NRMA ROAD TRAVEL REWARDS

NRMA Young Driver Road Safety Program
Unit 4: I'm the Driver
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.

True or False: Speeding increases stopping distances, impact force and reduced vehicle control = Increased risk of more serious crashes	**a. True** b. False
In case study 1, a child runs out 45 metres in front while you are travelling at 60km/hr. Will you be able to stop in time?	a. Yes, comfortably b. Yes, just in time **c. No**
The average reaction time for an alert driver is 1-2 seconds. A car travelling 60km/hr has travelled between 17-34 metres before the driver notices they need to brake! From the 'impact speed' graph, if a car is travelling at 70km/hr, approximately how many metres has it travelled before it stops AND what is the impact speed?	**a. Between 55-60 metres to stop AND 46km/hr impact speed** b. Between 60-65 metres to stop AND 57km/hr impact speed c. Between 50-55 metres to stop and 43km/hr impact speed
From the following tips for reducing risk, which one is NOT related to speeding?	a. Be present: Keep checking your speedometer and speed limit signs b. Don't risk it: Avoid cutting in from of trucks and buses **c. Be alert: Take breaks every two hours and share the driving on long trips** d. Reduce speed: in bad weather and poor traffic or road conditions e. Stay in control: never let others influence you to drive faster
In case study 3, Melita drinks 9 standard drinks between 10pm – 2am. How long does it take for her BAC to reduce from 0.24 back to 0?	a. 11 hours b. **16 hours** c. 20 hours
According to the video, if you are travelling at 60km/hr and you look at your phone for __ seconds, you travel __ metres blind.	a. 2 seconds and 13 metres b. 3 seconds and 22 metres c. **2 seconds and 33 metres**

You have completed Unit 4. Do you understand your responsibilities as a driver to keep yourself, and others safe?	a. Yes b. No

DISCUSSION QUESTIONS

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

1. As drivers, we can reduce risk on the roads by reducing the impact of the fatal five. List the 5 leading causes of death and serious injury on roads.

   Suggested answers:

- *Speeding*
- *Drink driving*
- *Mobile phones/distractions*
- *Driving and fatigue*
- *No Seatbelt*

2. We know that speed kills, yet people still choose to speed. Why? Explain 2 situations where a person might choose to speed faster than the designated speed for that road.

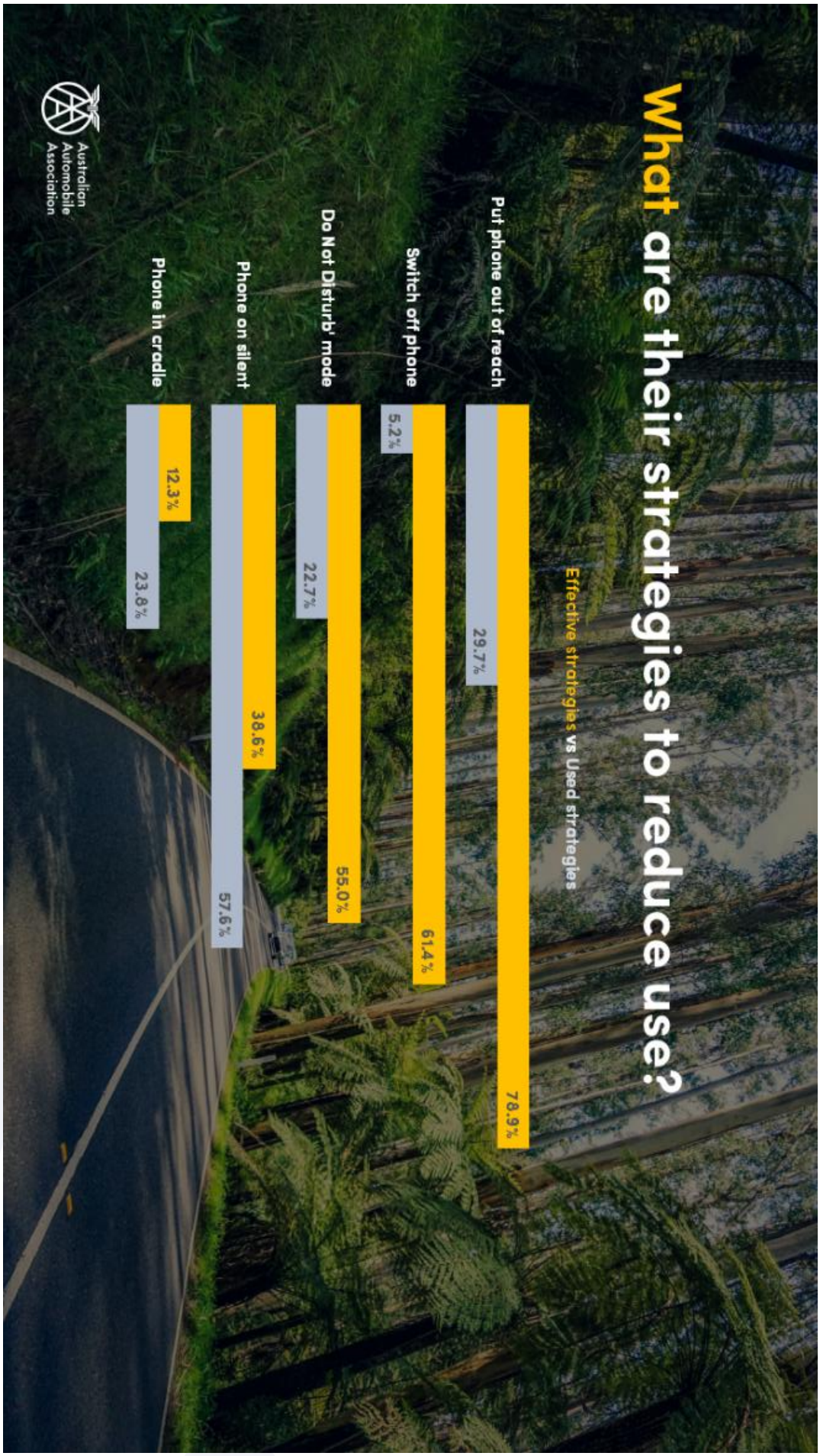
3. In case study 2, both drivers make a small error of judgement causing devastating consequences. Explain what both drivers did wrong that resulted in the crash.

