

MoDOT – Highway Safety and Traffic Youth Traffic Safety Programs

Smart Riders

Smart Riders is an interactive, online program designed to educate elementary students and parents on ways to make our roads safer and prevent crashes. The program is comprised of chapters and each chapter explains a different aspect of roadway safety such as booster and seat belt safety, smart walking, not driving distracted and smart bicycling.



Teachers or the school administration can send the Smart Rider information home and students can complete the modules alongside a parent or caregiver. The student will receive a certificate after completing each chapter. Teachers can decide how to reward students for completing the chapters and how the achievement is celebrated.

www.savemolives.com/mcrs/smart-riders

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Booster to Belts

Booster to Belts is a 20-minute, fun, interactive way for teens to teach children (Kindergarten through 3rd grade) the importance of buckling up and using a booster seat. The mascot, Booster Rooster, motivates children to use booster seats, ride in the backseat and to always buckle up. A participating school will be sent a packet of information that will include the PowerPoint and speaker notes, additional handouts and a paint sheet for each student.

High school student leaders can present this program to the elementary schools in their community and possibly receive \$150.00 for every program taught. This peer-to-peer interaction results in a more personalized and engaging message and will assist in building awareness and cultivating change centered around the importance of buckling up.

www.dccca.org/traffic-safety/missouri/

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First Impact

First Impact is an evidence-based, traffic safety parent program targeted to parents and/or guardians of teen drivers in the pre-permit, permit or intermediate stage of licensure. The goal of First Impact is to reduce the number of motor vehicle fatalities, injuries and crashes among teen drivers by increasing parental awareness and enforcement of Missouri's graduated driver license law.

First Impact will provide the tools parents need to be involved in monitoring, coaching and supporting their new teen driver. Ensuring that parents understand the risks and responsibilities associated with driving is essential in preventing teen driving tragedies. First Impact has trained facilitators statewide and is provided free of charge. Also provided is a parent/teen driving agreement which outlines specific rules that parents and teens agree to follow during the different stages of licensure of the teen.

Firstimpact.missouri.edu

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ThinkFirst

The mission of ThinkFirst is to prevent traumatic injuries through education, research and policy. The award-winning programs of ThinkFirst educate people, especially high-risk young people, about their vulnerability to brain and spinal cord injury, common causes of these injuries, and how to prevent them.



ThinkFirst presentations open with a well-trained speaker explaining the basic anatomy of the central nervous system and the permanent physiological changes caused by a brain or spinal cord injury. Students learn the common causes of these injuries, ways to prevent them, and who is most at risk. Also stressed is the fact that although these injuries are permanent, they are often predictable and preventable. The most effective component of the program features the personal testimony of a ThinkFirst Voices for Injury Prevention (VIP) speaker. VIP speakers are people who have sustained a brain or spinal cord injury, usually due to a motor vehicle crash. The VIP explains how the injury occurred, describes life before and after the injury, and talks about what it's like to be young and live with a disability.

<https://medicine.missouri.edu/offices-programs/thinkfirst>

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TRACTION

TRACTION – *Teens Taking Action to Prevent Traffic Crashes* is a youth traffic safety leadership training program designed to empower high school students to take an active role in preventing traffic crashes and promoting safe driving habits. It is based on the belief that the youth themselves can become a powerful force, creating positive changes within their schools and communities.



TRACTION is a carefully developed three-day training program for students and their advisors. This model is designed to develop natural leadership skills within our youth; to explore knowledge, attitudes, and behaviors related to the cause and effect of traffic crashes. Teams develop an action plan, enabling students to plan and carry out specific projects during the school year to promote safe driving habits and prevent traffic crashes.

TRACTION consists of two phases:

1. TRACTION Training Conference – 6 to 14 students and 2 advisors from each high school are invited to attend one of the summer conferences as school teams. As teams actively participate, they will not only receive educational training, but will also develop individualized team action plans to be implemented within their own schools upon their return. The conference includes 6 workshops, docudrama training, team building, leadership training and action planning.
2. Implementation of Action Plans – In the following school year their action plan developed during the summer conference are carried out through the support of the adult advisors, student team members, and additional students who will be recruited to assist with these events. As a result, TRACTION has the potential to have a very positive effect, not only on the participants themselves, but also on their schools and their entire community.

Additionally, TRACTION Reunion and Expo is two-day conference held annually in March. All teams who previously attended a TRACTION conference are invited to share new ideas, learn new programs and re-energize themselves to continue highway safety initiatives within their school and community. Each school attending completes a 10-minute presentation on the highway safety initiatives that they have implemented in their school along with pre and post seat belt survey data they have collected throughout the process. Proclamations are awarded to each team and a Team of the Year award is granted to one team with the best highway safety initiatives implemented.

www.motraction.com

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Is It Worth It?

Is It Worth It? University of Missouri Health Care's Injury Prevention and Trauma Outreach Program is now offering 60-90 minute free classroom presentations to high schools. Sessions are both interactive and educational. Topics include: Why you should wear your seatbelt, the dangers of distracted driving, and the dangers of impaired driving.

