



ROAD
TRAVEL
REWARDS

**NRMA Free Movers Road Safety Program
Unit 2: Distraction
Teaching Notes**

PROGRAM DESIGN

Part of the NRMA Free Movers Program, Unit 2 focuses on educating students on how mobile phone use and other distractions impact road safety during everyday travel. The module uses active learning strategies—discussion, video-based questions, creative campaigns, and reflective tasks—to build awareness and promote safer behaviours. It aligns with PDHPE Stage 4 outcomes by fostering self-awareness, planning and implementing health-promoting actions, applying decision-making for personal and community wellbeing, and encouraging personal responsibility through activities like “Phone-Free Travel Day”. Students develop critical thinking, communication, and practical safety strategies, supporting PDHPE’s focus on risk management and health in community contexts.

CURRICULUM ALIGNMENT

The module explicitly links to PDHPE Stage 4 outcomes:

- PD4-6: Encourages self-awareness and peer discussion about safe behaviours.
- PD4-8: Develops skills to plan and implement actions promoting health and wellbeing (e.g. creating campaigns).
- PD4-9: Applies decision-making to enhance personal and community health.
- PD4-10: Supports personal responsibility and reflection through activities like “Phone-Free Travel Day.”

Accessing the content

NRMA Online Programs are accessed through Edpuzzle: an educational tool that allows you to learn and engage with interactive video lessons. Students will access each of the following units via the Edpuzzle link and Class Code emailed to the teacher.

Videos are also available on Vimeo.

Link: <https://vimeo.com/1157051073>

Password: Move2026

SUGGESTED LESSON PLAN

Outcomes:

- Self-awareness: Students reflect on their own phone use habits and understand how distraction impacts safety.
- Health-promoting actions: They learn to plan and implement strategies that encourage safer travel, such as creating campaigns or memes.
- Decision-making skills: Students apply decision-making processes to enhance personal and community wellbeing.
- Personal responsibility: Through activities like “Phone-Free Travel Day,” they practice accountability and evaluate changes in awareness.

Task	Activity	Duration
Introduce lesson – NRMA road safety education: Free Movers (3 units) 2. Distraction	Introduction Ask: Who here has ever seen people texting and walking? Discuss – What they saw? Whether they felt anything about that situation (annoyed: walking slow/funny: they walked into a pole) Whether they consider it to be a problem? What is the problem? Then ask “Who here has ever walked while texting or wearing headphones near traffic?” Introduce idea of distraction and it’s possible impact on their safety.	5-mins
Watch the video and answer the three pop up questions	Students can watch independently or as a class led by the teacher	5-10 minutes
Slide 9 – Discuss, Do,	Discuss students’ phone use habits while walking/riding. What is the most distracting thing?	10-minute discussion
	Create a meme or campaign and present to the class	Up to 30 mins
	“Phone-Free Travel Day” Template provided below	Homework
Extension activities	Education NSW resources Student Scenarios	5 – 15 minutes
Lesson conclusion	Summarise learning using the narrators’ final tips: Look up. Listen up. Be aware.	5 minutes

SUPPORTING QUESTIONS

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.

<p>Why does a distracted driver affect stopping time/distance?</p>	<p>A. Because the car will brake automatically when the driver is distracted</p> <p>B. Because distraction increases the driver’s reaction time before braking</p> <p>C. Because distracted drivers drive at lower speeds</p> <p>D. Because the road surface changes when the driver is distracted</p> <p>Correct Answer: B.</p> <p><i>Explanation:</i> When a driver is distracted, they take longer to notice hazards and begin braking. This delay adds extra distance to the total stopping distance, which includes both reaction time and braking distance.</p>
<p>What is a Smombie?</p>	<p>A. A person who walks slowly because of heavy traffic</p> <p>B. A pedestrian distracted by a smartphone while walking</p> <p>C. A driver who uses a phone while driving</p> <p>D. A cyclist who listens to music while riding</p> <p>Correct Answer: B.</p> <p><i>Explanation:</i> The term “Smombie” combines “smartphone” and “zombie,” describing people who are so absorbed in their phones that they ignore their surroundings, often creating road safety risks.</p>
<p>What does the data suggest about smartphone availability and road safety? (Select all that apply)</p>	<p>A. Pedestrian fatalities began rising again after around 2012, coinciding with mass smartphone availability</p> <p>B. Increased smartphone use may contribute to more crashes where drivers are distracted</p> <p>C. Smartphones have made people safer on the roads, as fatalities have continued to decline without interruption</p> <p>D. Smartphones have improved road safety overall, reducing both pedestrian and driver fatalities</p> <p>Correct Answers: A and B.</p> <p><i>Explanation:</i> The graph shows pedestrian fatalities dropped for decades but started increasing around 2012—the same period smartphones became widely available. Overall road fatalities also show a slight upward trend in recent years, suggesting distracted driving could be a contributing factor. There is no evidence that smartphones have made roads safer; in fact, the opposite trend appears.</p>

DISTRACTION – STUDENT TASKS

These activities build awareness of responsibility and safe decision-making:

