



## RYDA Sessions

In small groups, students take part in six interactive workshops.

- SPEED & STOPPING** On a closed section of roadway, students experience the relationship between speed and stopping distance through practical observation. Students also learn about the importance of car safety features and maintenance.
- HAZARDS & DISTRACTIONS** An interactive session where students form strategies to manage distractions and improve their hazard perception skills.
- THE 'I' IN DRIVE** A reflective session designed to show students how their personality is an important aspect of the total road safety equation. Students self-assess against five personality areas and use this tool to analyse risky situations in cars.
- ROAD CHOICES** A discussion, routinely led by a Police Officer on key risk areas for young drivers and passengers. Features hard-hitting videos on decision-making and choices.
- AFTER THE CRASH** A powerful presentation by a speaker about the crash that changed their life. Features an exercise where students examine how a similar crash would affect their life and plans.
- GENEVIEVE'S STORY** A true story about a young driver and passenger involved in a road crash. Drawing on the story, students analyse factors including mood, impulse and planning and develop strategies for decision making in risky situations.

### Setting the course for a safer future

**Road Safety Education Limited** is the leading provider of road safety education for youth in Australia. The flagship **RYDA Program** is delivered each year to over 50,000 senior high school students from more than 650 participating schools.

At RYDA, students attend six interactive sessions at a dedicated venue over the course of a school day. In small peer groups, they are challenged to change the way they think about road safety; participating in a stopping distance demonstration, devising personalised strategies, gaining an understanding of their individual risk profile and getting tips from road safety experts on how to protect themselves, their friends and family.

The greatest impact at RYDA often comes from the personal stories of loss and survival where students come to realise how one poor choice can change a life forever.

By participating in RYDA, schools further their commitment to educating the 'whole student', providing a unique opportunity to learn essential life skills as they face the challenges of driving solo or as an influential passenger of a novice driver.

Now is the time to equip young people with the tools and knowledge they need to stay safe on the road.

**For further information, contact 1300 127 642 or visit [rse.org.au](http://rse.org.au).**

Our website is loaded with resources for teachers, students and parents. Also find us on Facebook ([facebook.com/RYDAroadsafety](https://facebook.com/RYDAroadsafety)) and Instagram (@RYDAroadsafety)

**IT'S NOT ENOUGH TO TEACH A YOUNG PERSON THE SKILL OF CONTROLLING AND MANOEUVRING A VEHICLE**

**WE MUST BALANCE THIS WITH THE SKILL OF CRITICAL THINKING AND AN APPRECIATION FOR SAFETY ON THE ROAD**