



ROAD
TRAVEL
REWARDS

NRMA Young Driver Road Safety Program
Unit 5: In my car
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 of the following is NOT helpful passenger behaviour?	<ul style="list-style-type: none"> a. help with navigation b. be a second pair of eyes c. be mindful not to distract the driver d. be loud, annoying, and/or encourage dangerous risk-taking
The driver carries all the legal, financial and ____ responsibility when they are behind the wheel.	<ul style="list-style-type: none"> a. Logistical b. Moral c. Entertainment
Which of the following is NOT an appropriate strategy for preparing yourself to better manage your passengers while you are on your Ls?	<ul style="list-style-type: none"> a. Practise driving with passengers b. Avoid driving with passengers c. Be firm: you carry the risk so you set the rules d. Learn to set clear expectations of behaviour
Choose the safest option for someone planning a night out with friends where the drinking of alcohol will be involved:	<ul style="list-style-type: none"> a. Get a lift from a friend who isn't going to the party b. Choose to catch a taxi or rideshare instead
From the following options, which is NOT a strategy you could use if you are feeling unsafe as a passenger in a car:	<ul style="list-style-type: none"> a. If the driver is driving in an unsafe way, take control of the steering wheel. b. Use your judgement: Never get in a car with a driver who has been drinking or has taken drugs. c. Be prepared and have an agreement with an adult you trust to pick you up if you ever need it, no questions asked. d. If the atmosphere feels toxic, find a way to change it.
You have completed <u>Unit 5</u> . Has this increased your confidence to take charge of safety when you're driving?	<ul style="list-style-type: none"> a. Yes b. No

DISCUSSION QUESTIONS

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

1. Reflect on a time that you may have been a distraction as a passenger in a car. What did you do that was distracting? How could you make sure you are not a distraction in the future?

Student responses will vary but may include them:

- As a younger child being silly, loud or distracting to their parents.
- As an older child perhaps being newly allowed in the front seat - playing with the radio/gps/air con.
- Trying to distract the driver showing them things on your phone.

2. In the video where a group of friends are driving to a party, identify some of the ways the passengers in the car are distracting the driver.

Suggested answers:

- Being loud
- Leaning over to change music
- Turning up the volume of the music
- Using camera flash
- Drinking
- Offering the driver alcohol

3. One day you might find yourself in a car with a driver who is acting recklessly. In the second video, describe the atmosphere (feeling) in the car.

Student responses will vary but may include:

- Tense or panic
- Nervous laughter or jokes
- Things might be really quiet or seem in slow motion
- Or they might speed up and be overwhelmingly loud

4. Explain why someone might make the decision to not speak up when they are feeling unsafe in a car.

**Following the student responses reiterate that none of their perceived consequences of speaking up are worse than the outcome of not speaking up.*

5. Name one thing that you learnt from Unit 5: In my car that you will share with your friends/family.

EXTENSION ACTIVITIES

ON THE MOVE – Transport for NSW

Assertiveness skills in social situations | On the move

Students learn about the 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

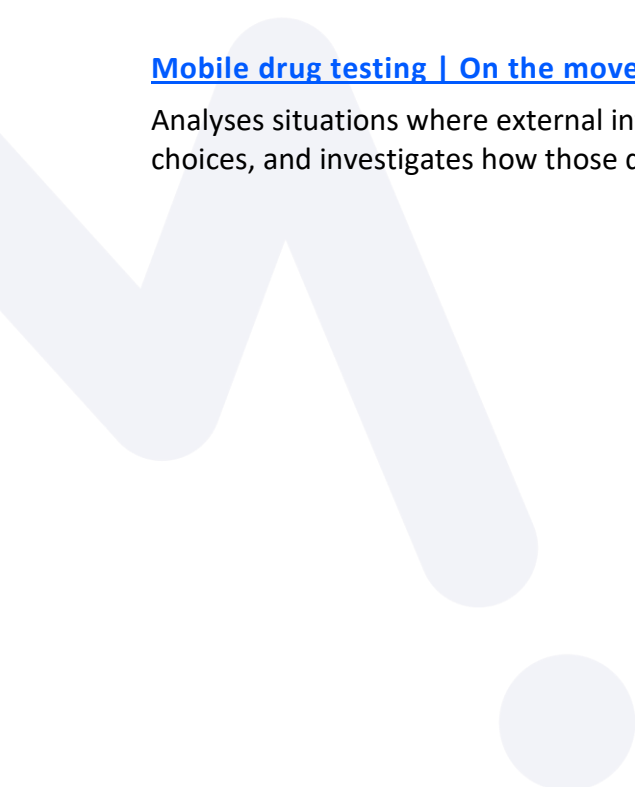
Students learn about the dangers of being distracted while driving and how to counteract the effects of music and mobile phones, as well as developing strategies to reduce distraction when driving.

