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# Road Safety Drink & Drug Driving Session Plan

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| **Session Plan** |
| **Session**Road safety – Topic – Drink and Drug Driving. | **Length**20 – 25 Minutes. | **Facilities Required**Parking, access and egress. Computer.Projector & screen.Internet access. |
| **Content**  Slides 1 – 13. |
| **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 under the influence of alcohol and drugs (prescribed and illegal). **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 drink and drug driving.
* Explain that over 200 people are killed and more than 1,100 seriously injured in drink drive crashes each year.
* Describe the legal drink drive limit.
* Tell the group that every year the police breath test over half a million drivers or riders, and over 60,000 (c12% of those tested) fail or refuse to take the test.
* Talk through the facts including that alcohol impairs judgement, making drivers over-confident and more likely to take risks.
* Clarify the current penalties for drink and drug driving.
* Ask, could you live with the guilt of causing injury or death to other people, even children?
* State that many drunk drivers live with life changing injuries when they have crashed. Don’t let this be you.
* Explain, that almost 100 people are killed each year in accidents involving drivers who were impaired by illegal drugs or medicines
* Explain the effects of illegal drugs on the body.
* Provide general advice on prescribed drugs and to ask their GP for guidance.
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| **Time** | **Topic & Activity** | **Resources** |
| 2 minutes. | **Slide 1. Introduce yourself and the topics you will be discussing throughout the session (Road safety, Drink and Drug Driving.** | PowerPoint. |
| 3 minutes. | **Slide 2. Explain that over 200 people are killed and more than 1,100 seriously injured in drink drive crashes each year.** Often it is an innocent person who suffers, not the driver who is over the drink drive limit. Pedestrians, motorcyclists, pedal cyclists, and vehicle passengers are killed or seriously injured by drink drivers each year, as are around 40 children.The legal drink drive limit is 80mg of alcohol per 100ml of blood. Every year the police breath test over half a million drivers or riders, and over 60,000 (c12% of those tested) fail or refuse to take the test. They then face a driving ban of at least 12 months, a large fine and possible imprisonment. However, the risk of crashing increases well below the legal limit. Drivers with a blood alcohol level between 20 mg/100 ml and 50 mg/100 ml are three times more likely to be killed in a crash than those who have no alcohol in their blood. | PowerPoint. |
| 3 Minutes. | **Slide 3**. **Explain that alcohol impairs judgement, making drivers over-confident and more likely to take risks**. It slows their reactions, increases stopping distances, affects judgement of speed and distance, and reduces the field of vision. Even a small amount, well below the legal limit, seriously affects the ability to drive safely.Alcohol is absorbed into the bloodstream very quickly, but it takes about an hour for 1 unit to be removed by a healthy liver. Drinkers cannot be sure how much alcohol they are consuming because the alcoholic strength of drinks varies enormously, as does the size of measures.Never rely on trying to calculate accurately how much alcohol is in your body, and whether you are above or below the drink drive limit.Remember, you may still be over the limit the next morning after drinking the night before! | PowerPoint. |
| 1 minute. | **Slide 4. Introduce the film Karen’s Story**. Tell the audience that you are going to show a film about the consequences of drinking and drug driving that some viewers may find this distressing. | PowerPoint. |
| 5 minutes. | **Slide 5.** Play the film Karen’s Story.  | PowerPoint.Play the film Karen’s Story, (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*  |
| 3 minutes. | **Slide 6. Explain Drink-driving penalties and that It’s an offence to drive, attempt to drive, or be in charge of a motor vehicle on a road or public place if the level of alcohol in your breath, blood or urine exceeds the prescribed limit.**You could be imprisoned, banned from driving and face a fine if you’re found guilty of drink-driving.The actual penalty you get is up to the magistrates who hears your case and depends on your offence.In addition to these penalties are the everyday consequences of being caught drink driving which can include:* Increase in car insurance costs.
* Job loss.
* Trouble getting into countries like the USA.
* The shame of having a criminal record.
* Loss of independence and those who depend on you.
 | PowerPoint. |
| 1 minute. | * **Slide 7.**
* Ask the question could you live with the guilt of causing injury or death to other people, even children?

