

# ROAD SAFETY MANUAL

for youth workers



## Bookmark

- 1 Introduction
- 2 Road Traffic crashes a public health issue
- 3 Youth and road safety
- 4 Driving under the influence of Alcohol
- 5 How to tackle high road crash rates among young people?
- 6 Youth work and its role in the prevention work
- 7 Road safety, youth work and structure dialog
- 8 BE A HERO project
- 9 References



The project is funded by the European Commission. The content of the publication reflects the views only of the author. The National Agency and the European Commission are not responsible for any use that may be made of the information contained therein.

# 1 INTRODUCTION

Road safety and drink driving is a topic that we see rarely discussed in youth organizations or youth sector. Reason for this could be that on one hand youth organizations are not aware of the extent of the problem that road traffic injuries are the leading cause of death for children and young adults aged 5-29 years<sup>1</sup>. On the other hand, at the first glance road safety with emphasis on drink driving does not fit into youth work.

With the manual before you we wish to change that. The topics of the manual will shed the light on why young people represent a risk group when it comes to road safety, how the use of alcohol and subsequently driving under the influence increases the chances for road traffic injuries. Most importantly the manual will show how youth workers and youth organizations with the use of youth dialog can encourage discussion in their local environment among young people and decisionmakers on the topic of road safety and drink driving.



## THINK ABOUT:

- ▼ Why is road safety relevant for ME?
- ▼ Why is road safety relevant for ME AS A YOUTH WORKER?
- ▼ Why is road safety relevant for US AS YOUTH ORGANIZATION?

# 2 ROAD TRAFFIC CRASHES A PUBLIC HEALTH ISSUE

- ▼ **Dimension of the problem - Road traffic crashes data among young people**

## Global data

The World Health Organization (WHO) estimates that



**1,35 MILLION PEOPLE**  
died worldwide as a  
consequence of road traffic  
crashes



**Road crashes cause up to**  
**50 MILLION INJURIES**  
every year

Road traffic injury are

**#8**

leading cause of death  
among all world population

**#1**

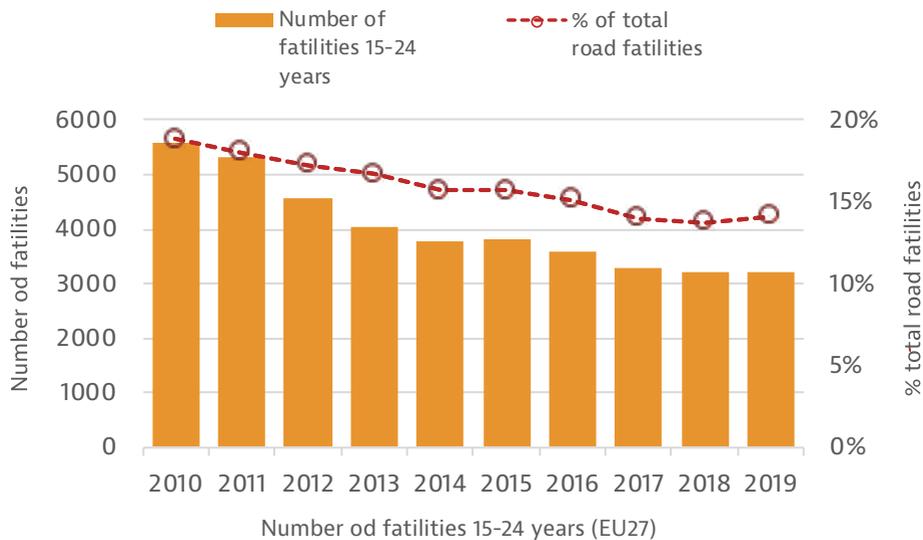
cause of death for children  
and young adults aged  
5-29 years

### European Union (EU27) fatalities data 15- 24 years old<sup>3</sup>

In 2019, road traffic crashes caused about 22.800 deaths in the European Union. Young people aged 15-24 years represented 14% of all fatalities.

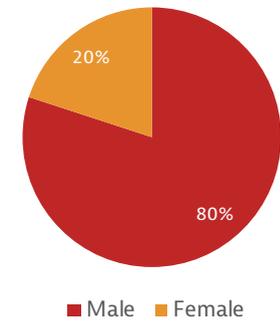
**15-24-year old's have increased risk of death in road crashes in comparison with the rest of the population.**

Between 2010 and 2019 the number of road traffic deaths in the age group 15-24 years decreased from 5585 to 3221 (-42%). The share of road traffic fatalities of the age group 15-24 decreased from 19% in 2010 to 14% in 2019.

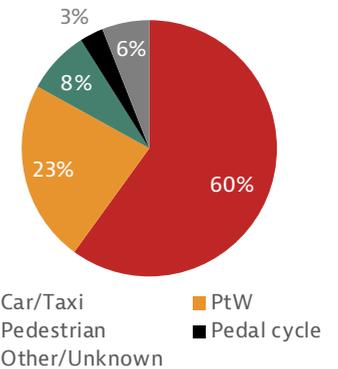


**Although there is a significant decrease in deaths among 15-24-year old's, we cannot ignore the fact that the death rate is still too high and demands our action.**

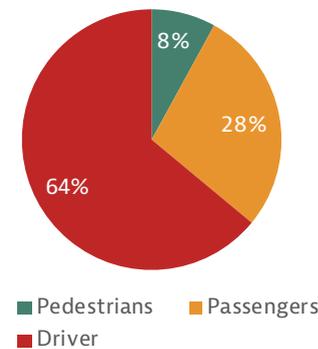
### Fatalities in age group 15-24 2017-2019



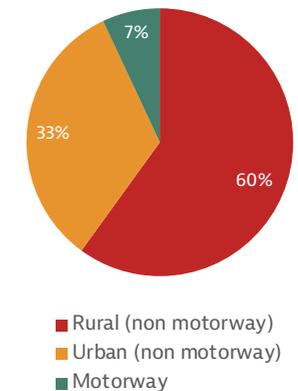
**Young men are 4 x more at risk to die in a road accident than young women.**



**Majority of young fatalities occur while driving a car, a motorized two-wheeler (a moped or a motorcycle) and as pedestrians.**



**Young people were involved in fatal road accidents as drivers, passengers and pedestrians.**



**Most of the road traffic fatalities occur in rural roads (non-motorways).**



## 3

## YOUTH AND ROAD SAFETY

### ▼ Why young people are most at risk?

Youth is a time of growth, new experiences and strong emotions, during which all limits are enforced. It is also at this time that almost all people start driving. Unfortunately, this combination has a much higher cost for young drivers than for the other group of drivers.



