

# Creating a Healthy Secondary School that supports: Road Safety and Injury Prevention

Motor vehicle crashes (MVC) are the leading cause of death and a leading cause of traumatic injury for youth ages 15 to 24 years. Almost every day, one teen in Durham Region visits an emergency room for injuries caused by traffic crashes. .

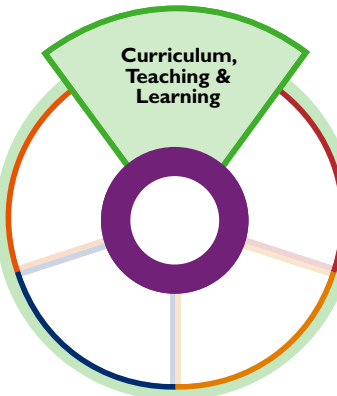
**1 in 10 teen drivers are involved in traffic crashes in Durham Region.**


Deaths caused by distracted driving are exceeding those from drinking and driving. Texting and driving increases the risk of crashing by 23 times compared to those without any distraction.

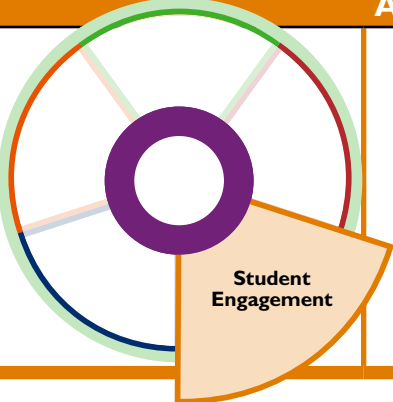
**1/3 of teen drivers in Durham Region text while driving.**

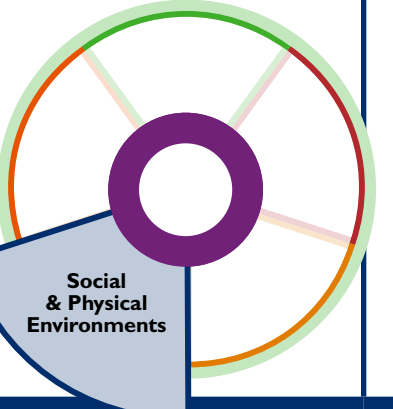
Road fatalities, injuries and trauma have enormous impacts on individuals, families and communities. Promoting personal safety and injury prevention, including driver and passenger safety, helps teens develop the life skills they need to be safe pedestrians, passengers and drivers. Schools can help engage youth in risk awareness, decision making, prevention activities and changing social norms.


**Most injuries and deaths from traffic crashes can be prevented.**

At the School	In the Classroom	Student
 <ul style="list-style-type: none"> <li>• Include road safety content in courses.</li> <li>• Update teachers on current resources:               <ul style="list-style-type: none"> <li>○ <a href="http://Ontarioroadsafety.ca">Ontarioroadsafety.ca</a></li> <li>○ <a href="http://Durham.ca/drivetextfree">Durham.ca/drivetextfree</a></li> <li>○ National Teen Driver Safety Week (<a href="http://parachutecanada.org">parachutecanada.org</a>)</li> <li>○ <a href="http://Ontario.ca/transportation">Ontario.ca/transportation</a></li> <li>○ <a href="http://Ontario.ca/distracteddriving">Ontario.ca/distracteddriving</a></li> <li>○ Ontario Students Against Impaired Driving (<a href="http://osaid.org">osaid.org</a>)</li> <li>○ Brain Injury Association of Durham (<a href="http://biad.ca">biad.ca</a>)</li> </ul> </li> </ul>	<p>Include learning opportunities that:</p> <ul style="list-style-type: none"> <li>• explore risky driving behaviours, decision-making, choices and consequences, problem solving and taking action (<a href="http://ontarioroadsafety.ca">ontarioroadsafety.ca</a>).</li> <li>• dispel the myth that motor vehicle crashes (MVC) are accidents. Most crashes are predictable and preventable.</li> <li>• promote National Teen Driver Safety Week (<a href="http://parachutecanada.org">parachutecanada.org</a>).</li> </ul>	<p>Encourage students to:</p> <ul style="list-style-type: none"> <li>• explore the impact of a distracted/impaired/careless driving charge (demerit points, loss of licence, insurance rates, denied travel outside of country, impact on family/friends/work, emotional/financial burden, long term injuries).</li> <li>• explore how advertising/media impacts risky driving.</li> <li>• explore how in-vehicle technology is contributing to risky driving or road safety.</li> <li>• discuss how to keep themselves and others safe when driving or being driven by someone else in a vehicle.</li> </ul>