4. In case study 3, Ben drank 15 standard drinks between 6pm – midnight. He needed over 11 hours to reduce his BAC from 0.17 to 0. Like Melita, he would have been over the legal limit if he drove to work the following morning after his night of drinking. Ben consumed more drinks than Melita, but needed less time to get his BAC back down to 0. Explain a possible reason for this difference?

5. When you get your licence, what strategy will you use to avoid the temptation to look at your phone whilst you are driving? Is this the best strategy and why?

6. In a recent study by AAA (Australian Automobile Association), they interviewed young people and asked them what they thought were the most effective strategies for reducing phone use while driving. They interviewed them again to find out what strategies they used. Discuss the difference in the results from the graph overleaf.

7. Name one thing that you learnt from **Unit 4: I'm the Driver** that you will share with your friends/family.


What are their strategies to reduce use?
Effective strategies vs Used strategies
Put phone out of reach
78.9%
29.7%
Switch off phone
61.4%
5.2%
Do Not Disturb mode
55.0%
22.7%
Phone on silent
38.6%
57.6%
Phone in cradle
12.3%
23.8%
Australian Automobile Association

EXTENSION ACTIVITIES

ON THE MOVE – Transport for NSW

Assertiveness skills in social situations | On the move

Students learn about they types of driving behaviours that increase the risk of crashes, understand how the behaviours of passengers and onlookers can influence the behaviour of the driver, and be able to assertively respond in situations where their own or others' safety may be at risk because of the behaviour of another person.

Yeah or Nah? The decision is yours | On the move

After identifying major causal factors in road and traffic-related injuries plan, students will rehearse and evaluate options for managing situations where their own and others' health, safety and wellbeing is put at risk by getting into a car with a person under the influence of alcohol or other drugs.

Choices | On the move

Helps students recognise the influence that contextual factors can have on their decision making and actions. Examines how contextual factors influence attitudes and behaviours towards health and wellbeing.

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.

VIDEO TRANSCRIPT

Hello future driver, my name is Stephanie and I work at the NRMA. Unit 4 of our young driver road safety program is all about you as the driver.
As the driver you have a lot of responsibilities. These can be legal, financial, and also moral responsibilities.
In this presentation we'll explore some case studies that relate to issues faced by P plate drivers primarily around speeding, mobile phone distractions, and influences of alcohol and drugs.

Speeding
First let's talk about speeding.
The faster a vehicle travels, the longer it takes for the vehicle to come to a stop and the higher the impact on the person or object it hits. Speed also increases the risk of losing control of the vehicle which poses a risk to both those inside and outside of the car.
This next video discusses stopping distances when driving and how our speed can directly affect the outcome on the road.
(VIDEO 2:05)
Case Study 1: People can be unpredictable on the road. In this case study, you are the driver travelling at 60km per hour when a child walks out onto the road 45 metres in front of you. 45 metres is almost half the distance of a footy field. Will you be able to stop in time?
Sadly, the answer is no. The average size car in clear conditions would require about 56m before it will stop. At 50km/h, the girl would have been safe. This is why the urban speed limit is 50 km per hour as it helps to protect pedestrians.

A vehicle's stopping distance is the sum of two things: The first (in blue) is the time it takes for the driver to notice the hazard, also known as the reaction time. It is the time it takes for the driver to react and slam on the brakes. The second (in red) is the braking time. This is the time it takes for the car to come to a complete stop. The average reaction time for an alert driver is 1 to 2 seconds, but it is important to note that this time is dramatically increased when a driver is distracted or under the influence.