State that many drunk drivers live with life changing injuries when they have crashed. Don’t let this be you. | PowerPoint. |
| 1 minute. | **Slide 8. Introduce the subject Drugs and Driving.**  | PowerPoint. |
| 1 minute. | **Slide 9.** Tell them that almost 100 people are killed each year in accidents involving drivers who were impaired by illegal drugs or medicines), over 400 are seriously injured and around 1,100 slightly injured.A new drug drive law came into force in England and Wales in March 2015 and made it an offence to drive, attempt to drive, or be in charge of a motor vehicle with certain drugs in the body above a specified limit. This applies to illegal drugs, prescribed medicines and over-the-counter medicines.The law sets very low limits for eight illegal drugs, such as cannabis, cocaine, ecstasy and ketamine, so taking even a very small amount could put a person over the limit. | PowerPoint. |
| 1 minute. | **Slide 10.** Explain the effects of illegal drugs for individuals. * Slower reactions - Panic attacks or paranoia –Tremors.
* Poor concentration – Aggression.
* Confused thinking - Erratic behaviour - Dizziness – Cramps.
* Distorted perception - Blurred vision.
* Over confidence, resulting in taking unnecessary risks.
* Poor co-ordination - Severe fatigue the following day.
 | PowerPoint. |
| 1 minute. | **Slide 11**. **Play the film Drugs and Driving**. **More Reasons to be paranoid.** | Play the film Drugs and Driving, More Reasons to be paranoid. (THINK! – Road safety). Film on YouTube. (*Link embedded into the presentation).**Transcript is available to print out at the bottom of this lesson plan* |
| 1 minute. | **Slide 12. Talk about illegal drugs and zero tolerance for people taking illegal drugs and driving.**The Police only need to obtain a blood sample and show that any of the specified drugs are present above the limit specified.They can also use a roadside 'drugalyser' to test for cannabis and cocaine.Prescribed or otherwise. If you’re taking any of the specified 'medicinal' drugs don't stop taking your medicines.* If you're not sure if you’re safe to drive, check with your pharmacist or doctor.
* Follow the advice of a healthcare professional and read the accompanying leaflet.
 | PowerPoint. |
| 2 minutes. | **Slide 13.**Thank the group and allow time for questions. | PowerPoint. |

**Transcript**

**Slide 5.** Play the film Karen’s Story.

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

[Karen, Rebecca’s Mum talking to the camera]

for me if you make a decision to drink and drive it is never an accident, it's like playing a game of Russian roulette nine times out of ten you probably will get away with it but there is always that one chance that you won't and it absolutely devastates lives

[Music]

[Photographs and videos shown]

Rebecca was 15 and it was just her and myself at home because it was just the two of us at home, the bond that we had mother and daughter had got a lot stronger you know we really enjoyed our time together we were very very close

she was lovely

[Photographs & Videos Shown]

[Music]

I mean she had teenaged moments like they all do but ultimately it was her and me against the world really, when I got to Southampton hospital, I was I went up to the reception at , and we were taken into a room and we were told someone would come to see us and then the police walked him and gave me the news that every parent dreads that my beautiful daughter had been killed in the accident that the family were in, obviously I went into complete shock my heart was racing

[Photographs & Video Images Shown]

I felt unwell I've never felt those feelings before and we're just basically in that instant my entire world came crashing down around my ears

[Music]

[Photographs shown of country road showing 40 Speed Limit]

[Image of Crashed Car shown with debris on the ground]

[Images & Film shown of Rebecca who lost her life]

Alex who, it turned out with more than twice the legal drink limit got in the car and drove home and because of drinking he crashed into a tree my daughter hit her head and basically died instantly and he basically ran away from the scene he left my little girl he just left her, I, I have lots of pictures that I look at I am that's all I have left for her and um I try to think what she'd be doing now and and I I miss that I miss her laughter I miss I miss the fun that she was it's it's quite lonely and she was so young and she, she was healthy and she had so much of her life ahead of her and that's just it's just gone and everything I do now is always tinged she's the first person I sorry she's the first person I think of when I wake up in the morning she's the last person I think of when I go to sleep at night and I think about her several times a day just little things that happen and you think well you should be doing this or we should have had that and it's all gone and, and there is nothing that will ever replace that or bring it back and I just have to find a way to get through each day

[Music]

he should never have got in that car, but he should never have been allowed to get in that car if you know somebody that drinks then speak up, because next time it could be someone that's close to you

[Music]

**End of Transcript**

**Slide 11**. **Play the film Drugs and Driving**. **More Reasons to be paranoid.**

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

Transcript

[Music]

[Young people drinking alcohol coming out of a bar]

[Music]

[Four young people get into the car, the driver gives them a lift and they get out of the vehicle, the driver continues driving]

[Music]

[Driver is distracted by blue lights when he is stopped at the red traffic light]

[Ambulance flashing blue lights and sirens overtakes the driver]

[Driver comes to a stop outside a house, Police Car siren sounds and parks behind the driver]

Now there’s even more reason to be paranoid

The Police can identify drug drivers with a roadside swab

**End of Transcript**