### Age, biological and social immaturity

The brain is not fully developed. Areas of the human brain that are responsible for integrating information, planning, impulse control, regulation of emotions are still in development (frontal lobe and limbic lobe). This can explain why decision-making process is more emotional than rational.

**The rational part of the brain isn't fully developed until about age 24.**

They are in the process of moving away from their parents' influences and gaining greater independence. In this process, peers become increasingly important to them and have a great influence in their lifestyle and behavior choices. Associated to other factors like sensation seeking and testosterone, mainly in men, this package increases significantly the risk.



### Lack of experience

Driving task is a complex task and practical experience is needed to achieve good performances. Vehicle handling skills are easy to achieve but anticipation of potentially hazardous and dealing with unpredicted situations require experience and practice. Young drivers are in the process of acquiring driving experience.

A driver has more experience when he has experienced a greater number of diverse driving situations. The experience will have an important role both in the collection of information, in its treatment, as well as in the action.

**Young people tend to overestimate their own skills and underestimate the risks.**

# DID YOU KNOW?<sup>4</sup>

The road environment exploration patterns are different depending on the level of experience of the driver:

## Experienced drivers

- ▶ develop more adjusted exploration strategies in the direction of the gaze, which implies greater economy.
- ▶ collect information more or less far depending on the speed.

## Young drivers

- ▶ have difficulties in alternately ensuring visual control of their trajectory and visually analyzing all other information present.
- ▶ use a fixed spatial index whatever the speed.
- ▶ do not know the meaning of the perceptual indices in relation to the course of events and therefore cannot anticipate or interpret them to predict the development of events.



## Peer pressure

Young people are still in the process of forming their identities and feel stronger need to belong and be accepted by their peers. This means that they can be easily persuaded by their peers when driving which can lead to dangerous situations and loss of car control.

Compared to adult young people's behaviors are more negatively influenced by peer pressure since they are more subject to group influences.

**Risk for a road accident increases with the number of young passengers in the car as young drivers are more influenced by peer pressure.**



## Impairment

Alcohol, drugs, distraction and fatigue affect the performance of the driving task in all drivers but especially young drivers. This is particular danger when combined with passengers inside the car as young people's behaviors are more easily negatively influenced by peer pressure since they are more subject to group influences.

**Impaired driving means that the driver's ability to drive was impaired (due to the consumption of an alcohol, drug, distraction, fatigue, ...).**



## Drugs

A drug is a natural or synthetic substance, that can cause a change in sensations, abilities, individual behaviour and psychological and / or physical dependence. Drugs have a great impact in the driving task performance mainly if combined with alcohol. The number of new illicit drug and consumption among young people have been increased gradually in Europe. Drug driving increases significantly the risk of being involved in accident.

**Driving under influence of drugs, novice drivers have 25 times higher risk of being involved in a serious road crash injury.**



## Alcohol

Young people have lower tolerance to alcohol and their body is not used to alcohol consumption. They underestimate blood alcohol level and its consequences and also lose self-control easier than older people.

**The driving task of young people requires more attention and focus in comparison to more experienced drivers, therefore alcohol hinders young people's driving performance even more.**

# DID YOU KNOW?<sup>5</sup>

- ▶ Alcohol is a depressant. This means that it slows down activity in the brain.
- ▶ Alcohol has a wide variety of effects. In the brain, it triggers the release of dopamine, a neurotransmitter that's associated with pleasure and satisfaction.
- ▶ Alcohol use is a significant risk factor for dementia.



## Fatigue

Fatigue is responsible for many accidents, it is a temporary state that affects our abilities and is a natural limitation of the body. Fatigue affects the driving task performance, increasing reaction time, creating disturbance in attention and in stimuli identification, decreasing the ability to evaluate distances and speeds, or provoking disturbance of movement coordination.

Different factors can cause fatigue such as, number of hours driving, time spent on other tasks before driving, by length and quality of sleep, or by stressful situations, time of day the trip is undertaken.

**Young people lifestyles increase the number of hours driving during the night and deprivation of sleep is usual among them when they enjoy nightlife. That is the reason for this target group has more accidents during the night and early hours of the weekend days.**

# DID YOU KNOW?

- ▶ Fatigue when driving is a factor responsible for 10% to 20% of road accidents.
- ▶ Sleep deprivation alone causes changes equivalent to a blood alcohol concentration of 0.8 g / l.<sup>6</sup>



## Distraction

**Distraction can be defined as a diversion of attention away from activities critical for safe driving toward a competing activity. Distracted drivers are still alert but their attention is focused on other activities than driving.**

Activities like talking on the mobile phone, reading/typing messages, operating a GPS, talking to a passenger, eating, and drinking are all potentially distracting activities. These activities might affect the essential aspects of driving a vehicle and increase the risk of having an accident.

# DID YOU KNOW?

Distracted drivers:

- ▶ swerve more, which indicates diminished control over the vehicle,
- ▶ have longer reaction times,
- ▶ miss information from the road environment and
- ▶ make more errors while driving.<sup>7</sup>



## Texting

Texting is becoming the most frequent way of non-personal communication, mainly among young people. Following this social increasing trend, the number of people who text while driving is increasing, creating a new and growing problem in road safety.

**While driving, texting involves cognitive distraction, as well as long periods of both manual and visual distraction, which increase the risk of being involved in road traffic accidents.**

Reading or sending text messages or emails while driving, which also requires visual, manual, and cognitive attention from the driver, is becoming an increasing source of distraction, mainly among young drivers.<sup>8</sup>

# DID YOU KNOW?

In terms of distraction, using a hands-free mobile phone while driving has no significant advantages when compared with hands-held use because it also causes cognitive distraction – the most dangerous type of distraction and one of the main causes of road crashes.



## High exposure to risky conditions

Besides the risks mentioned above, young people drive more often under high-risk circumstances. Young people:

- ▶ usually tend to drive at higher speeds than older drivers,
- ▶ drive older cars with less safety features,
- ▶ usually use less frequent the seatbelts, mainly when they travel in backseats,
- ▶ are more influenced by peer pressure.

