A group of school children, mostly seen from behind, are walking along a paved sidewalk. They are wearing backpacks and school uniforms. The sidewalk is lined with large, mature trees that create a canopy effect. In the background, a building and a street with a traffic light are visible. The scene is brightly lit, suggesting a sunny day.

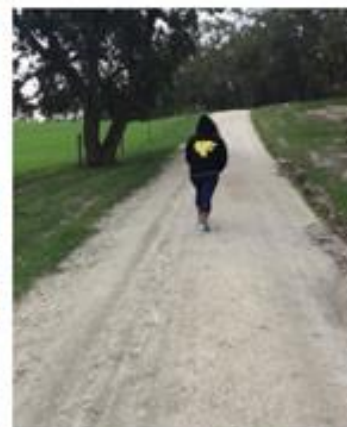
Young people and walking to school – lessons from Melbourne

Duane Burtt, Principal Policy Advisor,
Victoria Walks












Agenda

- Introduction to Victoria Walks
- How people get to education
- Victoria Walks' Change to Walking program in schools
- Research on young people aged 15-20

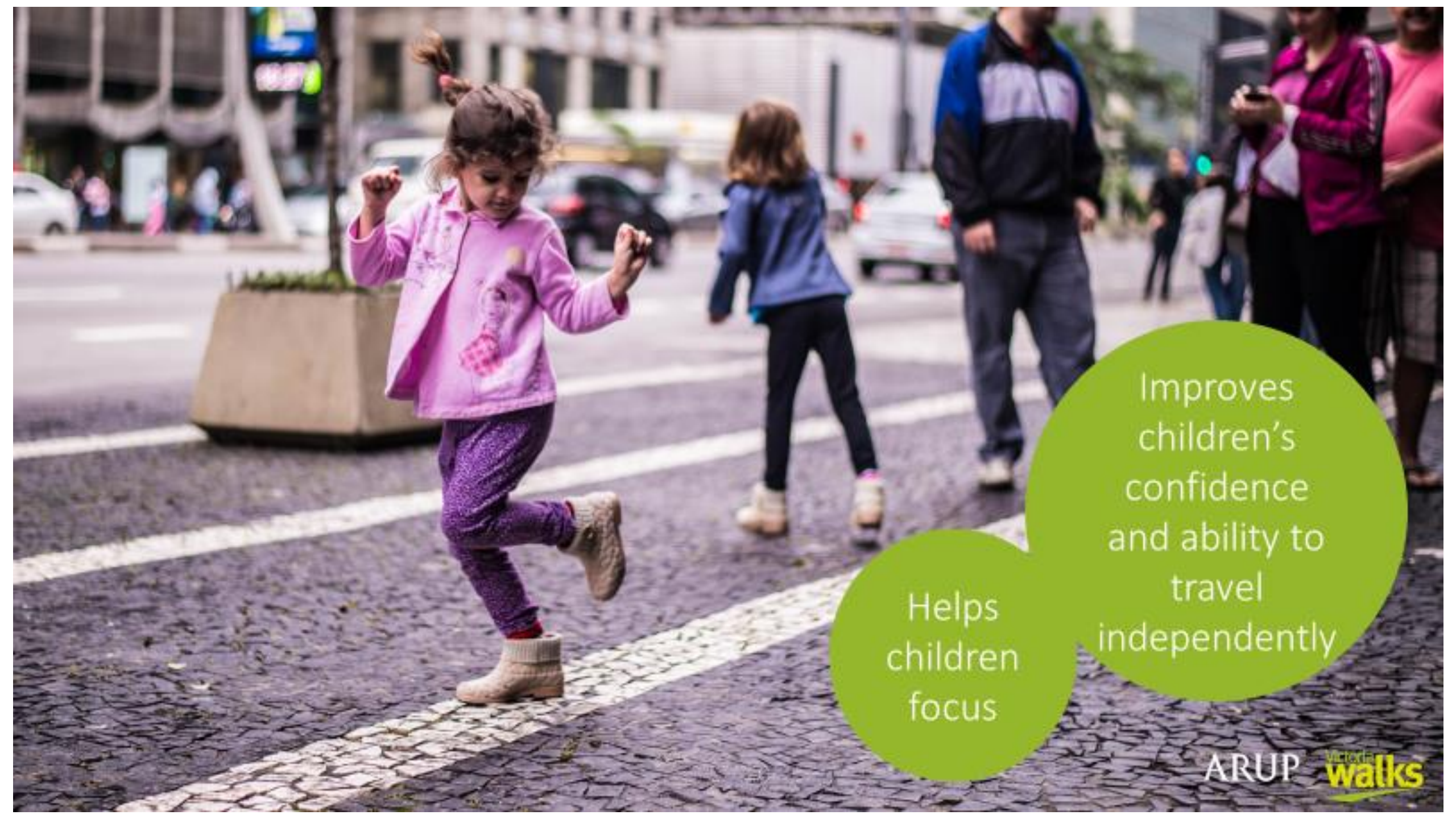




How young people get to education

	Pre-school 	Primary 	Secondary 	Uni/tech 	Work 
Other	0.0%	0.5%	0.5%	0.0%	0.0%
 Bicycle	1.2%	3.0%	2.1%	1.2%	2.6%
 School bus	0.0%	1.8%	4.8%	4.7%	0.0%
 Public transport	0.4%	0.6%	10.0%	54.4%	13.3%
 Passenger	89.7%	73.6%	58.6%	3.1%	18.1%
 Vehicle Driver	0.0%	0.0%	5.5%	27.2%	58.6%
 Walking	8.8%	20.4%	18.4%	9.4%	7.4%

Proportion of weekday trips made by people under 25 years of age to various destinations 2016-21, metro Melbourne



Improves
children's
confidence
and ability to
travel
independently

Helps
children
focus



Change to Walking – Schools

83% of students *want* to walk, scoot or cycle to school but 69% usually come by car

WE ARE A WALKING SCHOOL
NUMBER OF WALKING TRIPS THIS WEEK:

9237

Free-range kids



- Model developed by David Engwicht, Creative Communities International
- 12 'adventure routes,' named and marked. Drop off zones
- Parents asked to re-imagine their own childhood
