

Tips on helping students develop the skills and confidence to avoid unsafe road behaviours

Teachers should look at providing opportunities for students to increase their resilience and enable them to develop behaviours and strategies to help keep them safe.

Suggestions include:

1. Set up classroom opportunities for student led discussion of strategies for developing resilience that assists them to speak out when they feel unsafe. Teachers may need to scaffold techniques that suit their student group.
2. Provide settings for students to practice 'speaking out' or 'standing up' during unsafe situations. The variety of unsafe practices featured during the RAC bstreetsmart re-enactment would provide good scenarios to practice appropriate responses.

Examples of unsafe situations depicted during the RAC bstreetsmart re-enactment include:

- › Party attendees failing to have a pre-planned, fail safe alternate 'Plan B' to enable them to get home safely. Should the party attendees involved in the road crash have stayed over, phoned a family member to pick them up, called for a taxi, found a driver who was 'fit to drive'? Encourage students to explore alternatives, including what they would do if their plans to get home safely fell through.
- › The driver consuming alcohol, which puts them over the legal limit to drive
- › Passengers failing to confirm whether their driver was 'fit to drive'
- › Passengers in the vehicle distracting the driver
- › A passenger removing their seatbelt to show a text message to the driver
- › The driver speeding
- › Passengers allowing their own alcohol consumption to cloud their decision making process

Focus questions might include: What is in my control? What strategies can I use to increase my safety on the road? How can I prevent the crash scene event from happening to me?

3. Try to instil amongst your student cohort that as an individual they are the single most important person that they have control of. The decisions and choices that they make can save lives. Stress that they need to be strong enough to resist unsafe behaviour and be prepared to stop others from being unsafe. Unsafe behaviour has the potential to endanger us all. Identify instances that you have seen or heard of in your school community where this has occurred. Generate discussion amongst your students around this. Focus questions:
 - › What may have led to the situation described above?
 - › How would the participants have been feeling?
 - › How hard would it have been for people to intervene?
 - › What difference may this action have made?
 - › What may have happened if there was no intervention?
 - › Why do we need to have the skills and courage to stand up in unsafe situations?
 - › How might this situation relate to making sensible decisions around the road?
 - › What could you do differently in the future?