

SWITCHED ON TRAIN DRIVER GAME – TEACHER GUIDANCE



12–16 years

LIVING SWITCHED ON

From special journeys to everyday commutes, the rail network helps get us where we need to be. Even if we're not travelling, we need to be Switched On to the risks the rail environment can pose.

We can all enjoy life's adventures when we spot signs of danger, look out for our friends and always stay Switched On.

Young people often make responsible choices around the tracks but there can be times when independent decision-making can be compromised. Living Switched On has been designed to help young people aged 12–16 explore a range of themes such as peer pressure, the perils of group mindset and how at times accidents happen as a result of small bad decisions rather than one big mistake.

Living Switched On encourages young people to gain the knowledge that could keep them safer around the tracks, whilst also exploring the impact ripple that rolls out across communities and the rail industry workplaces when accidents happen.

Although safer behaviour and better decision making are the desired outcomes of this resource, at its heart is a clear examination of young people's vulnerabilities. In the safety of the classroom, we encourage educators to discuss what makes their students 'tick' – particularly when they're out and about as part of a friendship or peer group. Through this process, potential vulnerabilities for flawed decision-making can be identified, explored, and corrected in readiness for real world challenges.

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CURRICULUM LINKS

KS3 & KS4

- **PSHE**
Health and wellbeing: Self concept, Drugs, Alcohol and Tobacco, Managing risk and personal safety. Relationships: Relationship values, Social influences
- **Citizenship**
- **English**
Reading, Spoken English
- **Science**
Physics

S1–S5

- **PSE**
Health and Wellbeing: Self Concepts, Drugs, Alcohol. Managing Personal Safety and Risks, Relationships. Social Influences
- **Citizenship**
- **English**
Reading and Talking
- **Science**
Physics

These resources can also be used within SMSC planning and delivery.

WHY IS THERE A NEED TO INCORPORATE RAIL SAFETY INTO YOUR TEACHING?

There are 20,000 miles of track, 30,000 bridges, tunnels and viaducts plus thousands of signals, level crossings and stations across our rail network. There are more than 19,000 trespass incidents on the tracks every year.

Learning to hazard spot and address potentially dangerous behaviour is crucial at any age. Schools have recognised the importance of teaching about a range of safety behaviours through PSHE and Citizenship lessons in school. The rail industry wants to support this vital work.

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HOW TO RUN THE ACTIVITIES AT SCHOOL

This resource has been designed to be flexible and easy to use with a range of options for delivery. This teacher guidance document contains tips for delivery and a loose script that can be adapted by educators to best suit the needs of their learners.

Teachers may decide to:

- Deliver the activities linked to each lesson individually within the normal timetable
- Run all of the activities across a week, as part of a topic focus week

HOW TO RUN THE ACTIVITIES IN OTHER SETTINGS

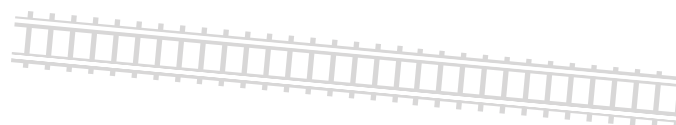
We're aware that youth groups and families may also want to use the materials in this resource. Specific guidance has been provided where appropriate within the lesson plan.

RESOURCE OVERVIEW

NAME OF RESOURCE	FORMAT	LEARNING OUTCOMES
Switched On Train Driver Game	Interactive game	<ul style="list-style-type: none">• I can describe and explain rail safety rules and behaviours• I can identify reasons for rail safety rules and behaviours, and consequences for disregarding these, for oneself, others, and the wider community• I can identify rail-related risks and dangers• I can describe ways to keep oneself and others safe around the railway

GETTING STARTED

- Resources can be accessed via the [Switched On website](https://www.switchedonrailsafety.co.uk). Living Switched On also incorporates films and activities from You vs Train, an existing Network Rail resource warning about the risks of trespassing on the railway
- Living Switched On hosts a range of resources from films to quizzes and group discussions we recommend that educators familiarise themselves with the content and plan an appropriate approach for their students
- Some resources explore dangerous behaviour and we recommend sharing trigger warnings i.e. let students know the nature of the content and give them the opportunity to opt out if they feel it might trigger difficult emotions



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SWITCHED ON TRAIN DRIVER GAME

Overview

An interactive game in which students must try to bring the train to an immediate stop when hazards appear by pressing the spacebar to emergency stop. Students will face a variety of difficult weather conditions that will aim to compromise their reaction time.

Learning outcomes

- I can describe and explain rail safety rules and behaviours
- I can identify reasons for rail safety rules and behaviours, and consequences for disregarding these, for oneself, others, and the wider community
- I can identify rail-related risks and dangers
- I can describe ways to keep oneself and others safe around the railway

Supporting resources and equipment required

- [Switched On Train Driver game](#)
- [Parallel Lines – You vs Train](#)
- [You vs Train rail safety videos](#)

Suggested order

- **Introduction:** A discussion about the speed that a modern train travels (125mph) and how silent they are.
- **Activity:** Switched On Train Driver game.
- **Plenary:** Do students know the risks of railway obstruction and how likely it is for them to be seriously injured if they find themselves on the railway? Watch the Parallel Lines film to explore the dangers and consequences of making poor decisions around trains.

Timing

20 minutes

Home learning tips

The game and following plenary can be easily completed at home. If possible, it would be useful for students to hear any discussion about learnings through an online classroom experience.

ACTIVITY

- This activity is a hazard-spotting themed game designed to demonstrate that no matter your reaction speed, a train will never stop in enough time from travelling at 125mph to avoid obstructing a hazard
- Decide if you would like to run the activity with the whole class, where each student takes a turn with the rest of the class as audience, or organise the class into smaller groups to play the game individually

