

Fit To Drive



A Community Strategy to Reduce Road Death and Trauma for Young People

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Fit To Drive Program

Frankston & Mornington Peninsula

Year 10

- VicRoads “Keys Please” sessions for students and parents in all schools in the program (18 schools)
- Peninsula Learner Driver Passport

Year 11

- Half day workshop program
- Recruitment of Peer Leaders to elicit peer feedback and ideas for:
 - “Curbing the toll” forum at the end of the year – where young people develop strategies to address road trauma in the local community

Fit To Drive Program

Year 12:

- Screening of the TAC video “ Muck up Day” coordinated across all schools and accompanied by small group discussions
- Presentations by the Teenage Road Accident Group

Community Events:

- The annual Arthur’s Seat Challenge fun run/walk to raise funds for the program and develop community awareness of the issues
- Youth Forum for Peer Leaders from all schools called “Curbing the Toll”

Fit To Drive Year 11 Workshop

Key Elements:

- Up-to-date road safety information, relevant to the target group, presented in a coordinated manner
- Participatory learning, interactive approach
- Incorporates elements of peer education
- Grounded in, and listens to, young people's experience
- Encourages young people's ownership of the issue – choices, responsibility and accountability
- Available to all VCE students

½ Day Workshop Program...

Combination of strategies and approaches:

- Short, high-impact presentations
- Facilitator-led group discussion
- Values clarification, challenging attitudes and beliefs
- Personal and interpersonal skill development - problem-solving, decision-making
- Practical activity – braking exercise, car safety

In an environment that is supportive and respectful of the young people and all involved. The workshop takes into account the impact that road trauma has on the whole community.

What The Students Have to Say.....

- “It is informative and provides a fun environment and a helpful way to learn”
- “It is good to have young people come in and teach because they relate to us and the way we are thinking”
- “This workshop really brought home the effects of making decisions in regards to getting behind the wheel”

What Works in Prevention

The Principles of Effective Prevention Programs*

- Comprehensive
- Incorporate varied teaching methods
- Sufficient dosage
- Theory driven
- Foster positive relationships
- Appropriately timed
- Socioculturally relevant
- Incorporates outcome evaluation
- Employs well-trained staff

*Ref: Adapted from Nation et al

Some Statistics

- 18 Private, Government & Catholic secondary schools participating
- 10,000 Year 10, 11 and 12 students participating
- 3000 Year 11 students participating
- Stakeholders:
 - Fit To Drive Trustee Committee, representing the schools; BlueScope Steel; Peninsula RoadSafe Committee; Local Councils; VicRoads; Victoria Police Road Safety Awareness & Information Unit; DET; Chisholm Institute; TAC; RMIT; TRAG; CAMS; Rotary; Driving Schools and The Independent Newspaper Group

Evaluation- Program Aims

- To develop Fit To Drive as a model that can be adopted in other communities
- To raise road safety awareness among young people

Key Information Sources

- Learning from our practice
- Evaluation feedback from young people
 - At the workshops
 - At the end of year forum: “Curbing the Toll”
 - In focus groups – held after the program
- Feedback from School Communities, principals, staff and the local community

Learning From Our Practice

Development of practice wisdom through:

- The coordination and development of the Fit to Drive program over three years
- The training and maintenance of the small group facilitators
- Feedback and reflections from the facilitator's and presenter's debriefing at the end of the workshops

Evaluation Feedback From Young People

- At the workshops
- At the end of year forum: “Curbing the Toll”
- Focus groups held 3-6 months after the program
- Student statements about what they learned:
 - Were evenly spread between factual information learned and consideration of their choices and actions
 - Indicated a heightened awareness of risks

Student Feedback

- 99% of the 3,000 students recommended the program to other young people, citing relevance, usefulness of the information and importance for all young people
- Indicated a highly positive response to the facilitators and presenters – “approachable, interesting, sympathetic and knowledgeable”
- Appreciated the comfortable learning environment, “fun activities – not boring”

Student Feedback

- Acknowledged the contents as personally relevant and challenging
 - “it made me think about my own driving”
- Provided thoughtful and useful recommendations for program improvement, some of which were adopted during the program and some to be included in future recommendations

Follow-up Focus Groups

- Follow-up focus groups affirmed positive comments expressed by students on the day. Students were able to recall key messages and information from the workshop and reported changes in attitude and driving behaviour.
- They were also able to make suggestions for improvements to the program

