



ROAD
TRAVEL
REWARDS

NRMA Young Driver Road Safety Program
Unit 1: Crash Stats and Young Driver Legislation
Teaching Notes

PROGRAM DESIGN

Students to watch the video either individually or as a class group. The following multiple choice questions appear throughout the video to check engagement and understanding - If students have logged into EdPuzzle individually their responses and progress will be shared with you at the start of the following week. This document contains further discussion questions and extension tasks.

SUPPORTING QUESTIONS

These questions pop-up as part of the video to check student engagement and understanding.

| | |
|--|---|
| Which age group represents most injuries AND fatalities on NSW roads in 2023? | <ul style="list-style-type: none"> a. <25 b. . 26-39 c. 50-69 d. >70 |
| According to this data, are there more young drivers than older drivers on NSW roads? | <ul style="list-style-type: none"> a. No b. Yes |
| According to this data, what percentage of crash deaths occurred on rural roads? | <ul style="list-style-type: none"> a.10% b.35% c.50% d.65% |
| According to this data, which licence holders are the safest on NSW roads? | <ul style="list-style-type: none"> a. L b. P1 c. P2 d. unrestricted |
| According to this data, approximately how many fatalities occurred within the first month of obtaining a P1 licence? | <ul style="list-style-type: none"> a. 100 b. 200 c. 400 d. 600 |
| Which of the following is NOT one of the 4 key road safety strategies used by the government to make driving safer? | <ul style="list-style-type: none"> a. Compulsory seatbelts b. RBTs c. Mobile speed cameras d. Littering fines |
| Below are the restrictions applied to L and P plate drivers - which one is lifted for P2 drivers? | <ul style="list-style-type: none"> a. No mobile phones b. Overnight passenger limit c. BAC of zero d. Reduced speed limits |
| Having completed this unit, do you feel you will make better informed decisions about your safety? | <ul style="list-style-type: none"> a Yes b. No |

FOLLOW-UP QUESTIONS

These questions are not in the video but can be used as consolidation of learning and checking understanding in the classroom

| | |
|---|---|
| 1. What was the number of 17-25 year old drivers or riders killed in crashes from 2022-2024 in NSW? | <ul style="list-style-type: none"> a. 96 b. 116 c. 136 |
| 2. In 2023, P plate drivers held ___% of licences but represented ___% fatalities on NSW roads. | <ul style="list-style-type: none"> a. 8% and 15% b. 15% and 8% c. 8% and 50% |
| 3. Young driver research led to the creation of the: | <ul style="list-style-type: none"> a. Graduated Plates Scheme b. Four Step Licencing Scheme c. Graduated Licencing Scheme |
| 4. Learners are the safest drivers on the road. | <ul style="list-style-type: none"> a. False b. True |
| 5. True or False: On your Ps, you are allowed to operate your phone if it is secured in a cradle. | <ul style="list-style-type: none"> a. False b. True |
| 6. How many demerit points are allowed for L&P and for P2: | <ul style="list-style-type: none"> a. 4 and 7 b. 4 and 8 c. 3 and 7 |
| 7. True or False: Whilst on L, P1 or P2, I can answer my phone whilst driving if using a hands-free bluetooth device. | <ul style="list-style-type: none"> a. True b. False |
| 8. There are passenger restrictions for drivers under 25 who hold a P1 licence. How many passengers under 21 can they have in their vehicle between 11pm and 5am? | <ul style="list-style-type: none"> a. 3 b. 2 c. 1 d. 0 |

DISCUSSION QUESTIONS

Facilitated class or group discussion is highly recommended for these questions.

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| DISCUSSION QUESTIONS: | SUGGESTED ANSWERS: |
|---|--|
| Name 3 things you are looking forward to doing once you have your Ps? | <ul style="list-style-type: none"> · <i>Not having to ask an adult to take you places</i> · <i>Getting a job</i> · <i>Getting your own car</i> · <i>More time with your friends</i> · <i>Driving to school or work</i> · <i>No more trains or buses</i> · <i>A more flexible lifestyle</i> |
| Are people in your life concerned about you as a future driver? What do you think worries them? Discuss at least three concerns they might have. | <ul style="list-style-type: none"> · <i>Getting seriously hurt or killed in a crash</i> · <i>Damaging the car</i> · <i>Getting fines</i> · <i>Hanging out with friends they don't like</i> · <i>Staying out late</i> · <i>Drinking and driving</i> · <i>Influenced by peers to speed</i> · <i>Using your mobile phone when driving</i> |
| Why do you think the crash stat numbers are highest for young drivers? | <ul style="list-style-type: none"> · <i>Driver inexperience</i> · <i>Young people drive older, less safe cars 10.</i> |
| In one paragraph, discuss how the Graduate Licencing Scheme with its zero tolerance for speed, mobile phones, and drink driving has helped to reduce death and injury in young drivers. | <p><i>Class discussion of student responses is highly recommended for this question.</i></p> |
| Name one thing that you learnt from Unit 1: Crash stats and young driver legislation that you will share with your friends/family. | <p><i>Class discussion of student responses is highly recommended for this question.</i></p> |

