

# SWITCHED ON STOPPING TRAIN 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

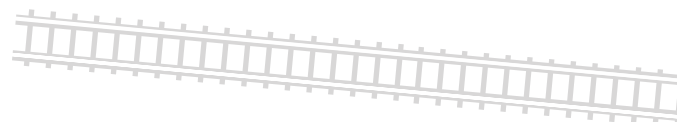
We're aware that youth groups and families may also want to use the materials in this resource. Specific guidance has been provided where appropriate within the lesson plan.

## RESOURCE OVERVIEW

NAME OF RESOURCE	FORMAT	LEARNING OUTCOMES
Switched On Stopping Train Game	Interactive game	<ul style="list-style-type: none"><li>• I can describe and explain rail safety rules and behaviours</li><li>• I can identify reasons for rail safety rules and behaviours, and consequences for disregarding these, for oneself, others, and the wider community</li><li>• I can identify rail-related risks and dangers</li><li>• I can describe ways to keep oneself and others safe around the railway, and how to get help in an emergency</li><li>• I can demonstrate ways to resist pressure to behave in an unsafe or risky way around the railway</li></ul>

## 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 where students must use the scroll wheel on the mouse, or trackpad, and scroll to see how long it takes a train travelling at 125mph to stop. Throughout the game, famous landmarks will appear to indicate the distance the train is travelling before stopping.

### 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, and how to get help in an emergency
- I can demonstrate ways to resist pressure to behave in an unsafe or risky way around the railway

### Supporting resources and equipment required

- [Switched On Stopping Train Game](#)
- [Parallel Lines](#)
- [You vs Train rail safety videos](#)

### Suggested order

- **Introduction:** A discussion about the speed that train's travel and how difficult it is for them to come to a complete halt. The likelihood that even if we think we can see a train coming, we likely won't hear it.
- **Activity:** Switched On Stopping Train Game.
- **Plenary:** What has the class learned about the full speed of a train and the distance a train must travel before halting? To supplement discussion, watch Parallel Lines again with the class, or another You vs Train rail safety video, and answer questions.

### 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 distance-themed online game designed to contextualise how long it takes, and how far a train travels, before a train comes to a complete stop
- 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
- Once students have completed playing the game, ask students what they understand about the full speed of a train and how that affects stopping distance. Do they know that most trains are nearly silent?
- To supplement this activity, you can select a rail safety video from You vs Train, such as Parallel Lines, and have students spot if there's been an incident surrounding a moving train

### Differentiation

- **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.