Humans are fragile creatures. A human hit by a car travelling at 20-30 km/hour may survive that impact, but at a speed beyond that survival is not likely.
This is why there are laws and strict penalties to reduce speed and minimise distractions by mobile phones whilst driving.
NOTE: Explore the physics of staying safe on the road here: nrma-the-road-safety-total-learning-resource-years-9-10.pdf
It is also important that we practice defensive driving by identifying risks and implementing strategies to protect ourselves in the event another driver or pedestrian makes a mistake.
Let's have a look at Case Study #2 which highlights the consequences of making mistakes:
(VIDEO 1:00)

The father in the video thought he could make the turn in time and the other driver was going just a bit over the speed limit. Both drivers are good people. They aren't intending for this crash to happen. They both own up to making a mistake, but unfortunately it's too late to stop a tragedy from happening.

Speeding is a major contributor to trauma on our roads. Here are some tips to help you reduce the risk:

- Be present: keep checking your speedometer & the speed signs. Be aware of what is happening around you.
- Reduce your risk by reducing your speed, especially in bad weather, heavy traffic, or poor road conditions.
- Leave at least a 3 second gap between you and the vehicle in front of you. Leave more on highways and in poor conditions. This will give you more stopping time from the car in front of you.
- Don't cut in front of trucks or buses- they are heavy vehicles, they find it hard to stop.
- Stay in control: don't let others influence you to drive faster

Drink driving

The Blood Alcohol Content limit (or BAC) is 0 for L and P plate drivers. If caught drink driving, you can face a 3-month suspension of licence and a hefty fine.

Case Study 3: In this case study we will explore the time it takes for the alcohol drunk the night before to be processed by the body so the driver has a legal BAC of zero.

Both Melita and Ben have been out drinking the night before. They chose not to drive that night but they both need to drive the next day to get to work. How long will it take for each of them to get back to a BAC of zero?

For Melita it will be 16 hours or 4pm the next afternoon. For Ben he is clear by 11am. The problem is that both of them have already driven to work for a morning shift. If they had been breath-tested, their BAC would have been over zero. They would have lost their licence for at least 3 months and faced big fines.

Everyone's body processes alcohol at a different rate based on their age, size, gender and what they have been eating. There is no perfect formula, so be very cautious. Add even more time the day after you've been drinking to make sure you are under zero.

(VIDEO :30)

We don't all have a Terry Godmother looking over us, but after a 'few drinks' we all need a Plan B. If you're heading out for a drink, leave the car behind and plan another way home. Make sure the designated driver hasn't been drinking. Pre-arrange for someone you trust to come and get you. Never feel forced to get into a car with a driver who has been drinking. Know what you have consumed, how much, and when. Leave extra time to get back to BAC zero before driving again. Also, never walk home drunk: drunk walking is always dangerous. The same tips apply for those taking drugs. The effects of alcohol and drugs in one's system are wide ranging and impossible to avoid.

Mobile phones

Mobile phone distractions are also almost impossible to avoid. That's why illegal mobile phone use carries a 5 demerit point penalty. L and P plate drivers are not allowed to operate their mobile phones whilst behind the wheel in any way.

During a six-month blitz held in 2019 caught more than 100,000 drivers using mobile phones illegally. As a result, mobile detection cameras in NSW came into effect from 2020. These cameras operate 24/7. Detection comes with a hefty fine, demerit points, and loss of licence for those on Ls and Ps.

Case Study 4: Watch the following video to see just how distracting our mobile phones can be.

(VIDEO :30)

Reading and writing text messages take our eyes off the road and increase our danger. If it's important, pull over, park the car, turn off the ignition and then send your message.
To recap: as an L or P plater, you cannot use your phone FOR ANYTHING whilst your car is on, even if you are stopped at the lights. This includes phones calls, GPS, even Spotify and bluetooth functions…. I know.... It sounds harsh... But paying a fine or losing your licence is better than you being the cause of a crash that injures or kills your friends, your family, yourself or someone else on the road. The laws are in place to protect you during your most vulnerable time as a driver.

To protect yourself from distractions:

- Put your phone in the glovebox whilst driving.
- Tell passengers to turn off notifications or keep their phones on silent.
- Park and turn the car off before using a device.
- Work out where you are going - before you leave!
- Keep your phone on 'Do Not Disturb' whilst driving.

This next video explains how you can easily implement these safety strategies to reduce distractions every time you get in the car.

(VIDEO :56)

Conclusion
So what are our Key learnings from Unit 4?

- Drivers can take active steps to reduce their risk when behind the wheel.
- Small errors or poor misjudgments can have tragic outcomes.
- The law places significant financial and legal penalties on drivers.
- Apply the simple and effective strategies covered in this unit to reduce your risk.

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 drivers.