- 35% increase in walking at Bimbadeen Heights
- Available at www.creative-communities.com/learning-centre/



FREE-RANGE KIDS



Learner's
License

LICENSE TO RANGE

.....
Your Name

.....
Parent or Carer Signature

.....
Your Signature



FREE-RANGE KIDS



Open
License

LICENSE TO RANGE

.....
Your Name

.....
Parent or Carer Signature

.....
Your Signature



Warrnambool Walks



St Joseph's PS

Aim: parents allow kids 8+ to walk to school 3 times per week

Children asked to draw “the way I feel when I walk to school”





- Plan for them to walk with a friend- lets fill the streets with Kids
- Plan to save time by getting your child to walk some of the way
- Plan to avoid the traffic by parking a 5 min walk from the school



- WTS calendars
- Postcards to parents:
“thank you for letting me walk to school, I did not have to miss out on feeling grown up”

Warrnambool results



Increase in children walking
3 trips from 38% to 64%
(Aug-Dec)

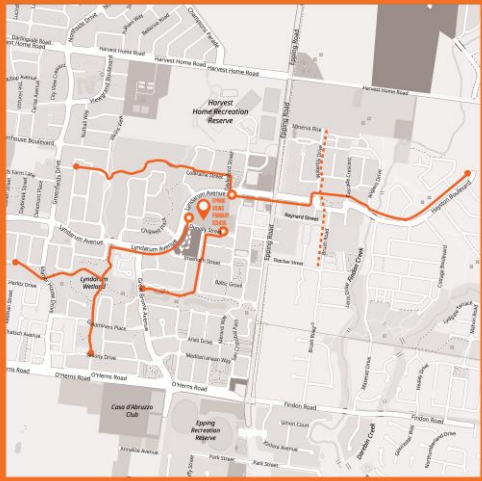
Increase in children walking
some of the way from 13% to
26%

TIPS FOR WALKING TO SCHOOL

- Walk together**
Walking can be a great way to get active as a family – so everybody benefits!
- Just walk part way**
If you live too far away, drive to the start of one of the marked routes. This avoids the hassle of parking near the school.
- Build up road safety knowledge**
Teach your children road safety and navigation skills by riding or walking around your neighbourhood.
- Find some walking buddies**
Chat with other families about setting up buddy groups of older children who can walk together.
- Mix it up**
Riding a bike or scooter is great exercise too!

