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# Road Safety Distraction Session Plan

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| **Session Plan**  |
| **Session**Road safety – Topic – Distraction. | **Length**20 – 25 Minutes. | **Facilities Required**Parking, access, and egress. Computer.Projector & screen.Internet access. |
| **Content**  Slides 1 – 17. |
| **Aims**This presentation is aimed to look at how drivers can improve their driving, to be safer on the roads, whilst analysing some risks of being distracted whilst driving. **Warning** that some viewers may find the presentation upsetting.Content and Videos aimed at 16 + Please use discretion when showing videos to anyone younger than this.Subtitles can be turned on/off when playingTranscript for videos available to print off at the bottom of this lesson plan | **Objectives (delivery Staff)*** Teach road safety and the consequences of being distracted whilst driving.
* Explain that young males aged 17-24 are four times more likely to be killed or seriously injured compared with car drivers aged 25 or over.
* Describe different types of driving distractions, visual, manual and cognitive.
* Tell the group that there are simple things you can do to make sure there is nothing to distract you whilst driving.
* Talk through the facts and consequences of using a mobile phone handheld or hands free whilst driving.
* Clarify the current penalties for using a mobile phone whilst driving.
* Give details of how to stay clear-headed whilst on the road.
* Explain how to stay focused whilst having passengers in the car.
* Talk about how to drive safely with pets in the car.
* Explain the importance of being attentive whilst driving.
* Explain the importance of being mindful whist driving.
* Remind them of the two second gap rule.
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| **Time** | **Topic & Activity** | **Resources** |
| 1 minute. | **Slide 1.****Introduce yourself and the topics you will be discussing** throughout the session (Road safety and the consequences of being distracted whilst driving). | PowerPoint. |
| 1 minutes. | **Slide 2.****Explain that young males aged 17-24 are four times more likely to be killed or seriously injured compared with car drivers aged 25 or over.**Young male drivers are more likely to crash with passengers in the car.Tell them that you are going to play a film called ‘Party Car’. This Campaign’, created by (THINK! – Road safety). Is aimed at tackling driving distractions among this high-risk group.The campaign encourages passengers to ‘let a mate concentrate’.The films shows how certain behaviours which may seem minor, can be distracting to the driver.(Give suitable examples if appropriate). | PowerPoint. |
| 2 minutes. | **Slide 3.****Play the film ‘Party Car’. ‘Let a mate concentrate’.**Discuss distractions that were seen and how this could cause a serious road traffic collision.  | PowerPoint.The ‘Party Car Campaign’, (THINK! – Road safety). Film on YouTube. (*Link embedded into the presentation)* *Subtitles can be turned on/off.* *Transcript is available to print out at the bottom of this lesson plan.* |
| 2 minutes. | **Slide 4.****Describe different types of driving distractions, visual, manual and cognitive.**Physical distractions, such as texting or making a phone call, setting a sat nav, or eating. Remember it's illegal to use a hand-held phone whilst driving, as well as being potentially dangerous.Mental distractions, such as worries, a conversation in the car or on a hands-free phone, or not paying attention to familiar roads.Visual and audio distractions, such as loud music, looking at things happening outside your car, or trying to read a sat nav. | PowerPoint. |
| 2 minutes. | * **Slide 5.**

**Tell the group that there are simple things you can do to make sure there's nothing to distract you and that your full attention is on the road.**Prepare yourself and your car before starting your journey.Clear out clutter - cans and soft drink bottles rolling around under your seat are clearly a distraction and could even roll under the pedals and stop you from being able to use them properly.If you need to use your sat nav, make sure it's fully charged up (or plugged into your car's charging port), and that you've already programmed the correct postcode and address.Pre-set the radio to your favourite stations, and if you want to listen to playlists, make sure they're set up on your device before you leave.Send any texts or make calls, then pop your phone in the glove box. | PowerPoint. |
| 1 minutes. | * **Slide 6.**

**Talk through the facts and possible consequences of using a mobile phone handheld or hands free whilst driving.**Much less aware of what’s happening on the road around them. Fail to see road signs. Fail to maintain proper lane position and steady speed. Are more likely to ‘tailgate’ the vehicle in front. React more slowly, take longer to brake and longer to stop. Are more likely to enter unsafe gaps in traffic.Feel more stressed and frustrated.  | PowerPoint. |
| 2 minutes. | **Slide 7.****Clarify the current penalties for using a mobile phone whilst driving.*** The current penalties for using a mobile phone whilst driving are:

