

**GOAL:** Enable school communities to use active and sustainable transportation to/from school more often by reducing barriers in accessibility, safety, convenience, and comfort.



WALK



BIKE



ROLL



BUS

## BENEFITS of using active and sustainable transportation to/from school (all or part-way)

### HEALTH & WELL-BEING

- Support physical and mental health
- Decrease stress, anxiety and depression
- Encourage social interaction and improve social skills
- Promote lifelong healthy commuting habits



### PERSONAL & ROAD SAFETY

- Reduce traffic congestion
- Lower risk of collision and injury
- Practice valuable pedestrian, cycling and transit skills
- More eyes on the street with safety in numbers



### CLIMATE ACTION & AIR QUALITY

- Lower environmental footprint
- Reduce vehicle greenhouse gas emissions
- Improve air quality by reducing air pollution
- Lower risk of lung and cardiovascular disease



### ACADEMIC & LIFE-SKILLS

- Arrive energized and more able to concentrate
- Improve student learning and academic outcomes
- Cultivate decision-making and time and risk management skills
- Build confidence, capability, independence and autonomy



### COMMUNITY & HOUSEHOLD

- Save time and money
- Better understand the local area
- Increases belonging and community connection
- Relieve pressure and stress from household routine



## The 7 E's APPROACH to school commute planning



EQUITY



ENVIRONMENT



EVALUATION



ENGINEERING



ENFORCEMENT



EDUCATION



ENCOURAGEMENT