

FACT SHEET

RAC bstreetsmart



Road Trauma
Support WA



When you first start driving

Did you know that traffic injury is the second biggest killer of Australians aged between 15 and 24?

Did you also know that the most common age to die on Australian roads is 18?

That's why it's so important that you understand the risks involved when you get behind the wheel and why events like RAC bstreetsmart are so important.

This fact sheet is for students from across WA who attend both the metropolitan and regional bstreetsmart events and will give you information about the feelings and emotions that you might encounter when watching what is going on in the arena in front of you.

About RAC bstreetsmart

RAC bstreetsmart is a free Western Australian road safety awareness initiative for all students in years 10 to 12. The event is run by the RAC with assistance from the WA Police, Department of Fire and Emergency Services, Royal Perth Hospital, St John Ambulance and Road Trauma Support WA.

The event aims to show students the impact that distracted driving can have on individuals, families and the community by graphically recreating a crash scene. It has been deliberately designed to be as true to life as possible and represents just what can happen following a moment of inattention behind the wheel. It also gives students the chance to learn about the experiences of people who have been directly impacted by road trauma.

By seeing and hearing about the impact of a road crash, we hope that you will remember to make safer choices and decisions when driving in the future.

Watching the re-enactment might make you feel uncomfortable. It's important to know that this is normal and okay. If, however, you feel very distressed or overwhelmed by your reactions, please come and talk to one of the counsellors assisting at the event.

Road crashes have a devastating impact on families, friends and the community and can have a lifelong effect on those involved as well as those left behind.



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p: 1300 004 814
e: admin@rtswa.org.au
w: www.rtswa.org.au



What does a counsellor do?

Our counsellors are specially trained mental health professionals who are there to talk about what is bothering you. Sometimes just having the space to talk to someone who understands what you are experiencing can help you to feel better. Counsellors can help you to make sense of what you are feeling and why. They can suggest ways of dealing with your feelings that will help you to calm down and feel more in control. They can also recommend further support if they think that you might need it.

Signs that it might help to speak to a counsellor:

- Crying, and being unable to stop
- Feeling numb or spacey
- Feeling anxious and/or panicky
- Re-living traumatic memories and being unable to stop thinking about these
- Feeling extremely sad and like life is not worth living

Counselling after the event

If you would like to talk to a counsellor after attending RAC bstreetsmart, or you are affected by road trauma, you can contact the Road Trauma Support WA team on 1300 004 814 (toll free). You can also email us at admin@rtswa.org.au or visit our website at www.rtswa.org.au if you'd like more information. Our service is free and there is no obligation for you to attend counselling if you contact us.

About us

Road Trauma Support WA is a state-wide service assisting anyone affected by road trauma, regardless of when the incident occurred or what level of involvement (direct or indirect) the person had.

FREE counselling sessions are available.

No referral is required.

We provide:

- Information and support;
- Education and training (costs may apply); and
- Counselling.

We are committed to being respectful of cultural and family values and provide our service in a safe, non-judgemental environment.

Road Trauma Support WA is delivered by Injury Matters with funding from the Road Trauma Trust Account and contract management through the Road Safety Commission.



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