PLAN YOUR WALK TO SCHOOL

- The map shows 15-minute walking routes to school. Each route has footpath markers to show the way.
- Find the walking route closest to your home.
- Discuss together the best walking route for you. It might follow the marked route or go another way.
- If your home is beyond the area shown, either walk or drive to the start of the marked route and go from there.
- Set an alarm for when you need to leave home for a leisurely walk to school.
- Make your lunch and pack your bag the night before.
- Check the weather forecast so you're prepared with a warm coat, sun hat or umbrella.
- What else do you need to walk to school?



TRIPS TO SCHOOL FOR CLASS

walk to school at least one time more each week than we normally do

our walking trips
All ask for a hands-up of who walked all the way from home or all the way Walking route (that has markers on the footpath). Its who rode their bike or scooter from home in your walking count. Each week add up the total trips for that week. Hand out stickers to students who walked at least once that week. Add up the total trips for each week. Add up the total trips for each week. Add up the total trips for each week.

WalkingWeek	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total Walk/Bike/Scooter
1	7 May	8 May	9 May	10 May	11 May	
2	14 May	15 May	16 May	17 May	18 May	
3	21 May	22 May	23 May	24 May	25 May	
4	28 May	29 May	30 May	31 May	1 June	
5	4 June	5 June	6 June	7 June	8 June	
6	11 June No school today	12 June	13 June	14 June	15 June	

TOTAL WALKING TRIPS IN 6 WEEKS

CHANGE TO WALKING

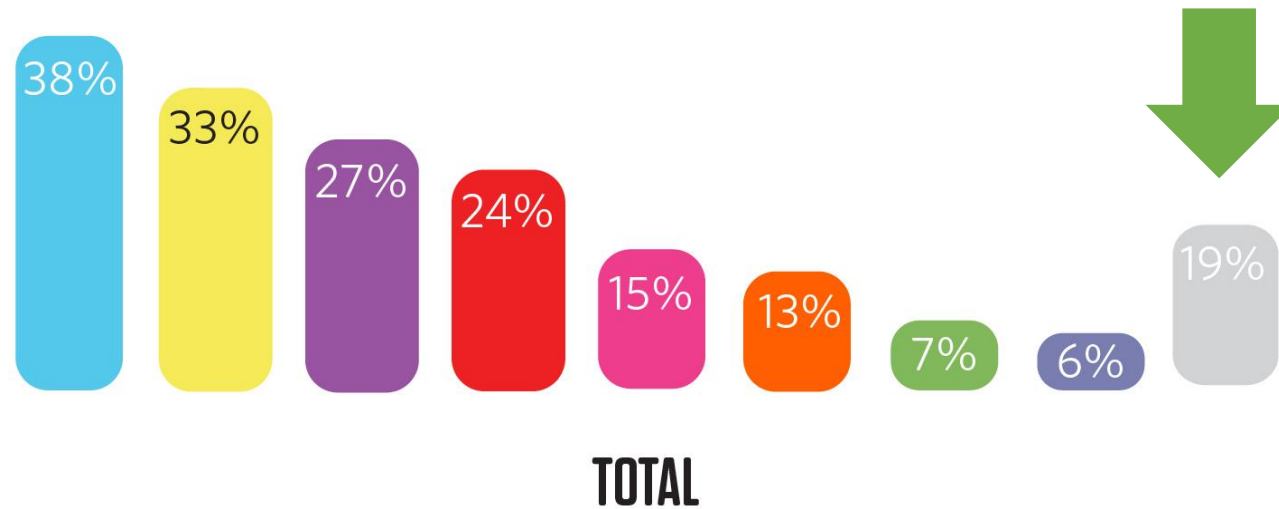
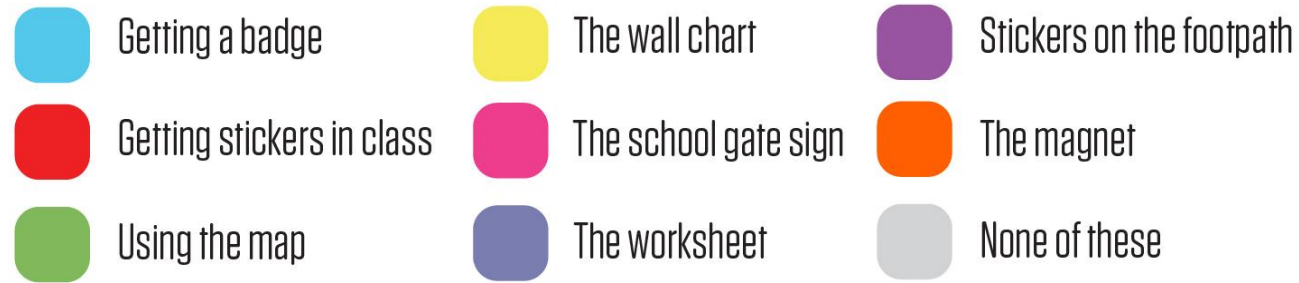
Adults say:
Children who walk to school are more active and fitter in class. Physical activity builds healthy bones, muscles and joints. Children who are active are healthier later in life. More children walking to school reduces traffic and improves safety around schools.