**Young people drive more often under high-risk circumstances.**

## MY NOTES

# DRIVING UNDER THE INFLUENCE OF ALCOHOL

4

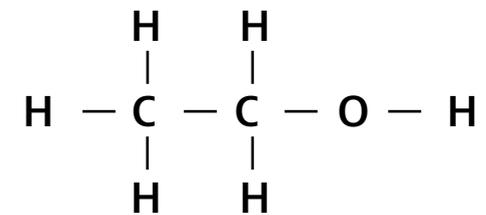
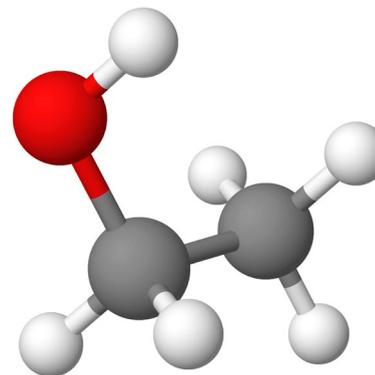
Alcohol is one of the main contributors to road traffic injuries and deaths.

## ▼ What is alcohol?<sup>9</sup>

Alcohol is a drug.

Often when we hear the word drug, alcohol is not the first thing that comes to mind or does not come to mind at all. But alcohol can be toxic and addictive, just as (other) drugs. The alcohol we talk about usually refers to the alcohol found in beer, wine, and spirits. It is the ingredient in these drinks that make you drunk.

The type of alcohol in the alcoholic drinks we drink is a chemical called ethanol (ethyl alcohol).



# DID YOU KNOW?

Alcohol is generated when yeast ferments (breaks down without oxygen) the sugars in grains, fruits, and vegetables.

For example, wine is made from sugar in grapes, beer from sugar in malted grains (a type of grain) and vodka from sugar in potatoes, beets, or other plants.

Spirits also go through a process called distillation – where a proportion of the water is removed, leaving a stronger concentration of alcohol and flavor.

A drink's alcohol content is affected by how long it is left to ferment. Fermented drinks like beer and wine contain from 2% to 20% alcohol. Distilled drinks contain from 40% to 50% or more alcohol.



## ▼ What is an alcohol unit?

Alcoholic drinks come in different strengths and sizes, units are a way to tell how strong your drink is (what the quantity of pure alcohol in a drink is).

**One unit is 10ml or 8g of pure alcohol.**

### What does 1 unit of alcohol look like?

Standard  
4.5 % cider



Standard  
13 % wine



Standard  
40 % whiskey



Standard  
4 % beer



Standard  
4 % alcopop  
(275ml)



10

It is a common misconception that you can drink 1 or 2 units and still be safe to drive.

## ▼ What are the effects on our body?<sup>11</sup>

### ▼ What happens when I drink alcohol?

Alcohol enters the stomach through the esophagus, but before it does already a small amount immediately moves into the small blood vessels in our mouth and tongue.

If the stomach is empty, alcohol moves quickly down into the intestines. If there is no solid food in the stomach or intestines, the alcohol will come into contact with the intestinal walls more easily and pass quickly into the blood.

**On an empty stomach, all the alcohol of one drink may be absorbed into the blood within 30 minutes.**

If there is food in our stomach, alcohol will stay in the stomach longer allowing the enzymes in our stomach more time to break down some alcohol before most of the alcohol moves down into the intestines. More alcohol will also be absorbed through the stomach. The food in our stomach will slow down the absorption.

**On a NOT empty stomach, the absorption of alcohol into the blood may take up to 90 minutes.**

# DID YOU KNOW?

**Up to 20% of alcohol passes through the stomach into the blood?**

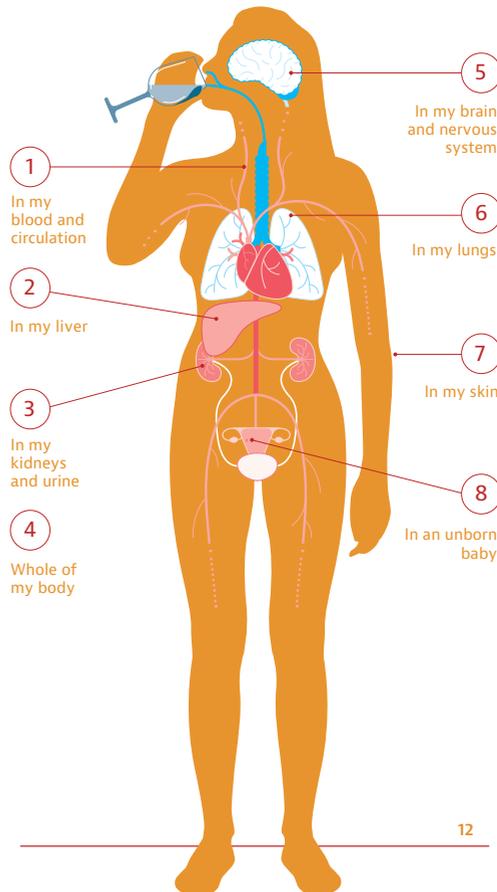
The remaining 75% to 85% of alcohol is absorbed through the small intestine into the blood.



### ▼ What happens to the alcohol in my blood?

Once in the bloodstream alcohol is very quickly moved around to **all parts of the body**.

It stays circulating until **the liver** is able to break it down. After approximately 20 minutes alcohol will reach our liver where blood is filtered and 80% to 90% of the alcohol gets broken down.



**On average it takes our liver 1-1,5 hour to break down one standard drink of alcohol.**

# DID YOU KNOW?

With the help of enzymes alcohol breaks down to water, carbon dioxide and products the body uses for energy, like calories.

<b>Beer</b> light, 355 ml	<b>103 calories</b>
<b>Vodka</b> 94 proof, 45 ml	<b>116 calories</b>
<b>Whiskey</b> 80 proof, 45 ml	<b>97 calories</b>
<b>Coffee liqueur</b> 45 ml	<b>160 calories</b>

Our **kidneys** filter blood, balance the amount of fluid in the body and remove wastes into urine. When there's alcohol in our body our kidneys will work harder and produce more urine.

**Only up to 10% of alcohol leaves our body in urine.**

Once there is alcohol in the blood it quickly moves to our **brain**. From then on, our brain and nervous system undergo the (narcotic) effects of alcohol.

**Effects of alcohol on the brain can be felt within 5 – 10 minutes after drinking.**

Via the bloodstream some alcohol is evaporated through **the lungs into breath**. Up to 8% of the alcohol is breathed out. This is the alcohol that a breathalyzer measures.

**After roughly 45 minutes after drinking alcohol, the blood alcohol concentration (BAC) is the highest.**

# DID YOU KNOW?

- ▶ A small amount of alcohol evaporates from the fine blood vessels just under the skin?
- ▶ Vice versa alcohol can also be absorbed through the skin.



## ▼ Why does alcohol affect everyone differently?

Despite what most people think, alcohol is not an exact science. It is often said that you can drink two units and still be safe to drive. However, due to different factors this is not the case. If you gather 20 people in a room and serve them the same type of alcohol, in the same cup and they drink it at the same rate, alcohol can still have a different effect on each and every one of them.

