

SIGHT-SEEING: ARE YOU SWITCHED ON? **LIVING**

– 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.

CONTENTS	PAGE
Resource Overview	2
Getting Started	2
Resource Guidance	3–6

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.

SIGHT-SEEING: ARE YOU SWITCHED ON?

– TEACHER GUIDANCE



12–16 years

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

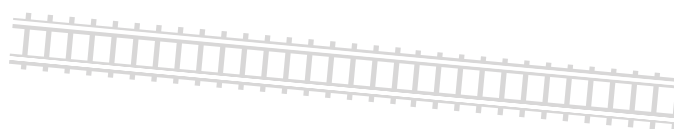
We're aware that youth groups and families may also want to use materials in this resource. Specific guidance has been provided where appropriate within the lesson plan.

RESOURCE OVERVIEW

NAME OF RESOURCE	FORMAT	LEARNING OUTCOMES
Sight-seeing: Are you switched on?	Quiz	<ul style="list-style-type: none">• I can identify, describe, and demonstrate safety signs and behaviours at a train station• I can explain reasons for safety signs and behaviours at a train station, and consequences of disregarding these, for myself and others• I can describe and explain safety signs and behaviour at a level crossing• I can identify other rail-related risks in different places

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



12–16 years

MAKE YOUR CHOICE

Overview

A multiple choice quiz about signs – what do they mean and where would you see them. This quiz can be combined with the original Track facts: Get Switched On quiz to assess progression in learning and understanding of rail safety and consequences of behaviour and choices.

Learning outcomes

- I can identify, describe, and demonstrate safety signs and behaviours at a train station
- I can explain reasons for safety signs and behaviours at a train station, and consequences of disregarding these, for myself and others
- I can describe and explain safety signs and behaviour at a level crossing
- I can identify other rail-related risks in different places

Supporting resources and equipment required

- Are you Switched On? slides

Suggested order

- **Introduction:** Assess existing knowledge of safety signs
- **Activity:** Quiz
- **Plenary:** Design your own safety sign

Timing

30 minutes

Home learning tips

This activity is a self-contained quiz and suitable for home learning.

ACTIVITY

- This interactive quiz is designed to test your students' knowledge at the end of this rail safety resource. It can be used alongside Track Facts as a post unit assessment tool
- The resource will bring up a number of safety signs and the students will need to think quickly and recall its meaning and where they are most likely to see it
- Before starting the quiz, ask your students to bring to mind as many train and track safety signs as possible. Ask them to share the number that they can think of before starting the quiz likely to see it
- Before starting the quiz, ask your students to bring to mind as many train and track safety signs as possible. Ask them to share the number that they can think of before starting the quiz

The table on the following page shows the answers to help you support your students as they complete the quiz:

SIGHT-SEEING: ARE YOU SWITCHED ON?

– TEACHER GUIDANCE

LIVING

SWITCHED ON!

12–16 years

SIGN	WHAT DOES IT MEAN?	WHERE WOULD YOU SEE IT?
	<p>This is advanced warning of a level crossing closure in order to let a train pass.</p> <p>Did you know even the emergency services aren't allowed to go past when these lights are flashing!</p>	At level crossings
	<p>You must pay attention to the lights. Stop means a train is on its way. You should wait for the light to turn green before crossing the tracks.</p>	You will see this sign at some footpath or bridleway level crossings or private vehicle crossings where there aren't barriers.
	<p>Before crossing over the tracks you should Stop, Look and Listen to ensure a train isn't approaching. Once you have checked thoroughly that a train isn't approaching, carefully cross over the tracks.</p>	At a level crossing where there is no other forms of protection like lights or barriers.
	<p>A phone is nearby to use in case of emergency, and also to obtain permission to cross.</p>	<p>At a level crossing. Be aware that if there isn't an emergency phone, there will always be a number you can call in an emergency.</p> <p>The signs will tell you if you need to phone.</p>
	<p>You can't go further than this sign as it could be dangerous.</p>	At stations.
	<p>That the level crossing in front of you does not have a barrier. You must Stop, Look and Listen in order to ensure it is safe to cross the tracks.</p>	At a level crossing where there is no barrier. These types of level crossings are usually found in rural areas where cars have to give way to trains.
	<p>This indicates that there is a level crossing ahead that uses either automatic barriers or gates operated manually by railway staff.</p>	At a level crossing that has a gate or a barrier.





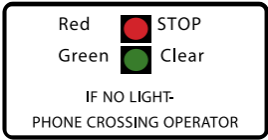
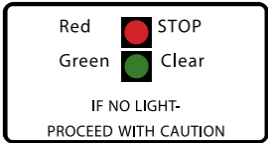
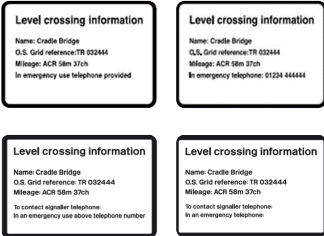
SIGHT-SEEING: ARE YOU SWITCHED ON?

– TEACHER GUIDANCE

LIVING

SWITCHED ON!

12–16 years

SIGN	WHAT DOES IT MEAN?	WHERE WOULD YOU SEE IT?
	<p>If the lights at a level crossing continue to show, another train may be approaching.</p> <p>The sound that the signal makes changes when this happens too so you know there is a second train approaching.</p>	<p>At a level crossing.</p>
	<p>This is a reminder that trains don't always sound their horns as they approach level crossings and only do so if you're too far out to be able to see.</p>	<p>Level crossings.</p>
	<p>That the level crossing in front of you does not have a barrier. You must Stop, Look and Listen in order to ensure it is safe to cross the tracks</p>	<p>At a level crossing where there is no barrier. These types of level crossings are usually found in rural areas where cars have to give way to trains.</p>
	<p>This indicates that there is a level crossing ahead that uses either automatic barriers or gates operated manually by railway staff.</p>	<p>At a level crossing that has a gate or a barrier.</p>
	<p>If the light is not showing red or green you must call the operator to discuss crossing the tracks safely.</p>	<p>At a level crossing.</p>
	<p>If the light is not showing red or green you must Stop, Look and Listen and only proceed over the tracks if you are sure that there is no oncoming train.</p>	<p>At a level crossing.</p>
	<p>These signs display different instructions of what to do in an emergency. It's always important to read signs carefully. Sometimes there might be an emergency phone you can use, in others there will be specific numbers to call to report an emergency.</p>	<p>At a level crossing.</p>

SIGHT-SEEING: ARE YOU SWITCHED ON?

– TEACHER GUIDANCE



12–16 years

PLENARY

- As an extra challenge some students may want to design their own rail safety sign – based on the risks they have read about and watched can they design their own effective safety sign? From neon to star shaped, is it possible to create a more effective sign?
- Once you have completed all of the Living Switched On resources, don't forget to return to the **Track facts: Get Switched On quiz** to assess progression in learning and understanding of rail safety and consequences of behaviour and choices

Differentiation

- Some students may benefit from having a few of the most common signs printed out and in front of them in order for them to develop an increased level of familiarity and understanding
- **For learners with lower cognitive or literacy skills who would benefit from additional support or a slower pace of learning** you may wish to draw on resources from the 'Switched On for every journey' programme, which are designed for students aged 7–11. These revisit key rail safety messages in a more supported and accessible way.