OUR GOAL
To walk to school at least one time more each week than we normally do.

CHANGE TO WALKING



Response to program elements

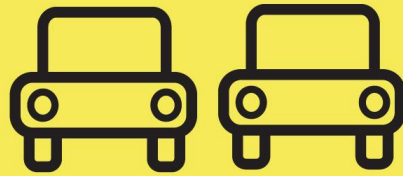


Results of Change to Walking at schools



187

more children usually walking, scooting and cycling to school



134

fewer CARS around schools



45%

children usually driven to school are WALKING MORE



84%

of regular walkers are WALKING MORE



81%

of children encouraged to walk more by CHANGE TO WALKING materials



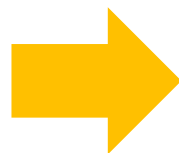
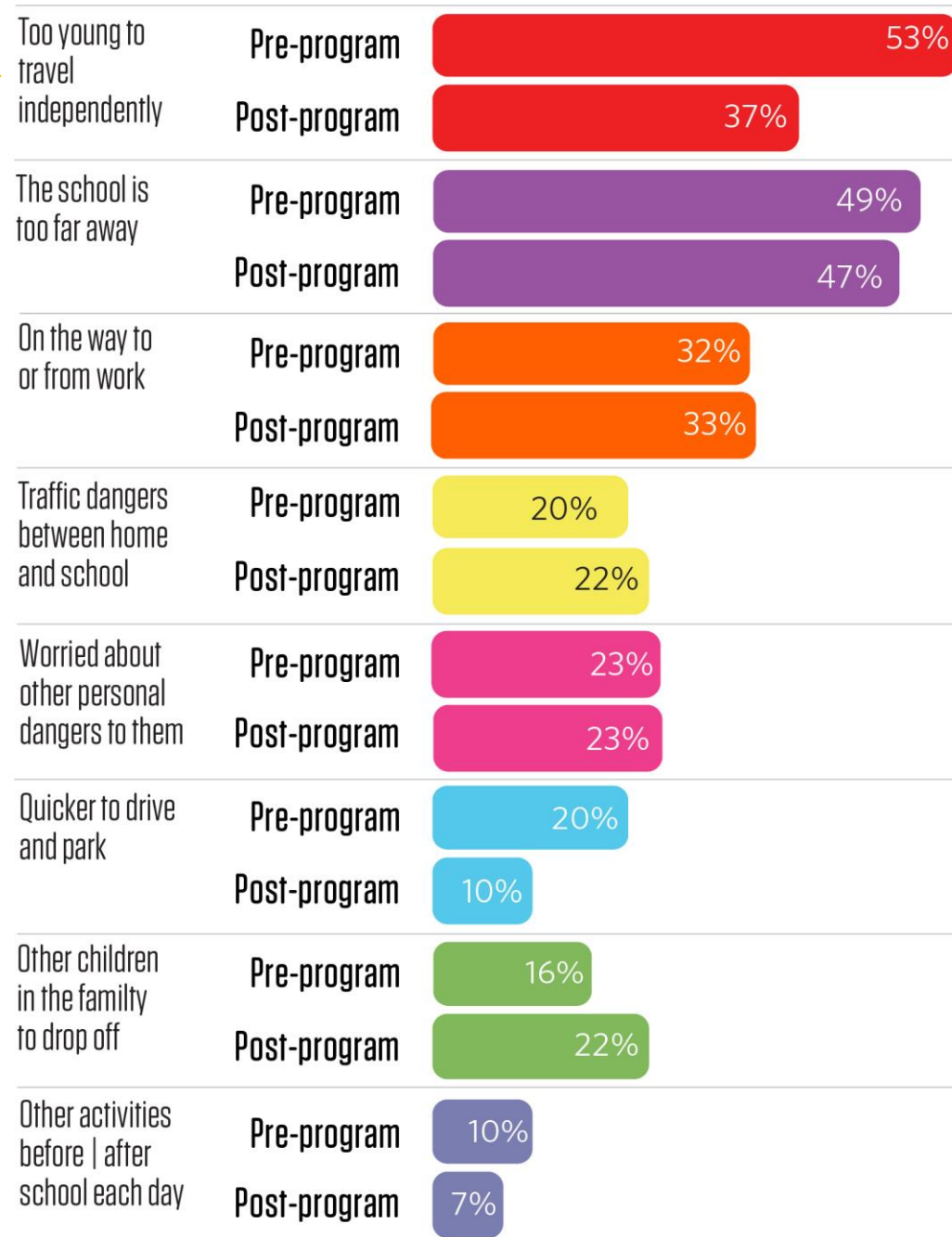
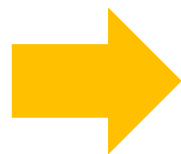
10%*