Alcohol affects everyone differently.

What aspects play a role in how someone reacts to alcohol?



### Body type

Skinny people get drunk faster than heavy and muscular people. Their bodies contain less water so the alcohol can spread over less body fluids.



### Habits

Regular drinkers are less likely to get drunk than those who drink occasionally. It is a misunderstanding, however, that they are better able to cope with the effects of alcohol.



### Gender

In theory, women get drunk faster than men. The average woman weighs less and has a smaller liver, less muscle tissue and less body fluid.



### Meal

Those who drink alcohol on an empty stomach are more likely to notice its effects sooner compared to those who drink with a meal.

### Other factors

Fatigue, stress and illness can greatly increase the impact of alcohol with a meal.

## ▼ Driving Task – What do we do when we are driving?

Driving is a complex task and involves several operations. While driving, we perform a task in which we are confronted with the demands of an extraordinary dynamic and always changing road environment (consisting of infrastructure, traffic planning, other users' behaviors - drivers and pedestrians -, enforcement actions, weather conditions, etc.). We must respond to these demands in the most appropriate way, using our knowledge, attitudes and abilities.



Driving is continuously and simultaneously a complex task involving 4 steps: perception, forecast, decision and action.

## What driving as a task requires.

### 1 Perception

Capturing information from environment, using sensory organs (vision, hearing ,...).

With the collected information, we can predict what might happen, and therefore, deciding accordingly.

### 2 Forecast

Being able to anticipate what will happen, the driver can adjust his driving.

### 3 Decision

Driver decision is based on knowledge, information gathered, and attitudes.

### 4 Action

The result of decision-making is expressed in behavior, i.e. the driver will act according to his/her decision.

All internal or external factors that interfere with the performance of any of these tasks, that provoke a negative impact in collecting information, anticipation, decision or action, will increase the risk and the likelihood of being involved in an accident.



## Effects of alcohol on the task of driving:

The effects of alcohol depend on the amount of alcohol ingested. The higher the BAC, the more severe the effects on driving. Alcohol impairs the ability to drive by acting at the level of driving tasks:

### 1 Perception

Decreased psycho-sensory abilities; a poor collection of information; stimulus detection

### 2 Forecast

Difficulty in processing the data.

### 3 Decision

Difficulties in deciding what to do; bad decisions, such as: honking to warn of danger, dodging a vehicle; overtake.

### 4 Action

Longer reaction time; incoordination and abruptness of movement disturbance of psychomotor abilities.



# DID YOU KNOW?

Young drivers:

- ▶ demonstrate visual exploration more centered on the vehicle than beyond, this means they are more focused on the operation of the vehicle than on the environment and what goes on around it.
- ▶ they show less ability to anticipate risks and detect risks less reliably and more slowly than experienced drivers.
- ▶ tend to interpret risks as less important than they really are, underestimating the risks and overestimating their ability to control the vehicle.
- ▶ are less able to perform emergency maneuvers and are overconfident in their ability to correct errors, which can lead to loss of vehicle control. They are also more easily distracted by events not related to driving.

## ▼ How does alcohol affect our driving?<sup>13</sup>

Alcohol acts on the brain and other parts of the nervous system to slow activity down. This is the same for everyone. This is why alcohol and driving are a very dangerous combination: it slows down our reflexes and our decision making while drivers do not always notice the effects.



### **Divided attention**

When you drive your car in traffic there are a lot of things that require your attention. Divided attention involved having to concentrate on two or more tasks at once and being able to make decisions about them. This can be anything that is happening in front of us, in our peripheral vision or even inside the car.



### **Vigilance**

Vigilance is the state of keeping careful watch for possible danger or difficulties. While driving vigilance presents the level of alertness we are able to give a task or an object in the driving environment.



## Tracking

This refers to our ability to control and maintain our position on the road. Meaning that we do not sway from left to right.



## Perception

Perception is a cognitive skill which refers to our ability to process and make sense of information presented to us whether that is through our vision, what we hear or what we feel. Think about the ability to recognize potential hazards and ability to estimate time and distances.



## Vision

Vision functions that are first affected by alcohol include the ability to see fine detail, contrast sensitivity, eye movements and motor control of the eye.



## Psychomotor skills

These skills include our ability to maintain balance and to perform and coordinate tasks.



## Reaction time

This is the time between the occurrence of an event and a person's reaction to it if one is required.



## Drowsiness

Drowsiness does not affect any particular skill. Drowsy driving due to sleep loss or deprivation is a major contributor to crashes. Now consider that alcohol crashes often occur at night when drivers are more likely to be needing sleep, the combined effects of alcohol and drowsiness can lead to even greater impairment than either factor on its own.



## Over-confidence

Drinking alcohol can also increase confidence. You can become a lot less inhibited as the drink takes effect, giving you a false sense of invincibility.

## ▼ How can we sober up quickly - Myths and facts? <sup>14</sup>

A quick internet search provides us with dozens of suggestions on how to sober up quickly. But which of them are true and which are nothing more than myths? Which of them are even dangerous?

### Myths



#### Drink coffee

Coffee, like tea and many other beverages, contains caffeine. This does not help our bodies metabolize or break down alcohol. Caffeine is a stimulant and the only effect it has on our being is making us feel more alert, thereby counteracting the depressant effect of alcohol.



#### Take a cold shower

Just like drinking coffee taking a shower can briefly make us feel more alert, but it does not affect our impairment and blood alcohol concentration.



#### Drink lots of water

Drinking lots of water has no effect on our blood alcohol concentration. However, as alcohol has a dehydrating effect drinking a lot of water does have a positive effect on our body and should reduce the effects of a hangover.



#### Get lots of fresh air

Going outside, driving with your window open... in short: getting fresh air. This can make us feel a little better, but has no impact on our BAC or impairment.



#### Vomit

When we get a feeling of impairment, this is caused by the alcohol in our bloodstream. And vomiting does not affect the level of alcohol that is already in there.



#### Sweat

Although your newfound self-confidence due to alcohol might have you think you are the new Usain Bolt... sweating, either from exercise or a sauna, has no impact on our rate of sobering.



### Eat

Full stomach or an empty stomach has an effect on processing alcohol. Eating while drinking can reduce the absorption of alcohol into the blood. However, once alcohol is in our bloodstream, eating has no effect on it. Eating often makes us feel better because it generates energy for our body. It can trick us into thinking that we are sober or at least less drunk, which can lead to dangerous situations.



### Have your face slapped

Getting slapped in the face is not only painful, but also ineffective. It can briefly make us more alert. Of course, we remain just as drunk.

