

# **Unterlagen Verkehrserziehung**

**(Thema 5)**

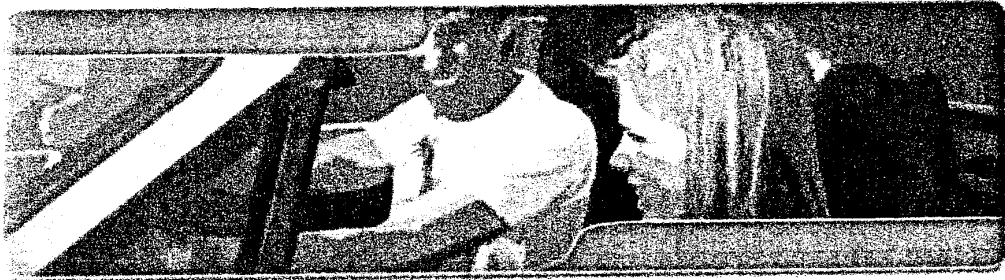
## **Road Safety Education**

- **Speed awareness**
- **Child's safety**
- **Drugs and Driving**
- **Alcohol and the driver**

**Geignet für das Fach Englisch**

# Road safety education

## Speed awareness



### facts

Speed is the single biggest killer on Italian's roads.

It accounts for one in four of all Road Deaths.

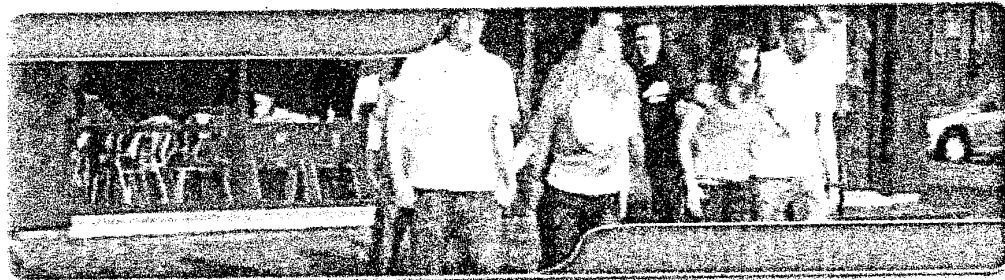
If a child is hit by a vehicle travelling at 30 km/h there is a 5% chance of being killed but 95% survive.

If a child is hit by a vehicle travelling at 50 km/h there is a 50% chance of being killed.

If a child is hit by a vehicle travelling at 65 km/h nearly all are killed.

If you are a passenger in a vehicle travelling at 30 mph and **not wearing a seatbelt** your body weight **increases by 30 times.**

## Child's safety



### the role model

As a teenager there will be a lot of younger pupils at your school and you may also have younger brothers and sisters at home. You therefore should be seen to set a good example to them as they will generally look to you for advice.

No doubt you learnt the Green Cross Code in primary school. No one expects you to quote it now. However the principals still apply to us all.

When you are out and about as a pedestrian, **think** about what you are doing when you reach the kerb.

### **crossings**

Safer places to cross include zebra crossings, traffic islands, footbridges, subways and traffic lights. When using any type of crossing you should always check that the traffic has stopped before you start you cross. Always cross between the studs or over the zebra markings. Do not cross at the side of the crossing or on the zigzag lines, as it can be dangerous.

### **distractions**

Never allow yourself to be distracted when crossing the road. Most of you know what you should do but sometimes this can go by the wayside and you can be very easily distracted.

Most young people now have either Ipods or MP3 players and they use them a lot on their journeys to and from school. These can seriously distract your attention from the road.

Ball games like football, tennis etc should be kept for sports fields. Never play them on the road. Even if there is very little traffic using the road, you can get so involved in a game that you wouldn't hear an approaching vehicle. Members of the opposite sex can also distract your attention from the road. A lot of road safety is just plain common sense but sometimes we have other things on our minds and common sense takes a back seat! When out near roads you have to keep your wits about you and not let yourself be distracted

## **Drugs and driving**

Drugs are illegal. You probably know this. What you may not realise, is that driving when unfit through drugs is also illegal. Both illegal and prescription drugs can impair your ability to control a vehicle. The way the individual is affected will vary and will depend on the combination and quantity of drugs used. If alcohol has been taken this will increase the affect of the drug. It is never ok to drive when you have taken drugs. Don't take the easy option and put yourself and other people at risk.

Certain types of drugs affect the Central Nervous System or can cause hallucinations. The ability of the brain to make decisions becomes distorted. You may not be able to judge the speed of vehicles, or their distance from you. This may increase the risk of you being injured on the road.

### **risks**

Everyone reacts to drugs differently. Things such as past exposure, genetic makeup and quality of the drug will influence the effect they have on you. However there are some general observations we can make

- Depressant drugs (downers such as aerosols, gases and glues) tend to slow reactions and reduce concentration.
- Stimulants (uppers such as speed, anabolic steroids, cocaine, crack and ecstasy) might make drivers over-confident and aggressive.
- Hallucinogens (cannabis, ketamine, LSD and magic mushrooms) might cause you to react erratically to imaginary obstacles or sounds. Drivers under the influence of cannabis find it difficult to stay in one lane on the road and may be unaware that they are drifting into the path of oncoming traffic.

All drugs will impair your ability to drive. Complex driving situations such as busy roads will be more difficult to negotiate.

## **Alcohol and the driver**

### **fancy a drink?**

Alcohol slows down the brain. Judgement, reason, self control and reaction times are all affected. Drivers feel a false sense of confidence and lose their inhibitions.

### **body matters!**

Young and older bodies process alcohol more slowly. Alcohol affects men and women differently. Women have more fat and less fluid in their bodies than men. The concentration of alcohol in the blood will be higher in a woman than a man of similar size and weight.

### **effects of alcohol**

Alcohol acts on the brain like an anaesthetic. From the first drink there will be some interference with normal brain activity.