

Alive at 25
A program to save teen drivers lives.

For Information Call 908-272-7712 ask for William Margareta or Fiona
Bhimsen
Or Send an E-mail to Info@njssafety.org

DDC-Alive at 25, 2nd Edition
Program Overview

- Long-term Goal:** To reduce the number of violations, injuries and fatalities incurred by young drivers between the ages of 16 and 24.
- Focus:** To persuade young drivers to take responsibility for their behaviors and to adopt safer driving habits.
- Course Length:** Four hours.
- Format:** Alive at 25, 2nd edition is available in CD and DVD format in English and Spanish.

DDC-Alive at 25 is a highly interactive young driver intervention program in which the instructor plays the role of facilitator. The facilitator uses workbook exercises, interactive video segments, small group discussions, role-playing, and short lectures to help young drivers develop convictions and strategies that will keep them safer on the road.

DDC-Alive at 25 consists of four sessions built on interactive learning activities designed to involve young drivers in each session.

Session 1: *Why Are We At Risk?*

- Get acquainted with other participants.
- Face the collision and fatality statistics for this age group.
- Discuss why young drivers have such high violation rates and how driving behaviors and attitudes contribute.
- See how inexperience, peer pressure, distraction, and underestimation of risk cause unique driving hazards.

Session 2: *You Be The Judge*

- Watch *Real Streets*—three video case studies of youthful drivers facing difficult situations.
- Discuss unsafe driving practices, pressures, and driving laws broken in each.
- Review defensive driving principles.
- Understand how hazards, impaired driving, speeding, distractions, fatigue and not wearing a seat belt increase risk.
- Use Defensive Driving strategies to set personal guidelines and guidelines for others.

Session 3: *Taking Control*

- Identify situations that lead to feeling out of control as a driver.
- Analyze eight hazardous situations and discuss how to use Defensive Driving strategies to take control in each.

- Formulate what to say to peers who are trying to take control, whether as a driver or passenger.
- Conclude that a real leader drives safely and responsibly.

Session 4: *Taking Charge!*

- Become acquainted with state and local driving laws and regulations.
- Explore instances where other young drivers lost control and role-play ways to take charge.
- Watch *Real People*, a video in which young drivers share their personal accounts of living with disabling injuries.
- Commit to making a change in driving attitudes and behaviors.