### Fact



The only way to get sober is ... waiting. Give your body enough time to process alcohol. Elimination procs is estimated at 0.16g/l per hour. With a High BAC level even if you sleep you can wake up with BAC level over the legal limit since the elimination process is slow.

# DID YOU KNOW?

**You can turn alcohol facts into fun and awareness raising activity called "What's in your drink".**

If you want to talk about alcohol units, you can ask your group for a few examples of the beverages they know. Keep it simple and narrow it down to 3 most common types of drink: beer, wine, strong liquor (rum, gin, whiskey...). Ask how many drinks they think an average person can drink before they hit the legal limit. You will notice people are often wrong. Looking for something more active? Bring out some cups and ask them to pour themselves a drink!

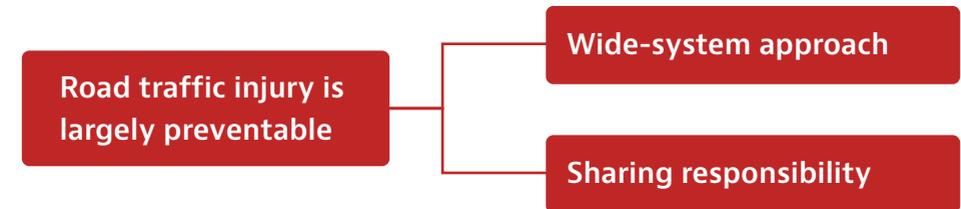


## MY NOTES

## HOW TO TACKLE HIGH ROAD CRASH RATES AMONG YOUNG PEOPLE?

5

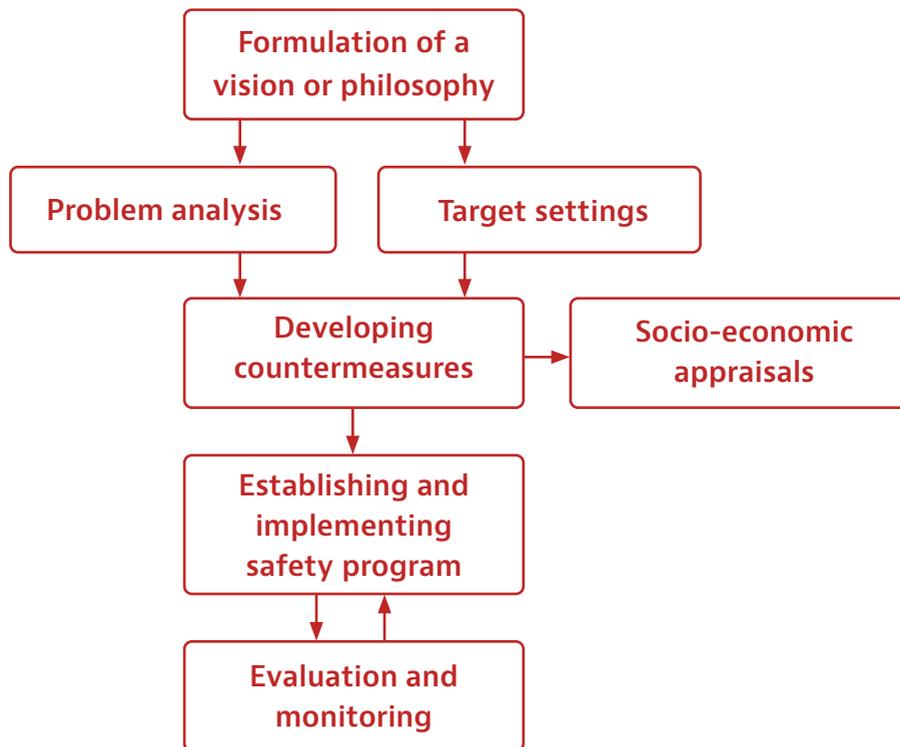
To achieve better performance in road safety we need an effective road safety management and there is a need to address systematically the main risk factors, adopting proven measures more widely with appropriate resource by a combination of wide system approach and shared responsibility.<sup>15</sup>



The best performing countries follow concepts and similar approaches to road safety. These approaches share

- ▶ **a vision**, a desired direction of safety development, halving zero deaths and zero severe injured.
- ▶ share **quantitative well-defined targets**, settled after a deep analyses and knowledge concerning the problems and the situation that are facing in, based on reliable information coming from crash or casualty indicators, road users risk exposure data, process and system indicators and road safety performance indicators.
- ▶ **proven countermeasures** that are based on scientific research and findings, settled and implemented taking in account economic and social appraisal.

- ▶ **a system to monitor and assess** the performance of the traffic system and the success of implemented measures are set based on key performance indicators, assessments and evaluations.



### ▼ General measures<sup>16</sup>

Road safety problems are not solved with a single measure, a combination of measures is needed to tackle and mitigate the problematic issues.

All road users (drivers, passengers and pedestrians), where young drivers are obvious included, profit from general road safety measures addressing road safety management, infrastructure, vehicles, road user behavior or post-crash response.

Examples of general road safety measures:



Good planning, organization and management of road traffic system.



Safe and high quality of infrastructure, that is well designed and maintained.



Low speed (30Km) in residential areas.



Vehicles equipped with effective safety features (e.g. intelligent speed assistance, auto emergency braking, alcohol interlocks).



Well designed and implemented education and training programs (e.g. road safety education in schools as lifetime learning process and initial and continuous drivers training, graduated driving licensing, campaigns).



Effective and efficient legislation and enforcement that promote safe behaviors (e.g. licensing age access, seat belt use mandatory, speed management using cameras, forbid the use of mobile phone while driving).



Fast, appropriate and well-coordinated emergency and rescue services (e.g. short time to arrive at crash scene and to hospital, all resources available) contribute to achieve better results in road safety.



Other measures not directly related with road safety can also contribute to improve road safety rates by influencing mobility patterns, reduce risks and promote safety like the promotion of public transport use, making it available, comfortable, convenient and affordable.

## Road Safety Measures

### Road users

- Education & Training
- Legislation
- Enforcement & Incentives

### Vehicle

- Active safety
- Passive safety
- Telematic eSafety

### Infrastructure

- Road design
- Road construction
- Maintenance

### Organisation

- Planning
- Financing
- Controlling

### Rescue

- Alert
- Rescue

## ▼ Specific measures to protect young people

Specific measures are implemented in order to reduce the driver fatality risk among youth drivers.



### Education

Several studies demonstrate that safe attitudes are built at an early age. Young people already have experience as road users and have been influenced by their parents' driving style and other drivers' behaviors. Road safety educational programmes in school help to promote a traffic safe culture and safe attitudes and behaviors.

