

Alameda County Safe Routes to Schools *presents*

Your Health, Your City, Your Planet: Travel Training

Curriculum Overview

A dynamic travel training curriculum developed by the Alameda County Safe Routes to Schools (SR2S) Program to empower teachers, educators, and students to build skills for safe walking, biking, and rolling to and from school, while supporting healthy, sustainable, inclusive communities.

The curriculum is designed for middle and high school students and focuses on three themes:

- 1. Travel 101:** Practical skills for safe walking, biking, and taking transit
- 2. Be the Change You Want to See:** Empowers students to advocate for inclusive communities
- 3. Why Should I Care?:** Shows how daily habits affect people and the planet

What Trained Educators Recieve:

- 13 free, ready-to-use, 45-minute modules, aligned to California state learning standards
- Facilitator guides adaptable to different settings and timeframes
- Interactive learning experiences that integrate modules across subject areas—great for a rainy day!
- Ongoing coaching and support from SR2S

How to Become a Trained Educator:

SR2S is here to help teachers, afterschool practitioners, and youth development professionals feel confident delivering the curriculum to students. **Invite our team to:**

- Lead a **live demonstration session** with your students while staff observe facilitation, classroom management, and student engagement. **Book a demo.**
- Host a 1-2 hour **Train-the-Trainer workshop** during a staff Professional Development day. Complete the **intake form.**



Ready to book or have more questions?

Reach out to us at info@alamedacountysr2s.org.



alamedacountysr2s.org