At the School	In the Classroom	Student
 <ul style="list-style-type: none"> <li>• Encourage school leaders/staff to role model safe driving practices (seatbelt use, speed limit, no cell phone use).</li> <li>• Include road safety and refusal/assertiveness skills in leadership programs.</li> <li>• Promote National Teen Driver Safety Week during the 3rd week of October (<a href="http://parachutecanada.org">parachutecanada.org</a>)</li> </ul>	<p>Include learning opportunities that:</p> <ul style="list-style-type: none"> <li>• explore how road safety impacts all road users and the school community (commute to school/ work/sports/events, injury prevention).</li> <li>• engage students in road safety advocacy efforts.</li> <li>• encourage students to practice “speaking up”/ assertive responses to risky driving situations.</li> </ul>	<p>Encourage students to:</p> <ul style="list-style-type: none"> <li>• promote distracted driving (and other risky driving behaviours) as socially unacceptable through skits, roll-playing, social media, art, videos, P.A. announcements, posters, etc.</li> <li>• promote safe driving habits to friends/families.</li> <li>• start/join/support a school OSAID chapter (Ontario Students Against Impaired Driving) <a href="http://osaid.org">osaid.org</a>.</li> </ul>

At the School	In the Classroom	Student
 <ul style="list-style-type: none"> <li>• Provide opportunities for students to organize a road safety event/activity in partnership with school staff and community partners.</li> <li>• Participate in National Teen Driver Safety Week during the 3rd week of October (<a href="http://parachutecanada.org">parachutecanada.org</a>).</li> </ul>	<ul style="list-style-type: none"> <li>• Research, discuss and address local road safety data and issues affecting your community.</li> <li>• Survey peers/staff/parents related to driving behaviours, risk perception, and road safety concerns to gain local insights</li> <li>• Support and lead road safety advocacy efforts.</li> <li>• Plan a mock trial for road safety infractions.</li> </ul>	<ul style="list-style-type: none"> <li>• Plan National Teen Driver Safety Week events.</li> <li>• Develop road safety/smart driving skits, posters, videos, podcasts, social media messages (<a href="http://Ontario.ca/distracteddriving">Ontario.ca/distracteddriving</a>).</li> <li>• Use humour to create social pressure that will discourage distracted/risky driving behaviours and to create safe social norms among peers/family.</li> </ul>

At the School	In the Classroom	Student
 <ul style="list-style-type: none"> <li>• Ensure safe transportation policies are in place and reviewed with staff, coaches, parents and students.</li> <li>• Consider road safety when planning school events (sporting events, prom, dances, etc.).</li> <li>• Partner with police to promote and enforce rules of the road in school zone.</li> <li>• Promote the Parent Guide to Teen Driving at parent and Grade 9 welcome events (<a href="http://durham.ca/parentdrivingguide">durham.ca/parentdrivingguide</a>).</li> </ul>	<ul style="list-style-type: none"> <li>• Explore the impact of cell phone use and in-vehicle technology on driver and passenger safety.</li> <li>• Explore strategies to reduce social acceptability of distracted driving and other risky driving behaviours.</li> </ul>	<ul style="list-style-type: none"> <li>• Discourage car-pooling of novice teen drivers and peer passengers for school events.</li> <li>• Include the topic of road safety and injury prevention in school leadership programs (<a href="http://parachutecanada.org">parachutecanada.org</a>, <a href="http://ontarioroadsafety.ca">ontarioroadsafety.ca</a>).</li> <li>• Include road safety messages, developed by students, on school event tickets (prom tickets, school parking passes) and for signage in school parking lots (posted signage, temporary chalk signage).</li> </ul>

At the School	In the Classroom	Student
 <ul style="list-style-type: none"> <li>• Partner with your school's Public Health Nurse to assist with planning and implementing road safety strategies.</li> <li>• Partner with road safety community agencies (e.g. police, MADD, <a href="http://OSAID.ca">OSAID.ca</a>, <a href="http://biad.ca">biad.ca</a>).</li> <li>• Promote the Parent Guide to Teen Driving at parent and Grade 9 welcome events (<a href="http://durham.ca/parentdrivingguide">durham.ca/parentdrivingguide</a>).</li> </ul>	<ul style="list-style-type: none"> <li>• Invite a speaker (legal, auto insurance, police, victim).</li> <li>• Promote National Teen Driver Safety Week during the 3rd week of October (<a href="http://parachutecanada.org">parachutecanada.org</a>).</li> </ul>	<ul style="list-style-type: none"> <li>• Develop and implement a plan to promote National Teen Driver Safety Week (<a href="http://parachutecanada.org">parachutecanada.org</a>).</li> <li>• Invite students to promote road safety via social media (<a href="http://Ontario.ca/distracteddriving">Ontario.ca/distracteddriving</a>).</li> <li>• Encourage students to discuss how they can role model safe driving practices for peers, friends and family.</li> <li>• Partner with community members on road safety advocacy efforts.</li> </ul>



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729

[durham.ca](http://durham.ca)

If you require this information in an accessible format, contact  
1-800-841-2729

