

# TRACK FACTS: GET SWITCHED ON – 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:

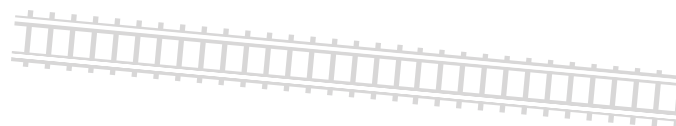
- Deliver the activities linked to each lesson individually within the normal timetable
- Run all of the activities across a week, as part of a topic focus week

## RESOURCE OVERVIEW

NAME OF RESOURCE	FORMAT	LEARNING OUTCOMES
Track Facts: Get Switched On	Interactive quiz	<ul style="list-style-type: none"><li>• I can identify rail-related risks and dangers</li><li>• I can explain reasons for safety signs and behaviours at a train station, and consequences of disregarding these, for myself and others</li><li>• I can explain why safety signs and rules are in place at level crossings, and consequences of disregarding these, for myself, others and the wider community</li><li>• I can identify other rail-related risks in different places</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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## RESOURCE 1

### TRACK FACTS: GET SWITCHED ON

#### Overview

When it comes to travelling safe, how switched on are your students? Is electricity only conducted by metal? Do electric shocks always throw you clear? Is it safe to touch overhead power lines if trains aren't running?

Track facts: Get Switched On is an online quiz that is part of the existing You vs. Train resource and acts as a good way to measure your students' baseline knowledge of train and track safety.

#### Learning outcomes

- I can identify rail-related risks and dangers
- I can explain reasons for safety signs and behaviours at a train station, and consequences of disregarding these, for myself and others
- I can explain why safety signs and rules are in place at level crossings, and consequences of disregarding these, for myself, others and the wider community
- I can identify other rail-related risks in different places

#### Supporting resources and equipment required

- Interactive whiteboard and/or laptops and tablets for students to work in pairs

#### Suggested order

- **Introduction:** Introduce the topic
- **Activity:** Track facts: Get Switched On quiz
- **Plenary:** Consider the students' reactions to the Track facts: Switched On quiz

#### Timing

20 minutes

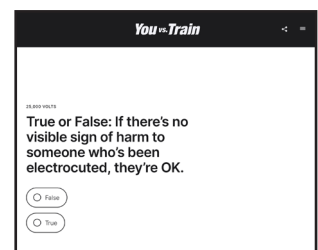
#### Home learning tips

This quiz can easily be accessed from home and the answers are given during the quiz as students play along. It is worth noting that there are a number of resources to explore within You Vs Train. However, it's important to be mindful of the nature of these resources. Although they are not graphic, they do cover issues related to track based injuries and fatalities. Please ensure students feel comfortable accessing the resources.

#### ACTIVITY

- Before you start the activity, decide how you would like to run it with your group. If you have access to laptops or tablets, it is a great activity for students to complete in pairs – or you can do it as a whole class starter activity
- Introduce students to the topic of rail safety. Why do they need to raise their awareness of the potential hazards around the trains and tracks?
- If your students are unsure of the 'why', explain that each year there are over 19,000 incidents of trespassing on the tracks. Some cases result in fatalities and life changing injuries
- Tell the students that you are going to kick the new topic off with a quiz to assess their existing knowledge. It can be accessed below:

CLICK HERE  
TO GO TO QUIZ



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- For reference, the questions included in the quiz are below:

1. Electricity in the overhead lines can arc – but how far?

**3 metres**

2. Electricity powers our trains and overhead lines. When do we turn it off?

**Never**

3. True or false, if there's no visible sign of harm to someone who's been electrocuted, they're ok

**False**

4. True or false, power lines are insulated

**True**

5. If you hit the emergency brakes on a train how many football pitches will it pass before it comes to a stop?

**20**

6. What is the top speed a train can travel at?

**125 mph**

7. True or false: Wearing rubber soled shoes means you can't be electrocuted.

**False**

8. True or false: You can tell which rail is electrified

**False**

9. True or false: Electricity is only conducted by metal

**False**

- Once the students have completed the quiz, ask them if there were any surprising facts or things they didn't know
- Perhaps open a discussion with questions such as: Why do you think the quiz was built around questions like this? What do the creators want you to come away thinking?
- Ask students to make a note of their score, as they will return to the quiz at the end of the topic to assess their progress in skills and knowledge

## Differentiation

- Some students may benefit from working in a mixed attainment pair. Educators may also want to look at the quiz in the resource for 7–11-year-olds if they feel that some students may find it challenging to access the questions above
- **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.