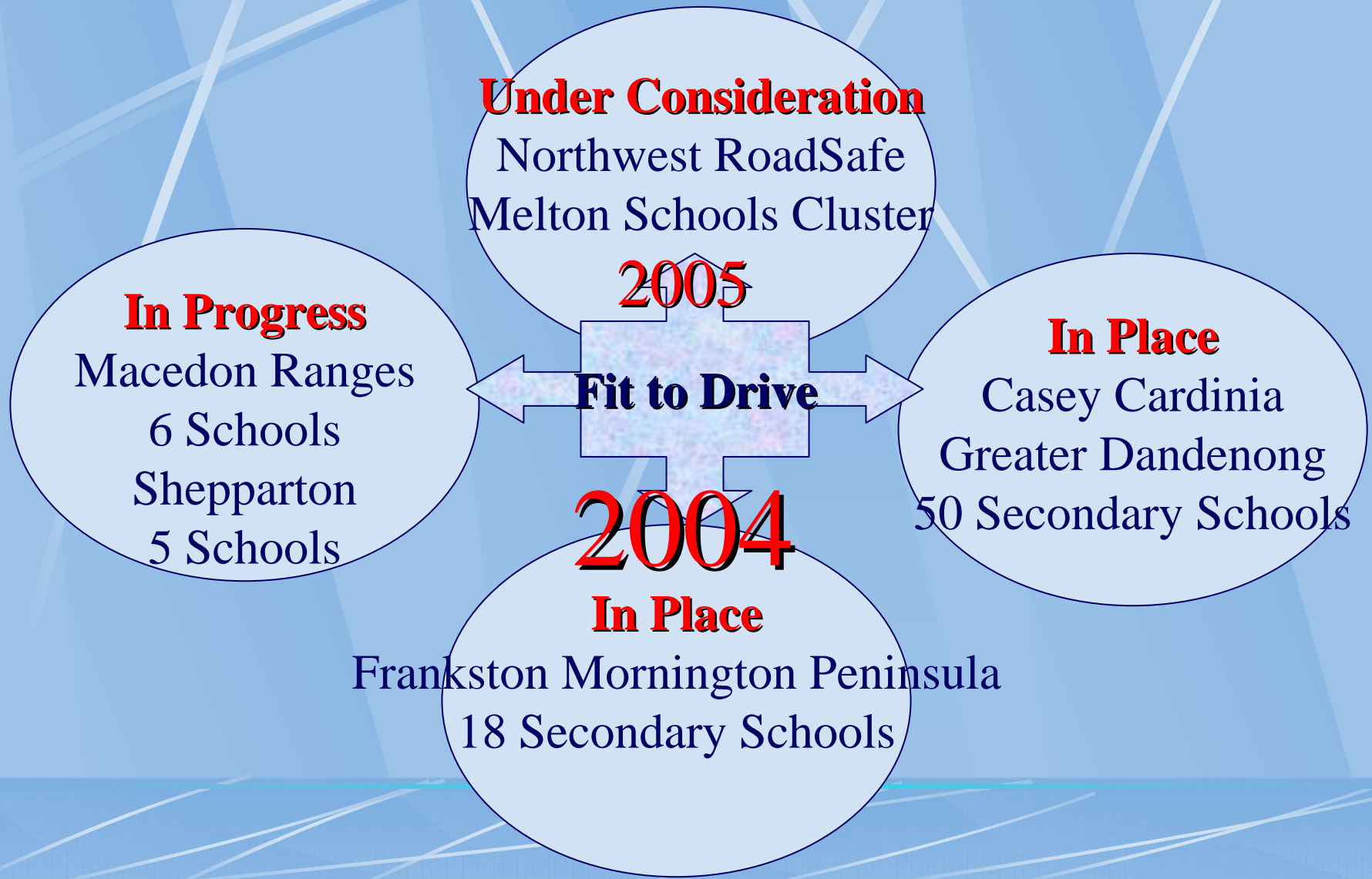
Community Feedback

- School communities, principals and staff, local government and businesses:
 - This is the third year that all schools have committed to the Year 11 Fit to Drive workshop program. Principals and staff have wholeheartedly endorsed the program.
 - The Arthurs Seat Challenge fun run/walk, held over the past four years, has attracted increasing financial support, community participation and school student numbers
 - Extensive coverage from local newspapers
 - Increased local council and business sponsorship

Developments and Partnerships Arising From the Program

- “Behind the Wheel” – a supervised driving/mentoring program in association with Mission Australia
- Over the past two years approximately 60 youth/community workers have been trained in road safety education as Fit to Drive facilitators
- Local Government Traffic Safety Education Officers and all agencies involved in road safety issues have coordinated their activities to support the Fit to Drive initiative
- Other communities coming on board with the program

Fit to Drive goes north (and east.... and west!)



Keys Please

- Over the three year period the number of Keys Please sessions held have steadily increased along with the numbers of students and parents participating
- Prior to the Fit to Drive program there were five Keys Please sessions in the area. This has increased to a maximum of fifteen

Challenges Going Forward

- How to maintain integrity of the program as it's taken up by other communities?
- How to extend duration of program in the VCE years?
- How to promote the Fit to Drive model to early school leavers?
- How to promote and provide resources for Fit to Drive in all schools across the state?
- Implementing a comprehensive extended outcome evaluation