 **Be Bright Be Seen - Assembly**

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| **Be Bright Be Seen - Whole School or In Class Assembly** Children are vulnerable road users throughout the year. As the nights draw in addition to the dangers they ordinarily face, they will soon be making journeys in the dark. ‘Be Bright Be Seen’ is a crucial message for children and parents.  | **Duration: Approx. 25 minutes** |
| **Outline: Highlight the importance of being seen in dark or gloomy situations** |
| **Equipment Required/talking points:** * High Visibility Waistcoat
* School Book Bag (if it has a reflective strip or bright colours)
* School Uniform (this can often be dark)
* Dark coat with hood, preferably large and furry (reducing visibility), hat and scarf
* Bright reflective coat/Hi vis vest
* Torch (optional)
* Small objects to drop
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| **Guest Invites:*** If you have a School Crossing Patrol, you may like to invite them.
* Your local PCSO.
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| **Student Objectives:*** To understand the need to see and be seen and that it may be difficult for drivers to see me.
* To understand how a large coat hood or hat might affect the ability to hear and see what’s going on around us.
* To understand the importance of being seen when scooting or cycling.
* Pupils to contribute to suggestions which will help them to be more visible and keep themselves safer near the road.
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| **Introduction: Being Visible: 10 minutes Think/Pair/Share or "hands up"*** What they you noticed about their journey to and from school since the clocks changed? (it is getting darker in the morning and evenings).
* How are our clothes different now to what we wore in the summer (coats, scarves, hats, hoods).
* Ask **three children** to help. Ensure that one child is wearing **light coloured clothing** and one **dark coloured** clothing and ask the **third child to put on the reflective /fluorescent waistcoat**.
* Who is most visible? (the child with the high visibility waistcoat). **Optional** – if you can get the hall dark enough, turn off the lights and use a torch to show the reflective material.
* Explain the difference between **reflective and fluorescent** materials. *Fluorescent clothing is bright and helps you to stand out and be seen easily. Reflective materials make light bounce back. When cars have their headlights on, the light shines onto the reflective material and bounces back to the driver.*
* **Why do they think it is harder to see the fluorescent material in the dark?** (because it doesn’t glow in the dark).
* **Can you think of any jobs that require people to wear hi visibility clothing as part of their uniform?** (builder/paramedic/ police/ firefighter/ lollipop lady orman/ post man or lady/ delivery driver)

**Talk about why it is important to be visible** and share some simple ways the children can make themselves easier to be seen (it is important that drivers can see you. Some areas may not be properly lit, especially rural areas. Wear something white/ light coloured or bright and wear or carry something reflective for when it gets dark).Thank those standing at the front, let them return to their seats, except the child with the coat, who needs to stay at the front. |
| **How Clothing Can Affect What We See or Hear: 5 minutes**Ask the child who is wearing the coat to stand at the front facing the audience. Make sure the child puts on their hat and hood/scarf around their neck. Go behind them and drop some small objects, asking the child to raise their hand when they hear you drop something (they should find this difficult with their hat and hood up). * Why is it important to be able to hear? (sometimes we might hear traffic before we see traffic).

Invite another child to come and help – ask them to stand behind the child wearing the coat and slowly walk round to one side, ask the child to indicate when they can see them.Repeat the exercise without the coat and hood. The children will see how much more their vision is restricted with a hood and scarf. Why is this important? (when crossing, you need to make sure that you can see traffic approaching).Thank the children at the front, let them take their seats. Re-enforce the importance of removing any items of clothing that reduce our ability to see or hear whilst crossing – taking off your hood whilst crossing.  |
| **Other Methods of Travel: Cycling/Scooting – 5 minutes*** **‘Bling Up’ your bike or scooter** – you can put durable **reflective stickers** on your bike or scooter. This will make your bike/scooter frame permanently bright, which will help drivers to see you.
* Wear a **high visibility jacket or waistcoat** – by having your body covered with high visibility clothing you will help drivers approaching from the front to see you.
* **Cycle lights** are a legal requirement after dark, they help you to be seen. Also, make sure you have a white front and a red rear reflector on your bike.
* Don’t forget to wear **your cycle helmet** – this will help protect your head if you fall off your bike.
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| **Conclude: 5 minutes**Quick re-cap – * **Wear bright and reflective materials** to make sure drivers can see you.
* Make sure your coat hood does not affect your hearing or vision, remove it when crossing the road.
* **Always Stop, Look, Listen and Think** before crossing the road.
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