from regular traffic.
5. Do not ride very close to parked vehicles and be aware and watch out for doors being opened in your path.

6. Do not leave your cycle where it can endanger or obstruct other road users. Use parking facilities wherever available.
7. Do not try to overtake a speeding vehicle. Do not take the support of another speeding vehicle while riding.
8. Hold the handle with both hands and keep your feet on the pedals.
9. Give the hand signal while turning right or left.
10. Do not ride close behind another vehicle (tailgating).
11. Do not carry anything which can affect your balance or may get tangled with your wheels or bicycle chain.
12. No games and stunts on roads!



### Record sheet - Activity 1 - Chart making

Topic - Rule for riding a bicycle safely

a) Checkpoints before starting to ride a bicycle/process chart for riding a bicycle

1. ....
2. ....
3. ....
4. ....
5. ....

b) Safe and unsafe places for riding a bicycle

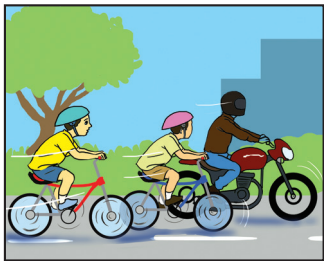
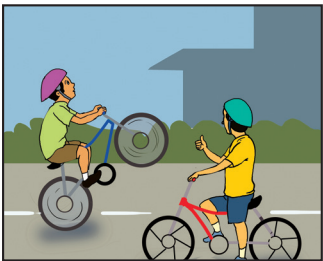
1. ....
2. ....
3. ....
4. ....
5. ....

c) Rule chart for safely riding a bicycle - Dos and don'ts

1. ....
2. ....
3. ....
4. ....
5. ....



Worksheet 1 - Write a story by using the picture sequence



My story:

.....

.....

.....

.....

.....

.....

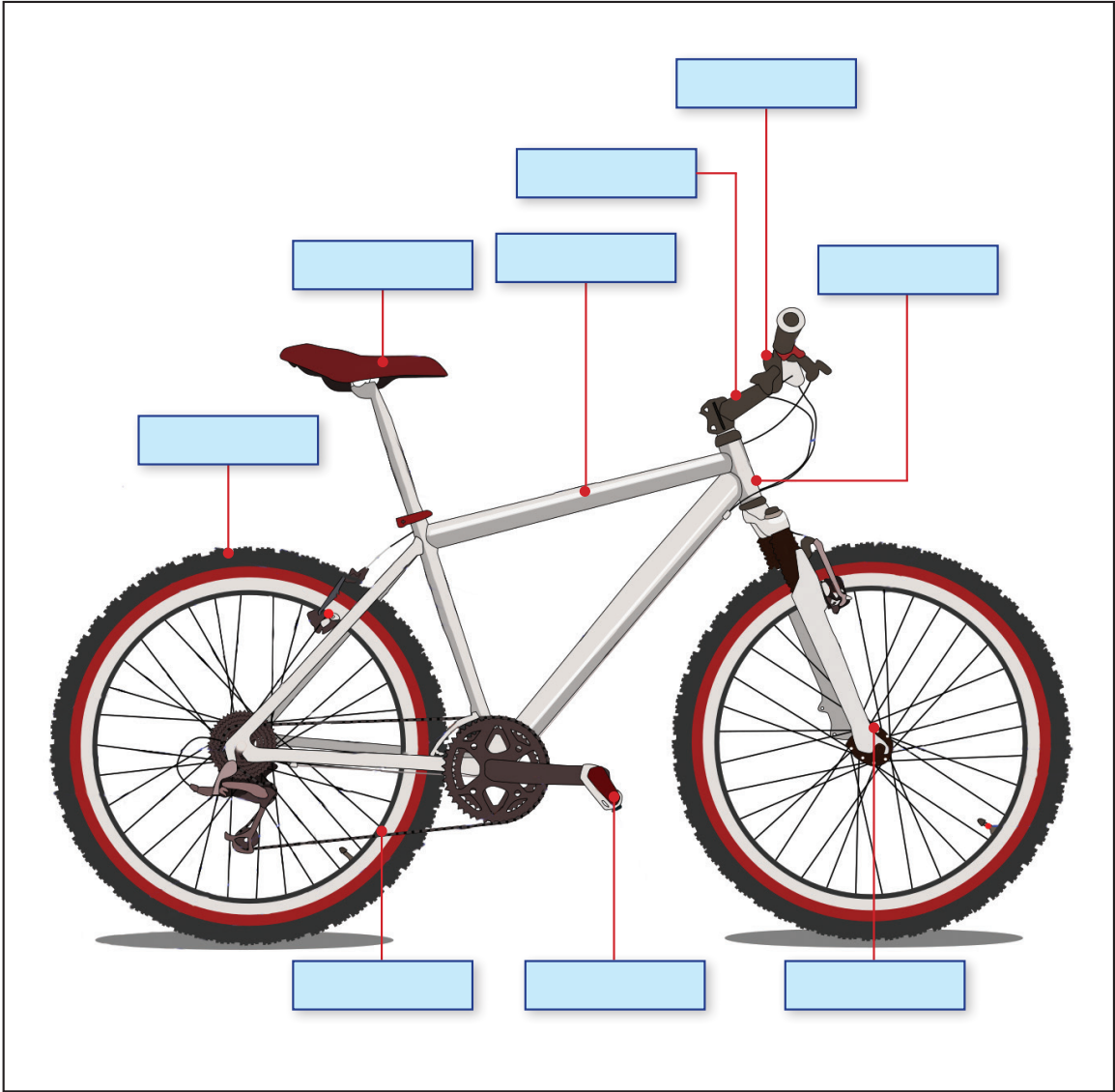
.....