more parents find it QUICKER TO WALK than drive to school

* Epping Views only results



Change in parent perceptions



Young people
and walking



Young People and Walking

- Research components:
 - Literature review
 - Five focus group discussions
 - Online survey of 1,089 people aged 15-20 (three-quarters female)
- Study conducted by Dr Jan Garrard, Senior Lecturer, Deakin University, Active Transport Consultant



Supported by:

YOUNG PEOPLE'S ATTITUDES TO WALKING

HEALTHY
WAY TO GET
AROUND

98%



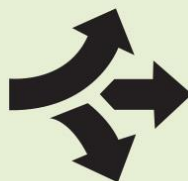
97%

ENVIRONMENTALLY
FRIENDLY WAY TO
GET AROUND



88%

WALK IF I CAN'T DRIVE
OR GET A LIFT



78%

ENABLES GETTING
AROUND INDEPENDENTLY



74%

GET TO KNOW
THE NEIGHBOURHOOD

Survey of 1,089 people aged 15-20 – www.victoriawalks.org.au/young_people/

WHAT MOTIVATES YOUNG PEOPLE TO WALK?

TO RELAX AND
CALM DOWN
WHEN I AM
STRESSED, ANGRY
OR ANXIOUS

84%



78%

IF THERE IS A NICE PARK
OR RESERVE NEARBY



73%

TO GET TO PLACES SUCH AS
SCHOOL, UNIVERSITY, TAFE,
WORK, SHOPS ETC



71%

A FAMILY MEMBER OR
FRIEND ASKS ME TO WALK
WITH THEM



71%

TO GET OUT OF THE
HOUSE FOR A WHILE

Survey of 1,089 people aged 15-20 – www.victoriawalks.org.au/young_people/

Not about exercise

- Young people do not walk for “health”, in contrast to older adults
- Health is a “by-product” of walking for other reasons, such as
 - to get to places
 - feel good
 - get in the natural environment



Publications

Young people research

<https://www.victoriawalks.org.au/research/>

Change to Walking resources and reports available at

www.victoriawalks.org.au/Change-to-Walking/

Alice Woodruff, Active City

www.activecity.com.au