**From an early age we are forming our attitudes towards road safety.**



### Training and licensing

In order to tackle the risk factors previously identified associated with young people, a minimum age to access the driving license is in place. This Graduated driving license (GDL) system allows novice drivers to acquire driving experience before solo driving under low risk conditions.

## Most common three stages of Graduated driving license (GDL):

- 1 **Acquiring a learner's permit.**
- 2 **Restricted, probationary or provisional license, (supervised and accompanied driving, zero alcohol tolerance, restrictions on nighttime driving and passengers inside the car, ...).**
- 3 **Full driver's license.**

Training process should provide hazard perception training and raise the awareness about their own limitations and of risks inherent to driving. Training and exams must guarantee they have the knowledge, the attitudes and behaviors and skills to behave on a safe way while driving.



### Zero alcohol

Some measures such as graduated driving license and probationary systems allow a maximum BAC level of 0 to 0.2 g/l to young drivers lower than for more experienced drivers (BAC level of 0.5 g/l). Complementary legislation predicts severe consequences and/or loss of points in demerit point systems for traffic offenses.

**Driving task performance of young people is more affected by alcohol than driving task of more experienced drivers.**



## Restrictions on night-time driving

Restrictions on nighttime driving are implemented in order to reduce the risk of serious crashes.

**Young people are overrepresented in statistics in crashes during night hours.**



## Peer passengers

Restriction in the number of passengers with approximate ages inside the car during the first years of driving is a preventive measure.

**Young people's behavior is strongly influenced by their peers and passengers inside the car and these factors increase the risk of having an accident.crashes during night hours.**

## ▼ Specific measure to tackle drink driving

As mentioned before a road safety problem, such as drink driving must be tackled by a combination of measures based on a wide system approach and shared responsibility.



Examples of general road safety measures:



Reduce the availability of alcohol by limiting selling points and raising prices.



Raise the minimum drinking age.



# 6 YOUTH WORK AND ITS ROLE IN THE PREVENTION WORK

## ▼ What is youth work? <sup>17</sup>

**Youth work recognizes that inequalities exist in society and seeks to raise the level of awareness of young people about society and how to act upon it.**

Youth work itself involves young people on a voluntary basis and begins with the issues and areas that are of interest and also concern to them. Youth work has a unique contribution to prevention at each different level and is addressing young people in an indirect and direct way.

**Youth work has three essential features:**

- ▶ **Young people choose to participate.**
- ▶ **The work takes place where the young people are.**
- ▶ **It recognizes that the young person and the youth worker are partners in a learning process.**

It usually covers a variety of activities of a social, cultural, educational, environmental and/or political nature by, with and for young people. Such activities can also include sports, leisure time activities or services for young people.

Youth work is delivered by paid and volunteer youth workers and is based on non-formal and informal learning processes focused on young people and on voluntary participation.

The main objective is to motivate and support young people to find and pursue constructive pathways in life, thus contributing to their personal and social development and to society at large.

Youth work is organized in different ways (by youth-led organizations, organizations for youth, informal groups or through youth public services). It is delivered in different forms and settings (e.g. open-access, group-based, programme-based, outreach and detached) and is given shape at local, regional, national and European level. Youth work takes place in many different forms and settings.

### Most common types of youth forms

<b>Youth centres.</b>	<b>Youth camps/colonies.</b>
<b>Youth projects.</b>	<b>Youth information.</b>
<b>Outreach/detached youth work.</b>	<b>Youth organisations.</b>
<b>Informal youth groups.</b>	<b>Youth movements.</b>

It is important to note that these different forms of youth work could, in accordance with the above working definition, be carried out and/or governed by different entities (municipalities, NGOs, etc.) and take place in different localities (youth centres, schools, churches, etc.). Notable is also that these are the most common forms of youth work and that, due to different terms used in different countries and/or local conditions, there are other (sub-) forms of youth work that still apply to the working definition above.

## ▼ YOUTH WORKERS - what is the role of youth workers and how to implement preventive activities?

Through prevention work, young people consider risk, make reasoned decisions and take control. And perhaps most importantly, young people are confident, resilient and optimistic for the future.

### Partnerships with young people



Working in partnership with young people is part of the fundamental nature of youth work and this extends to prevention work.

Partnership work in prevention could mean developing sessions and programmes with young people. This way, youth work is able to capture what young people care about and are interested in. Youth work is bound to have more impact as a result!

### Peer Educators



Sometimes getting the message from practitioners just won't cut it and it's the influence of peers that will make the difference in preventing drunk driving.

Peer Educators not only effectively get the prevention message across, they also gain a lot themselves through their leadership roles. Peer

educators can help with the prevention work in schools, on the street, youth gathering places...

### Support them to create change

If drunk driving is an issue and young people are passionate about, you can support their work to influence decision makers.



Youth worker should encourage young people to prepare youth dialogue with decision makers where they can present to them alternative solutions for driving under the influence.

### Highlight the role of all young people

Taking a targeted approach to prevention could exclude a lot of young people you work with.



All young people can play a role as active bystanders by speaking up if they know someone is that is driving under the influence of different substances.

## Be a trusted adult

Having a supportive adult in their life can increase young people's resilience and lead to positive life choices.



Stepping up to the role of a trusted adult could make all the difference in a young person's life.

## ▼ YOUTH CENTRES - what is the role of youth centres in road safety activities in local communities?

Youth centres are meeting points, but also good channels to start up youth actions, to know the needs, the problems and the desires of the leading actors, the group of young people and are the loudspeakers with which to convey the voice of young people to the rest of society.

**A youth centre is an organized functional space for young people (15-29-year old), in which programmes are implemented in order to support the youth, their spending of quality free time and a better life in the society.**

Youth centre is a youth work establishment, operating on the basis of principles of open youth work, where all young people are welcome and that can be a youth work organization and resource centre in its surrounding with a wide range of services and activities complained to the needs of local young people.

Because the basic purpose of youth centres is:

- ▶ informal socialization and inclusion of organized and unorganized youth in local, regional and international environments in preventive non-formal educational, voluntary, cultural and other activities,
- ▶ enabling various initiatives that are supportive and offer safe environment for the prevention work.

In a lot of cases youth work does not end in youth centres, especially prevention, that's why a lot of prevention work is done as street youth work or, in schools and on young people gathering points.

In addition to the implementation of projects and programmes, youth centres have a lot of different functions: preventive, associative, service, information, educational, development...





