



Norfolk County Council

TITAN

Travel Independence Training Across Norfolk



Factsheets

Making the most of the TITAN factsheets

These fact sheets are designed to provide parents/carers with ideas to encourage their child/ward to improve on existing knowledge or to help prepare for further training from the TITAN team at the right time. You can of course use them individually to work on skills you may feel will benefit your child/ward or you can use them all together in the recommended order;



Pedestrian Skills



Communication Skills



Personal, Health, Safety and Wellbeing



Problem Solving



Journey Planning



Journey Practice

Learning to become more independent can be an anxious time, so cover as much as you feel comfortable with. Don't try and cover everything all in one go. Break each factsheet down in way that works for your child/ward and you. Remember, small steps make big changes!

Good luck and please get in touch to let us know how you are getting on titan@norfolk.gov.uk We would really like your views and comments on this suite of factsheets so please keep an eye out for the survey, which we'll be sending out towards the end 2020.

Contact: titan@norfolk.gov.uk

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Pedestrian Skills



Independent Travel Training Fact Sheet – Pedestrian Skills

This fact sheet provides some advice for parents/carers on how to develop your child/wards skills to become a safe pedestrian. This will help with travelling independently to a new school or post 16 education establishment. Take time to talk through the different elements and spend some time to practice whenever possible.

Think and Plan

Most of the time your child/wards journey will be very similar especially once they start attending their new college and this will hopefully quickly become routine. However, it's still worth thinking about their journey and what route works best for them. Choose a route with the best crossing points to get them to college on time and safely.

Road Crossings, Don't get distracted!

- Revising the green cross code and looking at information in the highway code is a must. It's easy for young people to become complacent.
- Talk about staying focused when travelling, walking and using mobile phones, chatting with new friends can all be distractions.
- Encourage safe practice i.e. don't follow others crossing the road and it's OK to stop chatting with friends to focus whilst crossing.

Pedestrian etiquette

- Being mindful and polite to other pedestrians is important, especially in busy areas that lead up to colleges and schools.
- Walk don't run, encourage thinking about safety first and giving others room on narrow sections of path; being mindful of the green cross code if they need to step of the path!
- Discuss safety whilst walking along country lanes. Think about staying alert, best side to walk on and being visible.

Suggested Activities

Take time to practice some simple journeys. Discuss why pedestrian etiquette is important. Getting out and about using some quieter roads is a good start. Walking to the shops or the park can be a good way to practice pedestrian skills. Where possible try and pick a route with crossing points such as a zebra or pelican crossings. Small steps make big changes!

Further resources and useful links

Use these suggested links to help further improve your child/wards pedestrian skills.

www.roadwise.co.uk

www.highwaycodeuk.co.uk

Contact: titan@norfolk.gov.uk



Independent Travel Training Fact Sheet – Communication Skills

This fact sheet provides some advice for parents on how to develop your child/wards awareness of their communication skills in preparation for travelling independently to a new school or post 16 education establishment. Talk through the different elements and take time to practice whenever possible.

Think and Plan

Good communication skills are extremely important to help keep young people safe, enabling them to deal with a variety of situations that may arise when travelling. Thinking about when communication is needed and when young people are expected to communicate with others is important to successful independence.

Sharing plans and providing updates

- It is important for young people to share their journey plans with parents/carers so that you know they are safe and happy.
- The whole point of travelling independently is to be independent! Some young people will text parents/carers at every point of their journey, some less so. Think about the balance you would like and discuss openly.

Communicating and Interacting with others

- Young people should be encouraged to think about who is best to approach for help. At TITAN, we call these safer strangers. i.e. bus drivers & train guards.
- Social boundaries are important when travelling. Encourage politeness and awareness of social boundaries. Think about the best way for your child/ward to communicate when travelling, do they need prompt cards, are they anxious about asking for support if required?