.....

.....

.....

Worksheet 2 - Name the parts of a bicycle



## Worksheet 3 - Decision making: Fill the empty boxes

Problem - You are on your way to school. You see your classmates playing near the road.



Road safety rules which come to your mind (any five):

.....

.....

.....

.....

.....

.....



What would you do to make your classmates safe?

.....

.....

.....

.....

.....

.....



## Topic 2 - Bus travelling

### 2.1 Rules for bus safety

### 2.2 Don't disturb the driver

### 2.3 Good habits



### 2.1 Rules for safe bus travel

1. Arrive at the bus stop prior to the scheduled school-bus time. It is better to arrive at least five minutes early. Stand at least 10 feet away from the edge of the road.
2. Wait until the school bus stops, the door gets opened, and the driver says okay to get on the bus. Check the road for other vehicles before stepping off the bus.
3. Ensure that no objects from the bag are dangling and can get caught either in the handrails or doors while entering or exiting the bus.
4. Stay in a safe place away from the street while waiting for the bus. Always be

alert to traffic. Look right, left and then right again before crossing the road while getting on or off the bus.

5. Do not cross the road in front of a halted bus. Cross only after the bus has moved.
6. Stay seated and sit quietly when the bus is moving.
7. Keep your head, hands and arms away from the window. Do not throw objects inside/outside the bus.
8. Do not attempt to use emergency doors or exit controls without the supervision or permission of the driver.
9. Never fight with other students inside the school bus.

### **Board/Alight responsibly**

1. Always stand in a queue while waiting for the bus.
2. While boarding a bus, climb in one by one. Let smaller children board first and do not rush.
3. Do not try to get down from the bus until it stops completely. Get down from the bus one by one, only after it has stopped.
4. Do not stand at the entrance or exit gates.
5. Do not rush out or push others.

## **2.2 Don't disturb the driver**

1. After getting into the bus, take your seat and sit down quietly.
2. Do not play in the bus and do not make noise inside the bus.
3. Do not throw things out of the window as this causes littering, may cause a nuisance to others and could result in nasty accidents.

## **2.3 Good habits**

1. Make use of the bus stop.
2. Make it a habit to form a queue.
3. Get into the bus one by one.
4. Always extend a helping hand to the aged, handicapped, women and children when you are travelling by bus. Offer them a seat.



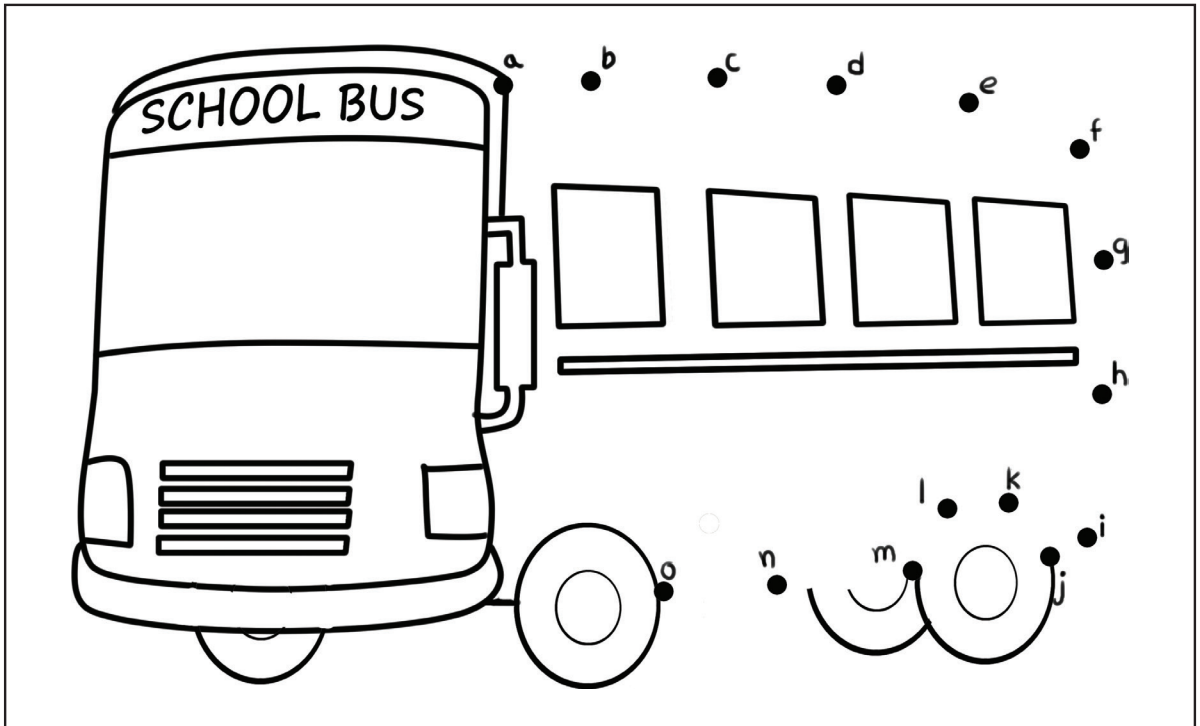
## Essentials for a school bus as ordered by the Hon'ble Supreme Court of India