It is an instrument through which young people can take an active part in the decision-making process and formulate recommendations and measures that they consider important. It is an instrument through which young people, through participatory participation in civil society and the system of representative democracy, get the opportunity to participate directly in dialogue with those responsible for youth policy and thus the possibility of real development of youth local and national policy.

**Youth Dialogue is happening at three different levels:**

- ▶ **European**
- ▶ **National**
- ▶ **Youth organizations**

# DID YOU KNOW?

The specific objectives of the EU Youth Dialogue, as outlined in the EU Youth Strategy 2019 – 2027, are to:

- a. encourage the participation of young in democratic life in Europe
- b. promote equal participation between young woman and men
- c. include diverse voices and to ensure openness to all young people to contribute to policy-shaping
- d. bring about positive change in youth policy on local, regional, national and European level
- e. strengthen young people's citizenship competences and sense of belonging in society and the European Union.
- f. young people's citizenship competences and sense of belonging in society and the European Union.

## Planning and facilitating Youth Dialogue

At first step of the planning process, it is helpful to shape your vision and mission. It is important that topic, goals, aims and expectations are set. Still, in youth work, you got to stay flexible and ambitious, but also to keep them and your capacities in mind.

### a) Planning:

#### 1. Clarify your topic, goals and expectations.

#### 2. Take care of suitable conditions:

- ▶ date and time
- ▶ location (venue)
- ▶ project team and leader
- ▶ develop a detailed schedule – it can show possible difficulties in advance, so specify the time frame of the activity, the methods and responsibilities of the team and participants.

#### 3. Reaching out and connecting relevant people:

- ▶ Your target group should include people who are affected by the topic and those who can help improving the issue at stake.
- ▶ Choose the right decision makers and professionals – on the topic of road safety professionals, health workers, police, firefighters, local and national politicians and public employers etc.
- ▶ Brief the decision makers about your project, activity and goals and aims.
- ▶ Keep in mind - nourish respectful and cultural dialogue to

develop a positive relationship between youth and the political representatives to create a positive impact at the policy level concerning youth roles in democracy and good governance.



### THINK ABOUT

decision makers and professionals in your local and national area that you could include in your structure dialog with youth on the topic of road safety and drink driving among youth.

Where to find	Local	National
<b>Decision makers</b>	<ul style="list-style-type: none"> <li>▶ Municipality (mayor, etc)</li> <li>▶ School (teachers)</li> <li>▶ Youth centers and youth organizations (youth workers)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Ministry that covers road safety</li> <li>▶ Ministry that covers health</li> </ul>
<b>Professionals</b>	<ul style="list-style-type: none"> <li>▶ Health center, hospital (doctor, paramedic)</li> <li>▶ Fire department (firemen)</li> <li>▶ Police station (Policemen)</li> <li>▶ School (social worker)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Road Traffic Safety Agency</li> </ul>



### KEEP IN MIND

There are differences in countries on national and local level in how decision makers are organized. Best get informed in order to find best suitable decision makers for your structure dialog.

## b) Facilitating:

### 1. Create a good atmosphere:

- ▶ Before participants bring new ideas into world, it is necessary to take time to think about the topic and related questions. It is also important that participants establish their own relation to the topic.
- ▶ The dialogue activity should be a positive experience – respect and listen, dialogue on equal level.

### 2. Give your participants an overview:

- ▶ Make sure participants know who you are, what you do and where do you want to go with your activity.
- ▶ Make the different groups of participants, such as young people, decision-makers and representatives of youth organizations or other professionals included and the common goal of activity visible.

### 3. Offer a wide range of opportunities for dialogue and participation:

- ▶ Whether your approach is top-down or bottom up, the more opportunities for dialogue and participation you offer, the more people can you reach, and the more people will get involved.
- ▶ Carefully choose your method according to plans, target group, topic etc.
- ▶ Methods should be chosen in such a way that participants from different situations and backgrounds can all contribute equally.

## b) Execution:

### METHODS FOR STRUCTURE DIALOG BETWEEN YOUTH AND DECISION MAKERS ON THE TOPIC OF ROAD SAFETY, DRINK DRIVING AND HARMFUL ALCOHOL USE AMONG YOUNG PEOPLE in local environment



#### THINK ABOUT

Addressing the following with your methods:

#### Drink driving among young people

- ▶ What can **young people do themselves** to not drive under the influence or being driven by a drink driver?
- ▶ What can local **decision** makers do?
- ▶ **Who else** can participate (parents, youth workers, ...)?

#### Alcohol consumption among young people

- ▶ What can **young people do themselves** to reduce the consumption of alcohol?
- ▶ What can local **decision makers** do?
- ▶ **Who else** can participate (parents, youth workers, ...)?



#### KEEP IN MIND

Connect the topic with specific issues, challenges of your local environment. This way proposed solution can be more concrete.

Name of Activity	What to do
<b>World cafe method</b>	<p>Participant think of challenges and issues regarding the topic and write them down on post it papers.</p> <p>In the next stage participants are divide in groups and think of solutions and ideas how on how to address the defined challenges and issues regarding the topic.</p> <p>Participants present their challenges and proposed solutions.</p>
<b>Round table method</b>	<p>Agree before hand on specific topics that you wish to address.</p> <p>It is good to give participants main questions for the round table beforehand so that they can better prepare.</p> <p>Encourage all participants to ask (additional) questions and participate in the debate.</p>
<b>Open discussion</b>	<p>Prepare some main topics that you would like to address but live room for free-flowing conversation.</p> <p>Topic is given to participants which are encouraged to share their thoughts and view. In open discussion everyone has the chance to speak, the order of things appears to be more free-flowing.</p>

### c) Follow-up, dissemination and exploitation of results

- ▶ Give recognition to the learning and personal development of young people who took part in your activity (certificate or letter of recommendation etc.).
- ▶ Self reflection and evaluation with all participants and your whole team is very important.
- ▶ Think about organizing a follow-up project after your first experience. Consciously involve some of the participants (already in planning) to set up a second project or activity, based on the results and try to make a new project with them. Find out if there is other learning or activities you could continue with after the project.
- ▶ **Document the outcomes of your project: this can include both visible and invisible results (report, learning points, conclusions, new methods etc.).**
- ▶ **Think beforehand who would be able to use the outcomes of your project and adapt it to their needs, so that it will be very easy for them to start using what you have produced.**
- ▶ Develop a strategy to show to the "outside" what great work you are doing - who would you like to inform, how best can you inform them, channels to reach them and what is the best way of having an impact on them.
- ▶ Share pictures and videos.
- ▶ Offer guidance and training to young people who want to get more active in your organization.