EXTENSION ACTIVITIES

ON THE MOVE – Transport for NSW

A numbers game | On the move

Students use statistics and gather other information from [Interactive crash statistics | Transport for NSW](#) and [The NSW Road Toll Progress Report](#) to analyse their perceptions of the types of risks associated with driving for young people who have recently got their licence and develop a message to persuade young drivers and passengers to behave safely when in a road environment.

Suggested Searches:


- Select their own age bracket and gender and look at the stats for themselves.
- Look at statistics for your own LGA.
- Look at the Statistics for different types of vehicles that they might use.
- Look at the type of crashes common to their area.
- Look at the patterns of Fatigue, Speeding and Alcohol crashes through times of day, week or year.
- Look at the types of crashes and how fatality numbers vary with speed

The Driver Knowledge Test | On the move

Students will improve their knowledge of road rules and laws in a variety of driving situations, use the online [Driver Knowledge Test](#) and be able to analyse and assess their responsibilities as a driver and passenger to minimise risks to themselves and others. See also: [Road User handbook](#)

The Driver Knowledge practice test is 45 multiple choice questions and provides a breakdown of answers so students can identify where perhaps further study is required.

Body copy goes here



VIDEO TRANSCRIPT

Hello, future driver! I'm Kristie and I work at the NRMA. In Unit 1 of our Young Driver Road Safety Program, we'll learn about the statistics of road-related trauma in NSW as well as the laws that are in place to help keep you safe.

Learning to drive is an exciting first step towards independence but it's often the first time that young people come into contact with the law and the responsibilities that come with driving a car.

The adults in your life might be excited that you have your Ps but they or even you may also have concerns about your safety behind the wheel and as a passenger. What might these concerns be? Do you think these concerns are justified?

Discuss: How are you feeling about being behind the wheel? How do you think your parents/carers are feeling?

Let's start by looking at the crash statistics for NSW to better understand some of the common contributors to road trauma.

One important factor in crash statistics is both age and driving experience.

This graph shows the number of drivers who were seriously injured or killed on NSW roads in 2023.

The first columns in each graph represent drivers that are 25 years and younger.

The graph shows that these drivers had the highest number of fatalities on the road.

But is this graph a fair analysis? Could these numbers be high just because there are a lot more young drivers on the road?

We can see from this data that fatality rates for young drivers compared to others is still high.

In 2021, young drivers made up just 14 per cent of total drivers on NSW roads, but sadly represented almost a quarter of the state's road fatalities. This is partly due to inexperience, but differences in brain development and psychology also play a major role.

Where you live is also reflected in crash statistics. This graph shows the number of drivers who were killed on NSW roads between 2018 and 2022. The blue columns represent metropolitan (or city) drivers and the green represents fatalities that occurred on country roads.

As you can see 65% of crash fatalities occur on country roads.

It is important to note that there are FAR more drivers overall in urban areas than in the country, so the fact that there are more drivers killed on country roads, even though there are fewer of them, is quite concerning.

Unit 2 of this course will explore some of the main reasons for these crashes and how we can rely on safety strategies to prevent them from happening.

NOTE: [A numbers game | On the move](#)

Visit <https://www.transport.nsw.gov.au/roadsafety/statistics> and use the most recent statistics to investigate the risks you will face as a new licensee. Develop a message to persuade young drivers and passengers to behave safely.

Research on young drivers from around the world has some common findings.

NOTE: Think. Why do you think young drivers are over-represented in injury and fatality statistics?

Young drivers have less experience behind the wheel but they can also sometimes show poor judgement due lack of impulse control and a tendency to underestimate the level of risk. On top of that, many young drivers use older and less safe cars compared to other drivers. These cars just don't have the technology to protect them in the event of a crash.

We'll come back to this in Unit 6 when we discuss buying your first car.

All of this research about young drivers has led to the introduction of the Graduated Licencing Scheme (or the GLS). This is a 4-year pathway to get your Ls through to your Ps and then onto a full unrestricted licence. Let's look at the crash data for the first four years of driving to better understand why the GLS was implemented in the first place.