A fixed-penalty notice – a £200 fine and six penalty points for using a handheld phone when drivingNew drivers who have passed their test in the past two years will automatically lose their licence. If taken to court, you could face disqualification and a fine of up to £1,000 (£2,500 if you’re driving a lorry or a bus).Say to the group… *Ask yourself… Could you live with the guilt if you caused injuries or death by using a phone, sat nav, tablet, or any device that can send or receive data, whilst driving or riding a motorcycle?*  | PowerPoint. |
| 2 minutes. | **Slide 8.****Give details of how to Stay clear-headed whilst on the road.**It’s not easy to put all of your worries and thoughts to one side, but you need to be as calm and focused as possible.If you have something on your mind, try to deal with it as much as possible before getting behind the wheel.Try not to drive if you’re feeling overwhelmed, stressed, or you think you won’t be able to give driving your full attention.If you need to make a call or send a text, wait until you’ve pulled over safely to use your phone.Even if you’re feeling stressed, resist the urge to smoke, vape or eat while you’re driving. | PowerPoint. |
| 5 minutes | **Slide 9.****Play the film** Would you distract your friends from doing this…Warning that some viewers may find the film upsetting. | PowerPoint.Play the film from You Tube for Driver Distraction from DOELink embedded (Subtitles can be turned on/off)*Transcript is available to print out at the bottom of this lesson plan.* |
| 2 minutes. | **Slide 10 and 11.****Explain how to Stay focused whilst having passengers in the car.** Passengers of all ages can be a distraction - from teething toddlers to overexcited friends. Kids squabbling or arguing in the back is another big distraction for drivers too!Make sure children are securely strapped into car seats and booster seats.If you're driving with one young child, it can be less distracting for the child to ride in the front seat (in a suitable restraint) because casual eye contact is easier.If there are two adults in the car, one can look after any children while the other concentrates on driving.Ask passengers to keep the music at a level where you can hear the sat nav and other drivers around you.If you're finding the drive difficult, ask your passengers to keep conversations to a minimum.Keep political discussions and any other heated topics strictly off-limits. | PowerPoint. |
| 1 minute. | **Slide 12.****Talk about how to drive safely with Pets in the car.**There are ways of keeping your pet safe in the car, but if your pet is playing up during the drive, how can you stay calm and collected?Secure your pet properly, never let your pet travel loose in the car, even if you're worried the drive is stressing it out. Besides being a serious distraction, if they're free to jump about inside the car, they're more likely to be injured or injure you if you are involved in a collision.Don't attempt to reach out and calm your pet until you've pulled over and parked safely. Ensure there's plenty of fresh air and make regular stops for walks and toilet breaks, they'll benefit both of you. | PowerPoint. |
| 1 minutes. | **Slide 13****Explain the importance of being attentive whilst driving.**The key to driving is to ensure you’re always alert and attentive to what’s going on around you. As such, distractions can hamper your ability on the road. If an incident occurs ahead and you’re too busy changing the radio station, you might not be able to avoid a collision. Therefore, you need to make sure every second on the road is spent being fully attentive. | PowerPoint. |
| 1 minutes. | **Slide 14****Explain the importance of being mindful whist driving.** Some motorists have tunnel vision, only watching what’s going on directly in front of them. This isn’t ideal though because hazards can be present everywhere. Make sure to pay attention to the whole road and be better prepared to avoid hazards when driving. | PowerPoint. |
| 1 minute. | **Slide 15****Remind them of the two second gap rule.**When driving, particularly on motorways and at high speeds, ensure to leave a lengthy gap between you and the car in front. This should be around two seconds (or two chevrons if they’re painted onto the road). In wet or icy conditions, you’ll need to leave a longer distance. | PowerPoint. |
| 1 minutes. | **Slide 16****Recap on previous advice.****D** Distraction is a killer**I** It’s your responsibility to drive safely and for the safety of others**S** Stay Safe**T**  Take your time**R** Ring before you leave**A** Always, let a mate concentrate**C** Could you live with your conscience? **T**  Text then pop your phone in the glove box **I** If your passengers are distracting you, pull over, stop the car**O** Observe others using the roads inside and outside of the vehicle **N**  Never drive when eating, drinking or reading | PowerPoint. |
|  | **Slide 17****Thank the group and allow time for questions.** |  |

**Transcripts**

**Slide 3**

**‘Party Car’. ‘Let a mate concentrate’.**

Discuss distractions that were seen and how this could cause a serious road traffic collision.

**Warning this film contains images that you may find distressing**

[Music]

[Car with four people, two people sat on the back seat wearing Masks, scratching vinyl on music turntables, driver is being distracted by the front seat passenger rapping on a microphone]

[Driver gets angry with the passengers and tells them to pick a track]

your mates more likely to crash with

passengers in the car

let a mate concentrate

**End of Transcript**

**Slide 9.**

**Would you distract your friends from doing this…**

**Warning this film contains images that you may find distressing**

**Transcript**

[Person kicking football into the nets]

Would you distract your friend doing this

[Person doing a back flip of a diving board into the pool]

or this

[Person putting a golf ball]

this or this or this in the hole so why

[Four young people in a car distracting the driver with a mobile phone passing it to each other]

would you distract them when they're doing this

[Car crashes]

**End of Transcript**