- ▶ **Practice advocacy and include participants - share your results, suggestions and ideas from dialogue and report to decision makers and find a way to cooperate.**



#### THINK ABOUT

Creating a document with main conclusions of your structure dialog.

It is good to include the following in you document:

- ▶ **Introduction/background** (how the document came to be, describe your structure dialog, who was involved).
- ▶ **Present main conclusions.**
- ▶ **If possible present a follow up plan** (what are the next steps in order to help implement conclusions, who is responsible).



#### KEEP IN MIND:

**Even if you were not able to agree on conclusion, this is still success. It only means that more dialog and cooperation among involved parties is needed.**

### EXAMPLES OF AGENDAS FOR STRUCTURE DIALOG OF YOUTH AND DECISION MAKERS on the topic of road safety, drink driving and alcohol use among young people in local environment

9:00 – 9.30	Arrival and registration of participants
<b>INTRODUCTORY PART</b>	
9.30 – 9.45	Welcome speeches: <ul style="list-style-type: none"> <li>▶ Mayor of the municipality</li> <li>▶ Representative of youth centre or other organization involved in organizing the even</li> </ul>
<b>PROJECT/EVENT PRESENTATION</b>	
9.45 – 10.05	Project/event coordinator
<b>ROUND TABLE WITH PROFESSIONALS</b>	
10:05 – 10:30	Guests: <ul style="list-style-type: none"> <li>▶ Representative of National institute for Public Health</li> <li>▶ Representative of National Traffic Safety Agency</li> <li>▶ Representative of the local Police station</li> <li>▶ representative of the local Fire department</li> </ul> Discussion on trends in the field of alcohol consumption, traffic safety and drink driving among youth at the national and local level.
<b>PERSONAL STORY OF A VICTIMS IN A CAR ACCIDENT</b>	
10:30 – 11:00	Road traffic safety victim in wheelchair
11:00 – 11:30	Break



## 8 BE A HERO PROJECT

BE A HERO is international Erasmus+ project (2019-2-SI02-KA205-015142), that connected six youth and road safety organizations from 3 European countries:

- ▶ Zavod VOZIM, Youth Network MaMa (Slovenia),
- ▶ Responsible Young Drivers, TOP-25 EUROPE (Belgium),
- ▶ Associação Educativa Nacional de Inclusão e Inovação nas Escolas, Prevenção Rodoviária Portuguesa (Portugal).

We recognized the opportunity to introduce road safety to youth workers and youth sector and encourage involvement of youth workers and youth in implementing road safety activities in local environment.

One of the main outcomes of the project BE A HERO is the manual before you. For the baseline for practical part of the manual we were relying on Zavod VOZIM's "Heroes drive in pajamas", awarded initiative for reducing driving under the influence of alcohol and harmful alcohol use among young people in local environment.

With BE A HERO project we wish to empower youth organizations and youth workers to carry out effective activities to reduce alcohol-related driving and alcohol use among young people and to raise awareness on the topic in their local environments.

We focused our attention on one specific activity of the initiative "Heroes drive in pajamas" **which is the discussion of youth and local decision makers for improving road safety in local environment (aka youth dialog).**

This form of structured dialog served as a starting point for developing different methodologies that you can find in the practical part of the manual. Methodologies for youth dialogs have been developed and tested in different national and local settings.



Heroes drive in pajamas discussion

Initiative "Heroes drive in pajamas" was awarded internationally by experts of European Road Safety Charter, led by the European Commission.





## 9 REFERENCES

- <sup>1</sup> Global status report on road safety 2018. Geneva: World Health Organization; 2018. Licence: CC BYNC-SA 3.0 IGO
- <sup>2</sup> Global status report on road safety 2018. Geneva: World Health Organization; 2018. Licence: CC BYNC-SA 3.0 IGO
- <sup>3</sup> European Commission (2022) Annual statistical report on road safety in the EU, 2021. European Road Safety Observatory. Brussels, European Commission, Directorate General for Transport.  
European Commission (2021) Facts and Figures Young people. European Road Safety Observatory. Brussels, European Commission, Directorate General for Transport.
- <sup>4</sup> (Neboit, 1978)
- <sup>5</sup> <https://www.healthline.com/health/facts-about-alcohol#facts>
- <sup>6</sup> (DaCoTA, 2012)  
(INML, 2012)
- <sup>7</sup> (Lee et al., 2008)  
(SWOV, 2013a).
- <sup>8</sup> (Newport, 2014)  
(NHTSA, 2015)  
(Olson et al, 2009).
- <sup>9</sup> <https://www.health.gov.au/health-topics/alcohol/about-alcohol/what-is-alcohol>  
<https://www.alcohol.org.nz/alcohol-its-effects/about-alcohol/what-is-alcohol>  
<https://www.drinkaware.co.uk/alcohol-facts/alcoholic-drinks-units/alcohols-ingredients-chemicals-and-manufacture/>  
<https://www.drugfreeworld.org/drugfacts/alcohol.html>
- <sup>10</sup> <https://www.drinkaware.co.uk/>
- <sup>11</sup> [76](https://www.healthyfamiliesbc.ca/home/articles/how-human-body-</a></p>
</div>
<div data-bbox=)

[processes-alcohol](#)

<https://www.alcohol.org.nz/alcohol-its-effects/about-alcohol/what-happens-when-you-drink-alcohol>

<https://medlineplus.gov/ency/patientinstructions/000886.htm>

<sup>12</sup> <https://www.alcohol.org.nz/alcohol-its-effects/about-alcohol/what-happens-when-you-drink-alcohol>

<sup>13</sup> <https://www.tac.vic.gov.au/road-safety/statistics/summaries/drink-driving-statistics/effects-of-alcohol>  
<https://etsc.eu/blood-alcohol-content-bac-drink-driving-limits-across-europe/>

<sup>14</sup> <https://www.alcoholproblemsandsolutions.org/how-can-i-sober-up-fast/>

<sup>15</sup> European Road Safety Observatory (2006) Road Safety Management, retrieved January, 20, 2007 from [www.erso.eu](http://www.erso.eu)

European Road Safety Observatory (2006) Road Safety Management, retrieved January, 20, 2007 from [www.erso.eu](http://www.erso.eu)

<sup>16</sup> Categorization of road safety measures. Source: BAST (2003)

<sup>17</sup> [https://ec.europa.eu/youth/policy/implementation/work\\_en](https://ec.europa.eu/youth/policy/implementation/work_en)





The project is funded by the European Commission. The content of the publication reflects the views only of the author. The National Agency and the European Commission are not responsible for any use that may be made of the information contained therein.

# REAL HEROES DON'T DRINK AND DRIVE