The GLS was introduced to reduce the rate of death and injury of young drivers.

Learner drivers, as you can see here in yellow, have the lowest rate of casualty crashes. They are by far the safest drivers on the road across all age groups. This dramatically changes overnight when Learners get their Ps.

Suddenly the risk of a casualty crash goes up almost 10 times and it takes 3 to 4 years for these rates to reduce to the rate of other drivers.

The GLS is one of 4 key road safety strategies used by the government to make driving safer. In 1970 there was a peak in death on the roads. This led to the introduction of seatbelts as a legal requirement for all passengers. In 1982 Random Breath Testing was introduced. In 2000 the GLS was introduced and in 2010 mobile speed cameras appeared. Not included on this chart is the detection of no-seatbelt usage which went into effect in July 2024. The graph here clearly shows us that these strategies have all worked together to reduce trauma on our roads.

Since the GLS was introduced in June 2000, young driver fatalities have reduced by around half. However, young drivers continue to be over-represented in casualty crashes in NSW. For this reason, the GLS places strategic restrictions on L and P plate drivers.

NOTE: Discuss. What are some of the strategic restrictions on L and P plate drivers that you are already aware of?

For L and P drivers there are speed restrictions. Blood Alcohol Content (or BAC) must be zero AND no mobile phone use is allowed. For P1 drivers, so those on their red Ps, there are also restrictions on peer-aged passengers at night and the restriction on the power of vehicles that can be driven. There is also a reduction in the total demerit points allocated. Learner and P1 drivers have 4 demerit points whilst P2 drivers have 7.

For Learner and red P drivers, there is a strict zero tolerance for speeding, drink driving, and use of mobile phones. This comes with a licence suspension of at least 3 months.

L and P plate drivers often get confused about which functions of their mobile phones they can use whilst driving. Just to clarify: L and P drivers are not permitted to use their phone or use any function on their phone unless they are parked and with their engine off.

This means no GPS, no music or phone calls via Bluetooth, no texting or social media. If you have a digital drivers licence, you will need to wait until you're asked by the police before you show it to them. This way there's no confusion about whether you'd been operating your phone prior to being stopped. As you can see, it's really strict.

This short video shows you how to activate the "Do Not Disturb" function on your phone to protect you from distracted driving.

(VIDEO :56)

There are also special passenger limits for P1 drivers. If you're under 25 and hold a P1 licence, you must not drive a vehicle with more than one passenger, who is under 21, between the hours of 11pm and 5am.

So what are the Key learnings from Unit 1?

- As a learner driver, you are the safest you will ever be on the road, so make the most of this time.
- Aim to get as much experience as possible to prepare you for solo driving.
- Learn to identify the potential risks and to take active steps to keep yourself and other road users safe.

When we get on the road as a driver, passenger, or pedestrian, we join a network of people who are connected by a shared responsibility to get each other where we are going safely. Remember: you're counting on others to make good choices, and others are relying on you!

In addition to this program, the NRMA offers a range of support services to help young drivers. Find out more by searching for us online.

NOTE: Visit [Roadside assistance for young drivers](#) | [Free2Go up to 2 years free](#) | [The NRMA to explore support services for young driver](#)

TRANSCRIPT AND QUIZ QUESTIONS

Hello future driver, my name is Stephanie and I work at the NRMA. In Unit 2 of our young driver road safety program we'll learn about the Fatal Five, or the five leading causes of death on NSW roads.

A driver's licence opens up a world of possibilities. Knowing the facts will help to keep you and your friends safe. Learning about the Fatal Five isn't to scare you; it's to prepare you.

Can you guess what the five leading causes of death on the road are? They are speeding, drink driving, driving when tired, not wearing a seatbelt, and driver distraction.

QUIZ: Which of the following is NOT considered one of the fatal five?

- a. speeding b. drink driving c. fatigue d. no seatbelt
e. mobile phones and distractions f. extreme weather

First let's talk about speeding. Speeding is not just driving faster than the speed limit, it's also driving too fast for the weather, light, traffic and road conditions. Research shows that even a small increase in speed can significantly increase the risk of having a crash. In cities, an increase of just 5 km per hour above the speed limit doubles the risk of having a crash, while on rural roads 10km per hour over the limit doubles the crash risk.

QUIZ: True or False: Speeding even by a small amount can double the risk because it reduces driver reaction time and lengthens stopping distance.

- a. True b. False

This graph clearly shows the impact of speeding as a leading cause of fatalities in crashes over the past 5 years.