Suggested Activities

Take time to discuss how you will communicate with your child/ward when they travel. Talk about examples of safer strangers in the city, town or village where they are. Who's best to approach if they needed help? Practice texting/calling often so that they are confident and you are happy with how they communicate with you. Discuss everyday interactions and associated social boundaries.

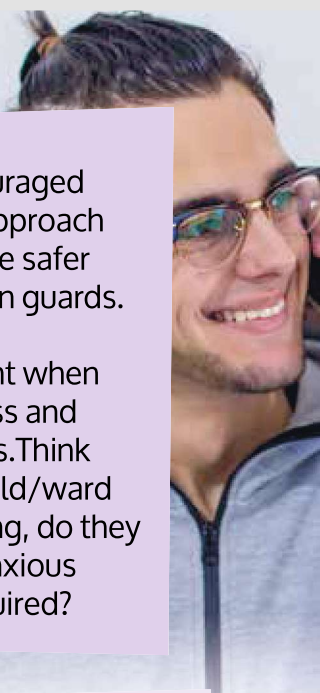
Further resources and useful links

Use these suggested links to help further improve your child/wards personal safety skills.

<https://kidshealth.org>

<https://youngminds.org.uk>

Contact: titan@norfolk.gov.uk





Personal Safety Health and Wellbeing



Independent Travel Training Fact Sheet – Personal Safety, Health and Wellbeing

This fact sheet provides some advice for parents/carers on how to develop your child/wards awareness of their personal safety, health and wellbeing in preparation for travelling independently to a new school or post 16 education establishment. Talk through the different elements and take time to practice whenever possible.

Think and Plan

It's important for young people to stay aware when travelling on public transport. For example, on buses the safest place to sit would be at the front. Whilst walking it's important to ensure the route is safe, well-lit where possible and your child/ward can be seen by other road users. Encourage avoiding the temptation to try new routes without practice.

Personal safety

- Keep belongings close when travelling so that they don't get lost or stolen. When on public transport, ensure bags are kept close.
- Encourage 'Travel Awareness' for example avoiding use of headphones helps with awareness of surroundings.
- Encourage discrete use of mobile phones where possible and keep in a safe place when travelling.

Health and Wellbeing

- Eating before a journey will ensure good concentration and enable focus when travelling to/from school/college.
- Prepare for different types of weather. Encourage appropriate clothing, sunscreen and water etc.
- Anxiety can be common when travelling, understanding triggers and having coping strategies ready are important to build confidence.

Suggested Activities

Take time to talk about the positives of being independent and the opportunities it will open for your child/ward. Use simple journeys to support discussions and how they feel about travelling. Start to identify the key personal issues that they may need more support with. Research and practice some distraction techniques that may help reduce anxiety when starting to travel independently.

Further resources and useful links

Use these suggested links to help further improve your child/wards personal safety skills.

<https://stem4.org>

<https://norfolk.gov.uk>

<https://norfolk.police.uk>

Contact: titan@norfolk.gov.uk



Problem Solving Skills



Independent Travel Training Fact Sheet – Problem Solving Skills

This fact sheet provides some advice for parents/carers on how to develop your child/wards ability to solve problems, an important life skill for young people. You can help your them develop these skills by using problem solving skills at home in preparation for travelling independently to a new school or post 16 education establishment. Talk through the different elements and take time to practice whenever possible.

Think and Plan

Although we can never predict when problems might arise when young people are travelling independently, what we can do is think about the most common scenarios and plan for these providing a good foundation enabling them to develop further skills. Supporting them with how to problem solve themselves will improve their confidence, independence and decision making.

What's the problem?

- Identify the problem - "My bus has broken down".
- Think about why it's a problem – "I will be late for college".
- Evaluate the solution to the problem "Could I walk the rest of the way? Is there another bus? Who can I ask for support (Communication skills).

