 Reducing road user distraction

This activity challenges students to consider the importance of minimising and eliminating distractions as a road user, and the ways in which they can protect themselves and others from harm.

Activities have been adapted from “limiting risks, protecting lives” (NSW Centre for Road Safety).

Course outcomes

1.1 Assess personal strengths and skills to achieve positive outcomes in a range of challenging and changing situations.

1.2 Critically evaluate services and resources to identify sources of reliable information and support.

1.3 Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others.

5.1 Critically analyse situations, attitudes and behaviours that influence independence, health, safety and wellbeing in different contexts.

5.2 Recognise and respond appropriately to situations which may be limiting or harmful to self and others.

What do we want students to know, understand or be able to do?

* Students undertake active research in order to determine how prevalent distractions are.
* Students identify the major causes of distraction for road users.
* Students acknowledge that distractions are a significant risk to being safe when using the road environment, for self and others.
* Students demonstrate an understanding of the importance of staying focused while driving a vehicle.
* Students develop a proactive list of ways they can minimise distractions for themselves and other drivers.

Suggested content

| Learning context  | Content |
| --- | --- |
| Safe travel Focus: Travelling safely locally and overseas  | Safe travel* planning for safe travel
* protective behaviours
* strategies to minimise harm to self and others
* seeking help

Challenging personal attitudes and behaviours as increasingly independent road users* rights and responsibilities as a passenger
* rights and responsibilities as a driver
* assertiveness as a driver and passenger
* deep analysis of the ripple effect
* making informed decisions
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| Safe travel Focus: Safe road use to protect each other  | Responsible behaviour for road users* road user distraction

Making safe decisions as road and transport users* making decisions and solving problems in real life situations
* assertive behaviours as drivers and passengers in various real-life contexts
* minimising distractions when driving, walking and as a passenger
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Teaching notes

Recent research suggests that at least 14% of all crashes involve the driver being distracted by something inside or outside the vehicle (NSW Roads and Maritime). Distractions can take many forms; using mobile phones and GPS units, adjusting vehicle settings, unsettled and noisy passengers, eating, drinking, smoking, and external distractions.

Where appropriate use students’ personal anecdotes to generate discussion on distractions being a significant risk factor for drivers and other road users.

Creating a safe and supportive learning environment

There are a number of strategies that can be used to create a supportive learning environment which enables students to feel safe to learn and ask questions. They include:

* making students aware at the beginning of Life Ready sessions that disclosing personal information that indicates they may be at risk of harm will be reported to the school principal in all instances. This includes personal disclosures related to instances of abuse, drug use, neglect or sexual activity under the legal age of consent.
* being aware that some parts of Life Ready can be confronting and sensitive for some students.
* enabling students to withdraw if they find issues personally confronting to protect them from making harmful disclosures. Equally, it is important to be prepared for issues that arise as a result of a student making a public disclosure in the classroom.

Be sensitive to cultural protocols that may be relevant to certain members of intended audiences when previewing materials. The department’s [Audiovisual materials in schools - procedures for use](https://education.nsw.gov.au/policy-library/policies/controversial-issues-in-schools?refid=285776) provides advice for schools with regard to the use of audio-visual material including films, videos, DVDs and computer games classified by the Classification Board and Classification Review Board.

More information on creating a safe and supportive learning environment can be found on the [Life Ready website.](https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/pdhpe/life-ready)

Evaluating resources before use

Preview and evaluate all strategies, resources and teaching and learning approaches in full before use with students to determine suitability for student learning needs, stage of development and local school context. Consider the age, maturity, cultural background, sexuality, gender, sex, health and other characteristics of students in your care. Apply professional judgements to all strategies, teaching and learning approaches and resources including audiovisual materials (e.g. videos, media clips and YouTube), interactive web-based content (e.g. games, quizzes and websites) and texts.

Use the [resource review flowchart](https://schoolsequella.det.nsw.edu.au/file/083acd3a-daca-4307-9afe-bc6c888f694a/1/final-resource-flowchart-html5.zip/index.html) to decide about the suitability of teaching and learning resources.

Materials should be reviewed in full and endorsed by the school principal before use in NSW government schools.

Communication with parents and caregivers

Some aspects of Life Ready may be viewed as sensitive or controversial, such as learning about abuse, child protection, drugs, respectful relationships, sexual health, sexuality and violence. Inform parents and carers, prior to the occasion, of the specific details of the Life Ready program, so that parents and caregivers have time to exercise their rights of withdrawing their child from a particular session. In this regard, a parents or caregiver’s wish must be respected.

Establishing how parents and caregivers will be informed about programs and involved in consultation is a school-based decision. Where parents and caregivers indicate they wish to withdraw their child from a program it is useful to negotiate which parts of the Life Ready program they are concerned about. A sample information letter is available on the [Life Ready website](https://education.nsw.gov.au/teaching-and-learning/curriculum/key-learning-areas/pdhpe/life-ready).

Required resources and materials for preparation

* Driver distraction fact card sheet (Appendix 1) – printed and cut into 5 individual facts.

Learning experiences

Activity one – What is driver distraction?

1. Class discussion:
* how would you describe a driver distraction?
* what are some of your observations or experiences with driver distraction?
* how often have you seen drivers using their mobile phone while driving?
* should the focus only be on hand held devices? Why or why not?
1. In small groups, students list their top 5 driver distractions.
* Compare the brainstormed list to the [Top five driver distractions report](http://www.rms.nsw.gov.au/geared/your_driving_skills/staying_safe/driven_to_distraction.html) on the GEARED website.
* Justify their list in comparison to the list on GEARED.
1. Groups categorise their own list and the GEARED list into four types of driver distractions:
* physical distractions
* visual distractions
* auditory distraction
* cognitive distractions
1. Discuss:
* why do some distractions fit into more than one category?
* in what ways could some distractions be more dangerous than others?
* select three distractions and describe strategies that you could use to minimise the risks for you or your friends?