Speed and energy transfer in a crash and the severity of the injuries is directly related to the speed of the vehicle at the time of impact.

When a car crashes, there are actually three crashes that occur.

NOTE: Explore "The Physiology of a Car Crash" here: [Physiology of a car crash – The Bloody Physiologist \(wordpress.com\)](#)

The first is the vehicle's collision with the object. The second is the human's collision with the inside of the car and third is the internal collision of the organs within the human body. Speed related crashes can cause lifelong injuries and even death.

(FOT segment)

QUIZ: Which is NOT one of the 'three crashes' that occur when a vehicle has a crash?

- a. vehicle's collision with the object b. The internal collision of the organs within the human body.
c. **the tyres skidding on the pavement** d. human's impact with the inside of the vehicle

Drink Driving

Research from 2018-2022 shows that drink driving is related to around 18% of fatal crashes and that almost 1 in 5 drivers killed had a Blood Alcohol Content over the legal limit.¹

QUIZ: Drink driving is the number one cause of 30% of fatal crashes in Australia. 1 in 4 killed have a BAC over the limit. What does BAC stand for?

- a. Blood Alcohol Count b. Blood Above Conjecture c. **Blood Alcohol Content**

Alcohol slows down a driver's reaction time, which you really need in an emergency situation where you have to act fast. It also dulls the thinking process and reduces the attention span, which makes it hard to pay attention to what other road users are doing, and that can be dangerous.

Drivers who have been drinking can have blurred vision and reduced hearing too, which makes it harder to identify hazards.

QUIZ: Alcohol slows down reaction ____, causes a reduced ____ span, blurred ____ and reduced hearing, reducing a driver's ability to identify hazards around them.

- a. velocity; attention; vision b. **time; attention; vision** c. time; wing; vision

NOTE: [Mobile drug testing | On the move](#)

Analyse situations where external influences may impact our abilities to make healthy and safe choices, and investigate how those decisions affect individual safety and wellbeing.

Driving and Fatigue

Research shows that fatigue (or tiredness) is a leading cause of crashes. Fatigue is when you're really tired or sleepy. The injuries are usually severe if a driver falls asleep behind the wheel because if the driver is asleep, they can't prevent the crash from happening or brace themselves for impact.

Young drivers are most at risk from fatigue-related crashes as research tells us that they need 8 to 10 hours per night but usually get much less than that.

QUIZ: True or False: Young drivers are at least risk of fatigue on the road because they need less sleep than older adults.

a. True

b. False

(VIDEO :31)

Sleepiness becomes a factor in all trips that occur during normal sleep times or after a day of working or study. Long stretches of road travelled at high speeds are particularly dangerous for fatigue-related crashes.

Some signs of fatigue are wandering in the lane, sudden unplanned changes in speed, heavy eyelids, poor concentration, head nodding and microsleeps. If you are feeling sleepy or tired stop driving immediately. Sleep is the only cure for sleepiness.

QUIZ: You are driving home late at night and start to feel very sleepy. What is the safest action to take? True or False: The best cure for driver fatigue or sleepiness is fresh air, loud music, and caffeine.

Pull over in a safe location and take a short nap before continuing your journey.

No Seatbelts

A seatbelt is the only technology in a car that can stop you from being ejected from a car in a crash.

This video shows the dangers of an unrestrained passenger to other people in the car.

It's really important to know the law – it's the driver's responsibility to make sure all the passengers are restrained. Because the Driver will receive a fine plus lose 3 demerit points for every unrestrained passenger AND the passenger will also get a fine. Camera detection of seatbelt offences, including the hefty fines and penalties that come with them, started on 1 July 2024.²

Correct fit of seatbelts is essential: Seatbelts need to sit across the collarbone and the hip bones. The reason for this is that these bones are strong enough to withstand the force of a crash. Never put your seatbelt across your ribs. Your ribs could crack and that can lead to internal injuries.

QUIZ: Seatbelts are the only safety device that will save you from being ejected from a car in a crash. It's important for seatbelts to be fitted correctly, sitting across the two strongest bones in your body. What bones are these?

a. hip bone and shoulder bone

b. pelvic bone and shoulder bone

c. hip bone and collar

bone

Driver Distractions

Mobile phone use whilst driving increases the risk of having a casualty crash by 4 times, and texting increases the crash risk even further. In NSW from 2017–2021, there were 109 casualty crashes involving a driver/rider using a handheld mobile phone, resulting in 13 deaths and 163

injuries. Mobile phone use is likely to be underreported in crash data due to the difficulty in obtaining evidence.