Putting actions into place

- Encourage them to choose and put into place the most appropriate action – "I've spoken to the driver and there is another bus due in 10 minutes".
- Encourage communication! – "I've let the college know I'm running late and messaged my parents/carer".
- Evaluate and discuss how their actions have worked – "some friends walked the rest of the way, I could have joined them but was nervous about not knowing the route".

Suggested Activities

Often the biggest barrier to effective problem solving for young people is anxiety. Worrying about what to do and who to ask if they need support. Discuss simple real-life problems related to travelling and create a mind map of solutions. Talk about what they might do and say using the steps above.

Further resources and useful links

Use these suggested links to help further improve your child/wards personal safety skills.

www.verywellfamily.com

www.tes.com

Contact: titan@norfolk.gov.uk



Journey planning skills



Independent travel training fact sheet – journey planning skills

This fact sheet provides some advice for parents/carers on how to develop your child/wards journey planning skills in preparation for travelling independently to a new school or post 16 education establishment. Talk through the different elements and take time to practice whenever possible.

Think and Plan

Starting to travel independently can be an anxious time for young people and their parents. Planning and support can improve confidence when travelling independently, helping them to become more independent in other areas of their life when they are ready. Being organised and good journey planning will help with leaving their destination on time and reducing stress.

Start at home!

- Preparation starts at home. Think about the things that need to be done the night before and on the day of the journey.
- Encourage them to regularly check bus times and travel/weather information before they leave.
- Discuss and agree a back-up plan! Is the weather too bad to travel is the bus cancelled, encourage them to think and plan for these scenarios will help develop confidence.

The journey

- Journey plan tools such as Travel-line and local bus provider information will help.
- Remember to plan the pedestrian journey and link with the pedestrian skills factsheet.
- Sometimes the return journey is different from the outbound journey, be sure to look at the detail.

Suggested Activities

Spend time creating a journey map with your child/ward, starting at home and then discussing each part of the journey. What things can you do to support their preparation before each journey and what things can they do? Create a behaviour contract or reward scheme for each day to help them get prepared in the morning. Discuss the impact on weather in relation to their preparation and build this into the plan.

Further resources and useful links

Use these suggested links to help further improve your child/wards personal safety skills.

<http://travelinesoutheast.org.uk>
<https://pushingaheadnorfolk.co.uk>
<https://google.co.uk/maps>

Local public transport providers will also have good information on timetables etc depending on your location in the county

Contact: titan@norfolk.gov.uk

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Journey practice skills



Independent Travel Training Fact Sheet – Journey Practice Skills

This fact sheet provides some advice for parents/carers on how to develop your child/wards journey practice skills in preparation for travelling independently to a new school or post 16 education establishment. Taking time to practice part of their new journey or all of it on a regular basis will help embed their independent travel skills.

Think and Plan

In conjunction with the other fact sheets you will have built up some good new skills with your child/ward and now is the time to link them all together where you can. Start to piece together whole journey scenarios with your child/ward to build up a journey ready to practice.

Putting it all together

- Encourage your child/ward to think about how the individual elements of their journey work hand in hand.
- Take time to check and challenge the things they've already covered and don't be afraid to take a few steps back to embed skills further.
- Link some of the practical elements together i.e. getting things ready the night before and then leaving the house walking to the bus stop in the morning.

Practice!

- Walk and use public transport as much as you can to embed the skills, let your child/ward lead where possible.
- When practising start to look at landmarks that help identify where they are on the journey, encouraging them to choose their own landmarks.
- Practice a missed stop on a journey or take a wrong/different turn on a walk to see how they figure out a solution to get back on track.

Suggested Activities

Whenever you go out together encourage your child/ward to plan the journey even if it's a trip to shops or to see a family/friend. Different journeys will help embed further elements you've discussed with them. As a refresher activity make some scenario cards and ask them to choose one at random and see how well they react.

next steps

The key thing is to keep practising and talking about independent travel as much as possible. Travel independence is a lifetime skill which will open up a new world of opportunities.