

## Lesson 3 Resource: Barrier Profile Cards and Questions

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### Card 1

Luca (13 yrs) lives 8km from school. His mum drops him on her way to work. He wants to try riding but there are no bike lanes most of the way.

- What is stopping this person from actively travelling? (2 barriers)
- What could help them shift one part of their routine?
- What support might they need from others (family, friends, school)?

### Card 2

Maya (14 yrs) lives near school but doesn't feel safe walking through the underpass alone. Her older brother won't walk with her.

- What is stopping this person from actively travelling? (2 barriers)
- What could help them shift one part of their routine?
- What support might they need from others (family, friends, school)?

### Card 3

Tahlia (12 yrs) lives with her grandparents who don't like her riding on roads. They also don't drive, so she relies on the school bus.

- What is stopping this person from actively travelling? (2 barriers)
- What could help them shift one part of their routine?
- What support might they need from others (family, friends, school)?

### Card 4

Ahmed (13 yrs) has football training before and after school twice a week and needs to carry a lot of gear. He says active travel takes too long.

- What is stopping this person from actively travelling? (2 barriers)
- What could help them shift one part of their routine?
- What support might they need from others (family, friends, school)?

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### Card 5

Zoe (14 yrs) used to ride with a friend but they moved away. She says it feels "weird" to ride alone and her bike is now too small.

- What is stopping this person from actively travelling? (2 barriers)
- What could help them shift one part of their routine?
- What support might they need from others (family, friends, school)?

### Card 6

Ali (13 yrs) wants to catch the bus to school, but the nearest bus stop is a 25-minute walk from his house and the bus only comes once an hour.

- What is stopping this person from actively travelling? (2 barriers)
- What could help them shift one part of their routine?
- What support might they need from others (family, friends, school)?

### Card 7

Nina (13 yrs) would like to scooter to school. It's only 3km away, but the school doesn't allow scooters to be stored on campus and she's worried about it being stolen.

- What is stopping this person from actively travelling? (2 barriers)
- What could help them shift one part of their routine?
- What support might they need from others (family, friends, school)?

### Card 8

Dev (12 yrs) lives 5km from school. He enjoys taking the train, but recent service delays and overcrowded carriages have made the journey stressful and unpredictable.

- What is stopping this person from actively travelling? (2 barriers)
- What could help them shift one part of their routine?
- What support might they need from others (family, friends, school)?