



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>

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