Discuss: Survey phone use habits while walking or riding and discuss implications.	PD4-6: encourages self-awareness and peer discussion around safety
Do: Create a campaign or meme to raise awareness about distracted travel. <i>Video: The Dangers Of Text Walking BTN High can help with this.</i> https://youtu.be/BSxxmj72Dvw?si=HdMPzna1labUyaC5	PD4-8: plans and implements actions that promote health and wellbeing
Challenge: Try a “Phone-Free Travel Day” make your journey without looking or listening to your phone and reflect on changes in awareness. Template provide below	pd4-10: encourages personal reflection on identity and responsibility

EXTENSION ACTIVITIES

Stage 4 activity - Exploring the impact of mobile phones on road safety

Exploring the impact of mobile phones on Road Safety – This is a NSW Government Education Resource with a range of curriculum aligned activities including investigations into what students use their phones for, which are the most distracting when out and about, a cause and effect T chart and in appendix 2: **student scenarios**



My Phone Free Journey

My Name: _____



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Where I'm going to: _____ from: _____
(e.g. friend's house, sports training, shopping centre)

1. How will I get there? (Tick all that apply)

Walk	Ride my bike	Catch public transport <input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Light Rail <input type="checkbox"/> Ferry	Get a lift from an adult	Other:
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Outline your route (streets, crossings, stops, landmarks):

if you prefer to draw a map please use a fresh page

2. What time will I travel and how long will it take?

During the day?	After dark*?
Leave at	Arrive at:
Travelling with?	Alone Friend/s Family a Pet

Phone Free Observations: Tick all that apply

On my journey	✓	Observations
Social I noticed:	<input type="checkbox"/>	More people met my eye/smiled at me
	<input type="checkbox"/>	Had more conversation with my company
	<input type="checkbox"/>	Spoke to/helped someone along the way
	<input type="checkbox"/>	Felt more relaxed
Environmental: I noticed:	<input type="checkbox"/>	Nature e.g. birds, trees or animals
	<input type="checkbox"/>	Weather e.g warm sunshine or a cool breeze.
	<input type="checkbox"/>	Street art or signs
	<input type="checkbox"/>	More sounds e.g. music from shops, people talking/laughing, birds singing
Safety: I was more aware of:	<input type="checkbox"/>	Cars approaching from side streets
	<input type="checkbox"/>	Cyclists or scooters nearby
	<input type="checkbox"/>	Traffic signals changing
	<input type="checkbox"/>	Uneven footpaths or obstacles
	<input type="checkbox"/>	Other people crossing unsafely
Overall Reflection	<input type="checkbox"/>	My journey was faster
	<input type="checkbox"/>	My journey was slower
	<input type="checkbox"/>	I have more memory of my journey
	<input type="checkbox"/>	I have less memory of my journey
	<input type="checkbox"/>	I enjoyed my journey more
	<input type="checkbox"/>	I enjoyed my journey less
Any other observations		

Sometimes on a journey you might need to use your phone for example to look up a route, answer a text or call. Suggest three things you can do to make sure you can do that without putting yourself or others at risk.

1. _____
2. _____
3. _____

Has this exercise inspired you to make more phone free journeys? Y /N

VIDEO TRANSCRIPT

Slide	Script
3. Distraction	<p>Welcome to Unit 2: Distraction. I'm Deb from the NRMA</p> <p>Let's be real, distractions are everywhere. A distraction is anything that pulls your attention away from what you're doing or what's happening around you. And when you're near roads, that can quickly turn risky.</p> <p>For drivers, distraction means taking your eyes off the road, your hands off the wheel, or your mind off the task of driving.</p> <p>Even glancing at your phone for just 2 seconds while driving at 50 km/h means you'll travel almost 28 metres without really seeing what's ahead—that's nearly half a soccer field.</p> <p>Just 2 seconds.</p> <p>That tiny lapse can double the risk of a crash. Mistakes made in moments like that can change lives.</p>
4. Distracted Pedestrians	<p>For pedestrians, it's just as serious. Using a smartphone while walking—especially when crossing roads—is a growing problem.</p> <p>People walking while texting, scrolling, or wearing earbuds often:</p> <ul style="list-style-type: none"> • Miss traffic signals • Fail to notice cars • Trip or bump into others <p>When both drivers and pedestrians are distracted, the result can be catastrophic.</p>
5. Video	Autoplay
6. Statistics	<p>Every time you step off the kerb, your brain races to answer:</p> <p>Can I see any cars? How far away are they? How fast are they moving? Do I have time to cross?</p> <p>That's a lot to process in seconds.</p> <p>Now imagine doing it while texting or rocking out to music.</p> <p>You see less. Hear less. React slower.</p> <p>Suddenly, crossing the road becomes a gamble.</p> <p>Being focused isn't just smart, it can be life-saving, don't become part of the statistics.</p>
7. Trends	<p>Pedestrians account for a notable percentage of road fatalities each year, and these figures are rising.</p> <p>Pedestrian crashes were in decline for many years but since around 2012 and the mass availability of smart phones the number of injuries and fatalities are rising once more.</p>
8. Distraction tips	<p>So, let's wrap things up with some simple tips to stay alert and safe when you're out and about.</p> <ul style="list-style-type: none"> • Look up. Stay aware. • Put your phone away while walking. • Use one earbud or turn the volume down. • Need to text? Stop and step aside. <p>Being focused isn't just smart—it's life-saving.</p> <p>Protect yourself. Protect others. Stay switched on.</p> <p>On the next slide you will find some follow up activities to complete in class – stay focused and we'll see you next time.</p>