NOTE: [Driven to distraction | On the move](#)

Learn about the dangers of being distracted whilst driving and how to counteract the effects of music and mobile phones, as well as develop strategies to reduce distraction when driving.

Mobile phones distract the driver in three different ways:

First, they're a physical distraction because they take the driver's hand off the steering wheel.

Second, they're a visual distraction taking the driver's eyes off the road. And thirdly they're a mental distraction causing the driver to miss hazards on the road.

QUIZ: From the options below, select the THREE types of distractions faced when driving a vehicle:

- a. **Physical/visual/cognitive (mental)***
- b. Physical/visual/tactile*
- c. Situational/visual/cognitive (mental)*

Talking on a mobile phone causes lapses of attention, concentration and judgement.

So why is talking on the phone different to talking to someone who's in the car with you? The reason is that when a passenger is in the car with you they can stop talking when they sense the driver needs to concentrate, but someone on the other end of your phone call can't see what's happening around you in the car, and won't know to stop talking if a hazard pops up while you're driving.

QUIZ: The difference between speaking to a passenger who is in the car compared to someone on the phone is:

- a. The passenger can take control of the steering wheel in an emergency situation*
- b. The passenger can stop talking if the person driving needs to concentrate***
- c. The person on the phone is able to more safely give directions, if needed*

Conclusion

Let's go over your key learnings from Unit 2:

Speeding:

- Keep checking your speedometer and speed signs
- Reduce speed in poor conditions
- Leave at least a 3 second gap in front of you

QUIZ: We have provided you with the top safety tips to help keep you safe on the road. Select which TWO of the following tips are related to speeding:

- a. Take breaks every 2 hours, share the driving and look out for warning signs that you or the driver are tired*
- b. Plan ahead and choose to use public transport/Uber***
- c. Reduce speed in poor conditions and leave more than a 3 second gap between the car in front of you***
- d. Check your speedometer and speed signs***

Alcohol:

- Plan ahead, have a safe way to get home
- Use public transport or call a rideshare
- Don't walk home when you've been drinking

Fatigue:

- Don't drive when tired
- Take a break every two hours and share driving long distances if possible
- Be alert to the warning signs of fatigue and get some sleep

Seatbelts and Mobile Phones

- Always wear a seatbelt and ensure your passengers' are fastened too.
- Put away your mobile phone so it's not a distraction. Out of sight and out of mind.

NOTE: [Dealing with distractions / On the move](#)

Learn more about the dangers associated with distractions as a pedestrian and examine media strategies, marketing and influences associated with health issues affecting young people.

Key learnings:

- Car crashes are not accidents. They happen as a result of poor judgement made behind the wheel. They are all preventable.
- Be aware of the Fatal Five.
- Apply simple and effective tips - the ones we have shared with you today - to reduce the risk of crashes on the road.

When we get on the road as a driver, passenger, or pedestrian, we join a network of people who are connected by a shared responsibility to get each other where we are going safely. Remember: you're counting on others to make good choices, and others are relying on you!

QUIZ: Do you feel like you have a better understanding of the leading causes of crashes after completing Unit 2? How has completing this unit increased your confidence to make an informed decision about your safety?

a. Yes b. No

In addition to this program, the NRMA offers a range of support services to help young drivers. Find out more by searching for us online.

NOTE: Visit [Roadside assistance for young drivers / Free2Go up to 2 years free / The NRMA to explore support services for young drivers.](#)

DISCUSSION QUESTIONS:

1. Why might it be not safe to walk home whilst drunk?

Suggested answers: A drunk person may not be thinking straight, so might behave as an unsafe pedestrian. If someone is drunk and walks onto the road, they could get hit by a car.

2. Explain at least two distractions drivers are faced with and how these distractions can be avoided.

Suggested answers: Class discussion of student responses is highly recommended for this question. Mobile phones are a physical distraction because they take the driver's hand off the steering wheel. Second, they're a visual distraction taking the driver's eyes off the road. And thirdly they're a mental distraction causing the driver to miss hazards on the road.

EXTENSION ACTIVITIES

ON THE MOVE – Transport for NSW

Driven to distraction | On the move

Students learn about the dangers of being distracted while driving and how to counteract the effects of music and mobile phones, as well as developing strategies to reduce distraction when driving.

Dealing with distractions | On the move

Students learn about the dangers associated with distractions as a pedestrian and examine media strategies, marketing and influences associated with health issues affecting young people.

Mobile drug testing | On the move

Analyses situations where external influences may impact our abilities to make healthy and safe choices, and investigates how those decisions affect individual safety and wellbeing.