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's Stephanie and I work at the NRMA. In Unit 5 of our young driver road safety program we will talk about how you control what goes on in your car. This unit reflects on the behaviour of people in cars and how they contribute to creating an environment which is either safe, or one that puts everyone at risk. Setting clear expectations for everyone's behaviour in your car is the first step to making sure everyone gets to their destination safely.

Passengers can be a help or a hindrance to the driver. In what ways can passengers help out the driver?

- They can help with navigation as L and P plate drivers can't use their mobile phone
- they can be a second set of eyes or
- they can be mindful not to distract the driver.

Feeling safe in a car is everyone's right. So what behaviours in a car would make you feel unsafe? An example could be aggressive passengers, alcohol or drug use, a distracted driver, a speeding driver or passengers who encourage reckless driving.

It's really important to remember that the driver carries the legal, financial and moral responsibility.

Legally, the driver could face licence disqualification, expensive court costs or even time in prison. Financially the driver is responsible for all the costs related to the damage of cars and property. This could be hundreds of thousands of dollars for drivers without comprehensive car insurance. Morally, the driver must deal with the consequences of their actions behind the wheel and how these have impacted on others. This could be a lifetime of regret, of sadness and shame.

When you're the driver YOU carry that burden, and so as the driver you have the right to call the shots regarding the behaviour of your passengers. Take charge, recognise the legal, financial and moral responsibility and risks that you are taking and set clear expectations for the people in your car.

Sometimes your passengers may be younger siblings who know how to push your buttons. They may be friends who just want to have fun. So USE your Ls to drive with your family members and friends. Learn to set clear expectations. Be firm, be clear. Tell them what you need.

As the driver, are you always on the same page as your passengers? Let's watch this video and we'll discuss how the driver and his friends could have better prepared their evening out together.

[\(VIDEO 1:53\)](#)

The driver is taking his responsibilities as a designated driver seriously - He isn't drinking. His friends, however, have started to party and are giving little thought to how this impacts on his concentration. Sometimes on a big night out, the best option is to share an UBER or public transport so everyone can have fun and get to the party and back safely.

So, what can you do when the DRIVER is driving recklessly? In the following video think about the atmosphere in the car and what changed the dynamics inside the car?

[\(Video 2:03\)](#)

After the call, the passenger finally becomes aware of what is happening in the car and the major risk it poses to everyone. He speaks up to protect himself and his friends. Speaking up to protect yourself and others can sometimes be really awkward and difficult, but it could save lives. As a passenger you need to protect yourself if you think the driver is acting recklessly. Use your judgement: Never get into a car with a driver who has been drinking or taking drugs. Trust your gut. If you feel unsafe, you are unsafe.

Find a way to get out of the car: Say something, like, "Can you please stop, I really need to go to the toilet", or, "Can you stop the car? I'm gonna throw up", or even, "Can we stop at Maccas? I'm starving" - Then get out of the car and don't get back in.

Be prepared: Have an agreement with a trusted person to come and get you if you need it.

What have we learnt in Unit 5?

- As the driver you carry all the legal, financial, and moral responsibility, so you have the right to call the shots.
- Use your Ls to gain experience in managing passengers and learn to set clear expectations.
- Be firm, remember you are doing your passengers a favour.
- Sometimes splitting a taxi or an Uber is the best choice
- Never get into a car with a driver who has been drinking or has taken drugs.
- Trust your gut: if you feel unsafe you are unsafe – get out of that car as soon as you can and don't get back in.

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.](#)