- “School Bus” must be written on the back and front of the bus.
- If it is a hired bus, “On School Duty” should be clearly indicated.
- The bus must have a First-Aid-Box.
- The windows of the bus must be fitted with horizontal grills.
- There must be a fire extinguisher in the bus.
- The school name and telephone no. must be written on the bus.
- The doors of the bus should be fitted with reliable locks.
- To keep school bags safely, there should be a space fitted under the seats.
- There must be an attendant from the school in the bus.
- Any parent/guardian or a teacher may also travel in the bus to ensure these safety norms are followed.



## Worksheet 1 - Join the dots

Join the dots in alphabetical order, colour the picture, and write five safe bus travel rules in the given space.

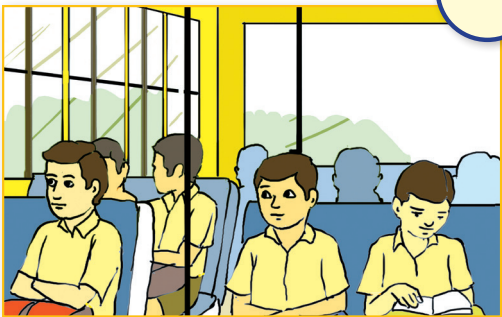
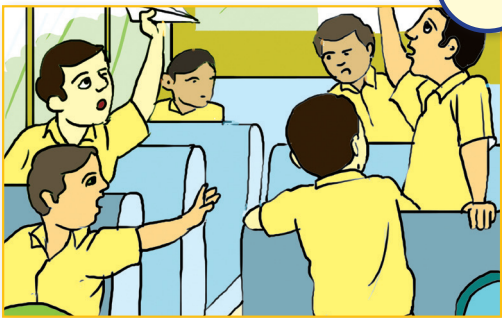


Write five safe bus travel rules here:

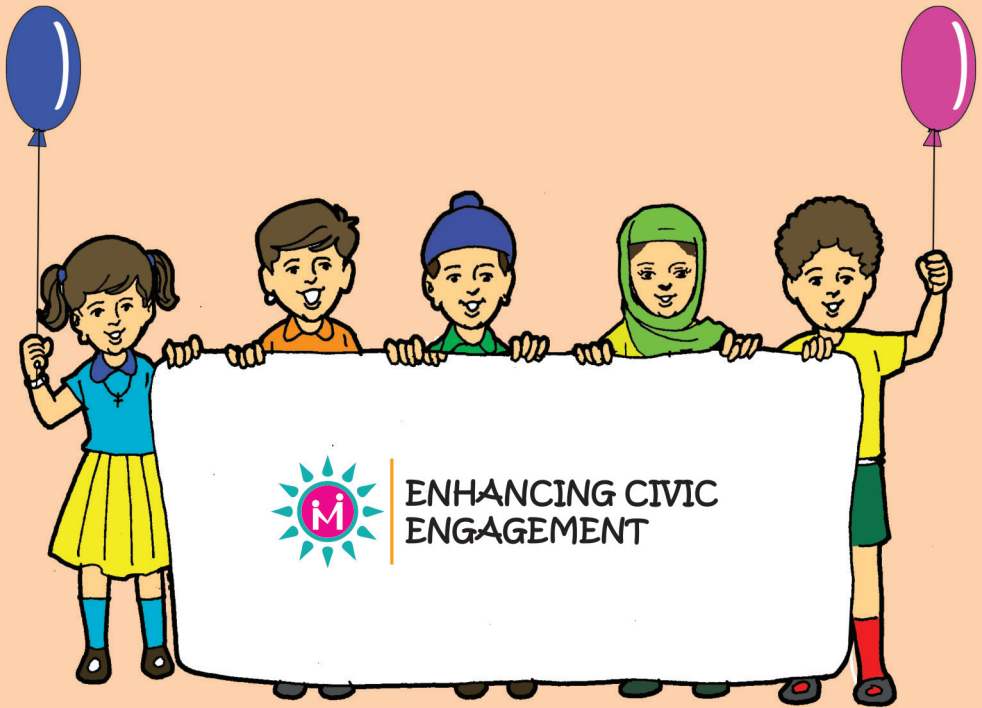
1. ....
2. ....
3. ....
4. ....
5. ....

# Worksheet 2 - Dos and don'ts of bus travel

Give ☺ (correct) or ☹ (incorrect) to every picture.







**State Council of Educational Research and Training  
Government of Goa**