

RYDA

ROAD SAFETY  
Education

## Young people continue to be over represented in road deaths and serious injuries.

**RYDA** is the leading and only national road safety education program for youth in Australia, providing young people with the skills and strategies they need to stay safe on the roads.

The RYDA workshop features highly engaging practical demonstrations, real-life narratives, videos, quizzes and interactive role play. The RYDA approach supports youth development in a number of areas including social resilience and anticipating and managing risk.

Created for senior high schools, RYDA gives students a unique opportunity to set road safety goals and build strategies alongside the friends they will most likely be riding with, as drivers or passengers.

At the workshop, students attend six interactive sessions at a dedicated venue over the course of a school day. Back in the classroom, we give teachers everything they need to continue the learning throughout the school year.



Teachers

96%

of the classroom teachers we surveyed believe RYDA should be compulsory for senior high school students.



Students

94%

of the students we surveyed said they are likely or very likely to apply the things they learned at RYDA as a passenger or driver in the future.

## WHY ARE YOUNG PEOPLE AT RISK?



Frontal lobe  
(impulse control)  
not fully developed



Inexperienced drivers



Peer group pressure  
& easily distracted



Overconfident  
"it will never happen to me"

## WHY SHOULD EVERY YOUNG PERSON PARTICIPATE IN RYDA?

Carrying passengers under the age of 21 (who are not family members) increases the risk of a young driver crashing significantly. Research tells us that crash risk grows exponentially as young passengers are added.



Whether they are the driver or a passenger, every young person contributes to the safety of the road users around them - RYDA helps young people make positive contributions from any seat of the car.



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## SUPPORTING A COMMUNITY APPROACH TO ROAD SAFETY

Road Safety Education Limited (RSE) has created a number of resources to help parents navigate a time of significant change and challenge in their teenager's lives.

From fact sheets on the major risk factors to tips on choosing a great driving instructor or setting parent-led driving lesson plans, RSE's website is a great source of information. Parents can also download a handy post-RYDA workshop dinner table conversation guide which pulls out the key learnings from the day and helps them support their teen in the strategies they have committed to.

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## WHAT STUDENTS SAY...

*This road safety excursion was by far one of the best excursions I have ever been to. I have learned so much and found today so interesting that I couldn't wait to tell my family all that I learned.*

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## RYDA WORKSHOP SESSIONS

- **SPEED & STOPPING** On a closed roadway, students work with driving instructors and experience the relationship between speed and stopping distance through practical observation.
- **DRIVE S.O.S.** Using role plays and engaging activities, students look at the road from the perspective of other road users, gaining an understanding of their challenges and learning how to “Drive So Others Survive”.
- **THE ‘I’ IN DRIVE** A reflective session designed to show how personality impacts risk on the road. Students self-assess against five areas, using this tool to analyse risky situations and practice speaking up.
- **ROAD CHOICES** A discussion, routinely led by a Police Officer on key risk areas for young drivers and passengers. Features high impact videos on decision-making and choices.
- **CRASH INVESTIGATORS** A unique opportunity for students to speak to a crash survivor about the event that changed their life. Students investigate crash factors, comparing them against the Safe System approach.
- **MIND MATTERS** Drawing from a true story, students look at the role of mood as a road risk factor. Working in teams, they develop strategies to recognise and change harmful mindstates and plan ahead to avoid risk.

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## WHAT PARENTS SAY...

*My daughter went to the course yesterday and was very impressed. The training was just great – all the limits we have put on her, and the way we've taught her to drive, all came into play and she could see the reasons for our 'control'...I did hours of commentary drives with her, which has shown her where and what to look for. In the past she's bucked us about our refusal to let her get in the car with other P-platers, now she says there's no way she would. Job done! Great job, thank you, the impact on the girls was huge.*

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