Activity two – Get the facts: driver distraction

1. In small groups, students read and review the information on the Get the facts: Driver distraction cards (Appendix 1). Discussion is based around the following:
* why do you think driver distraction is a worldwide concern?
* what responsibilities do you have as a driver and a passenger in relation to distraction?
* what responsibilities do you think governments have in relation to driver distraction?

Activity three – Managing distractions

The following activity is designed to allow students to experience the challenges of operating a car while being actively distracted by a number of different sources.

1. Ask for volunteers for the following roles:
* driver
* driving instructor
* hazard provider
* recorder.
1. Set up five chairs to represent a car.
2. Roles:
* driver – carry out the act of driving, including changing gears, steering, turning the steering wheel, using the break, accelerator and clutch.
* driver instructor – tell the driver how to get to your house from here. Give them specific instructions, e.g. turn left, right at the roundabout.
* hazard provider – in a loud voice, tell the driver about your day and everything you have learnt so far this week in all of your subjects. If you run out of topics, tell the driver all about your family.
* recorder – record a tick every time the driver demonstrates good driving action. Record a cross each time they look distracted, fail to indicate, take their hands off the wheel.
1. Allow students to carry out the scenario for as long as they can. If time allows, give other students the opportunity to perform each of the roles.
2. Discuss:
* how well did the driver cope with the distractions? (ask the recorder to provide feedback)
* is this a realistic driving situation? Why or why not?
* what makes it difficult to drive the car well in this scenario?
* what is the responsibility of the driver in this scenario?
* in pairs, students discuss and list strategies how the distractions in the scenario could be managed.

Activity four – Promoting safe behaviours

1. Show one of the [Sydney Swans Get Your Hand Off It advertisements](http://roadsafety.transport.nsw.gov.au/campaigns/sponsorships/sydneyswans.html) from the Centre for Road Safety
2. Discuss:
* who is the intended audience of this clip? How do you know?
* is this an effective strategy for young people? Why or why not?
* in what other travel situations could it be dangerous to use a mobile phone?
1. Watch the [Centre for Road Safety’s animated video](http://roadsafety.transport.nsw.gov.au/stayingsafe/mobilephones/index.html) showing the rules and laws around mobile phone use:
* who is the intended audience for this clip?
* were you surprised by any of these rules? Why or why not?
* in what situations could this clip be used? Who should it be shown to and why?
1. Students work in small groups to brainstorm ways they can avoid distractions for each type of road user. Encourage groups to think broader than just not distracting the driver.
* driver
* car passenger
* cyclist
* skateboarder
* city pedestrian
* bus passenger

Get the facts: driver distraction

Card 1 - Get the facts: driver distraction

[Driving distractions and crash risk](http://www.rms.nsw.gov.au/roads/safety-rules/safe-driving/driving-distractions.html) – Roads & Maritime (NSW)

* At least 14 per cent of all crashes involve the driver being distracted by something inside or outside the vehicle.
* As many as 1 in 10 fatalities have been directly attributed to driver distraction.
* Even though surveys have shown that 98% of people believe that using a mobile phone while driving, is very dangerous, 28% of people admit to doing it themselves.

Card 2 - Get the facts: Driver distraction

[Driver distraction fact sheet](http://www.ors.wa.gov.au/Documents/Distractions/ors-distractions-fact-sheet.aspx) - Office of Road Safety (WA)

* It has been estimated that distraction played a role in 32% of all road crash deaths and serious injuries in Western Australia between 2005 and 2007.
* Results of a recent study of serious crashes in Perth found that one-third of all the crashes studied involved a distracting activity.
* Approximately one-third of all distractions appear to be outside-the-vehicle distractions.
* Between 15%-20% of all distractions appear to involve driver interaction with technology.

Card 3 - Get the facts: Driver distraction

[Mobile Phones](http://www.youngdriverfactbase.com/the-issues/restrictions2/) – Young driver factbase

* Hand-held mobile phone use while driving is banned in all states of Australia.
* Research has shown, whether in hand-held mode or in hands-free mode, mobile phone use increases reaction times, speeding and attention lapses, as well as the risk of crashing.
* The risk of crashing increases four-fold, while the risk of driver death is between 4-9 times higher than when not using a phone.
* In Australia, 9% of young drivers reported using a mobile phone in their most recent car journey.
* In this study, compared to older drivers, young drivers rated distracting activities such as mobile phone use as significantly less risky.
* Other reports find only 28% of young drivers view using a mobile while driving as hazardous, which suggests many young drivers might not comply with a ban on use if introduced.

Card 4 - Get the facts: Driver distraction

[Mobile phone use: A growing problem of driver distraction](http://www.who.int/violence_injury_prevention/publications/road_traffic/distracted_driving_summary.pdf?ua=1) – WHO factsheet

* There are many types of distractions that can lead to impaired driving. There has been a marked increase around the world in the use of mobile phones by drivers.
* The distraction caused by mobile phones can impair driving performance in a number of ways, e.g. longer reaction times (notably braking reaction time, but also reaction to traffic signals), impaired ability to keep in the correct lane, and shorter following distances.
* Text messaging also results in considerably reduced driving performance, with young drivers at particular risk of the effects of distraction resulting from this use.