



## Re-setting the road safety button

Road Safety Education Limited (RSE) is the leading provider of youth road safety education programs in Australia - to date 600,000 students have attended our flagship **RYDA** program for senior high school students. With a commitment to the delivery of evidence-based road safety education, RSE is guided by an internationally respected Advisory Council.

The **BetterDriver** program is designed to contribute to the culture of safer travel by developing a better understanding of road safety among adult drivers. Road trauma has an impact across the community whether it is a minor crash through to a fatality.

Experienced drivers often become complacent and fall into bad driving habits. The BetterDriver workshop aims to challenge those habits and build motivation for safer driving.

The BetterDriver workshop is an open discussion, designed for groups of 15-20 participants and is guided by RSE facilitators. The two-hour workshop focusses on the highest risk areas for experienced drivers and gives participants the opportunity to share their experience with colleagues and develop strategies for change. The workshop features the use of a personalised Action Plan for participants to record thoughts, tips and intentions and, importantly discuss with their family. RSE use pre and post evaluation data from participants to help guide the workshop discussion and reinforce the messaging.

**BETTERDRIVER IS BEST SUITED TO CORPORATIONS, SMALL BUSINESSES AND ADULT EDUCATION GROUPS**

email [info@rse.org.au](mailto:info@rse.org.au) or call 1300 127 642 to ask about bringing BetterDriver to your colleagues.

## Workshop Objectives

- Increase knowledge and skills to become a safer driver (low-risk driving)
- Discuss hazards, distractions and risks and their role in crashes – develop strategies to manage
- Investigate speeding and stopping distances and see how slowing down saves lives
- Identify how alcohol, medications and fatigue affects driving
- Realise how complacency can increase the chances of a crash and understand the safety role of mindful driving
- Show participants how their personality is an important aspect of road safety
- Understand modern safety features and how to maintain a safe vehicle



*“It made me reassess my driving habits developed over time, and gave me suggestions to reinforce the basics and become a safer driver. I look forward to taking this knowledge home and sharing it with my family members.”*

*“There was plenty of opportunity for audience interaction and discussions through group work which meant I could learn from other people as well as the presenters. I am grateful we work for an organisation that provides such relevant and helpful classes.”*