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TyREDD

TyREDD, (Tyler Raising Education for Drowsy Driving), is an organization that was founded in 2011 after the Warne family lost their oldest Son, Tyler, in a drowsy driving crash. TyREDD's mission is to prevent other families from having to suffer the loss of a loved one's life due to drowsy driving by providing an engaging presentation combining the Warne's family story of loss with the science behind the benefits of sleep. Tyler's Mother Kerrie, and the founder of TyREDD has made it her mission to provide education to prevent drowsy driving deaths through education. Kerrie has partnered with the COO for Clayton Sleep



Institute, Matthew Uhles, and together they have developed a very powerful and educational presentation that they give to high school teens, businesses, organizations and parents. TyREDD is currently the only organization in Missouri, with a powerful effective program providing education and awareness for the prevention of drowsy driving to high schools and businesses.

tyredd.org/

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Mothers Against Drunk Driving (MADD) / Power of Parents & Power of You(th)

Power of Parents: Power of Parents is part of a total community mobilization to prevent and reduce underage drinking. Parental influence is the most important factor in helping keep young people safe. That's why MADD began an underage drinking prevention initiative, beginning with this community-based parent program. MADD has partnered with Dr. Robert Turrisi from Pennsylvania State University and adapted his handbook model to reach parents of high school and middle school aged students. These research-based parent handbooks are the cornerstone of this community-based program and available to communities through 15 and 30-minute parent workshops facilitated by trained MADD staff and volunteers. These workshops discuss youth brain and emotional development, different parenting styles and their impact on underage drinking, tips for starting and maintaining conversations about alcohol and information about empowering young people to make good decisions about alcohol. Workshops and handbooks are available to schools, religious groups and the community at no charge.

Power of You(th): Youth also can play a pivotal role in underage prevention! They can stand up as the leaders who make it "ok" to say no to alcohol. MADD helps youth explore the real, short- and long-term impacts of drinking underage, including how it damages their brains and the long-lasting social consequences through interactive presentations delivered by certified facilitators. MADD also offers tools directly to teens to encourage them to use the power they have to keep themselves and their friends safe. Through this valuable program youth not only learn why it is important to stay away from alcohol and other drugs, but they also learn real life strategies. In many areas, MADD representatives are available to speak at schools, churches, or other community gatherings.

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Safe and Sober

Missouri Safe and Sober is designed to give high school and middle school students along with their parents and teachers the information they need to prevent underage drinking. By properly educating students and their parents on the criminal, civil, personal and emotional consequences of underage drinking, the hope is to encourage safe choices both now and as the student's transition toward adulthood.



The Missouri Safe and Sober program is made up of three components:

1. High School Program

The high school program is two-fold. Teens participate in a video-based presentation that shows the consequences of underage drinking and how it can change their future forever. Students are then asked to sign a pledge card to remain safe and sober. Many high schools combine the program with other activities, including assemblies and docudramas of accident scenes involving drunk drivers to encourage pledge taking and responsible choices.

2. Middle School Program

The middle school program is two-fold as well. Students are shown a video that is made specifically for their age group. A high school student will then engage the middle school students in a peer-led conversation about alcohol in an attempt dispel the notion that everyone in high school drinks. Students are then asked to sign a pledge card to remain safe and sober.

3. Parent Program

The parent program provides education to parents about the dangers and consequences of underage drinking, including alcohol's effect on the developing brain. Parents are provided information that helps them set limits and expectations for their teens about underage drinking.

www.missourisafeandsober.com

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Unite Corporation

Arrive Alive Tour: Arrive Alive reduces traffic safety problems related to distracted and impaired driving through a state-of-the-art virtual reality simulator within high schools across the state. The simulator is installed on an actual vehicle and allows participants to experience, in a controlled environment, the potential consequences, legal and otherwise, of driving while distracted or impaired. Each event runs up to 6 hours and averages 20-25 students/hour in the driver's seat. For students not in the vehicle, high-



definition monitors display a "passenger eye view" of the current simulation, as well as a high-impact awareness video featuring facts, statistics, and figures related to distracted and impaired driving. Each participant will then take the pledge to drive SAFE (Sober and Free of Electronics).

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No-Zone, (CMV Education)

The No-Zone refers to the blind spot areas around large commercial vehicles or areas where cars are so close to the truck or bus that the driver's ability to stop or maneuver safely is restricted.

Walmart No-Zone Truck with Presentation: The Missouri Trucking Association and the American Trucking Association are actively involved in the No-Zone Awareness Program and Walmart has joined their efforts. The Walmart Distribution Center's Transportation department has No-Zone trucks that will come to your area for free and will deliver a No-Zone presentation and allow students to sit in the truck and view the No-Zones as a truck driver would view them while driving down the road.

Rocky Griffith - Rocky.Griffith@walmart.com

B.R.A.K.E.S (Be Responsible and Keep Everyone Safe)

B.R.A.K.E.S conducts hands-on, advanced driver training events for teens and their parents through both classroom and hands-on experience in a closed course, in a controlled environment. Driving exercises include distracted driving awareness, panic braking, crash avoidance, car control/skid recovery, and drop-wheel/off-road recovery. Other elements include proper seat and mirror placement, proper use of seatbelts, eye scanning, CMV safety, what to do during a traffic stop and more. B.R.A.K.E.S. instructors come from various backgrounds, but all have extensive experience in advanced driver training and defensive driving instruction. They include current and former members of law enforcement, and professional racing drivers.

B.R.A.K.E.S. is offered free of charge but a \$99 deposit is required at the time of registration and is refundable upon the completion of class. Workshops are conducted on a weekend and offer five, 3-hour training sessions for participants to choose from. B.R.A.K.E.S can train 180 students and their parents per weekend.

putonthebrakes.org

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Missouri State Highway Patrol



The Missouri State Highway Patrol can provide highway safety educational programs statewide at no cost. Often times, MSHP will allow students to participate in the Seat Belt Convincer and Rollover Simulator.

Seat Belt Convincer -- This convincer lets individuals experience the effectiveness of seat belts by simulating an approximate 5 mph head-on collision. The participant is belted in a vehicle seat that then rolls down a ramp. When the seat abruptly stops at the bottom, the rider immediately realizes that only a seat belt can harness the force that would have otherwise hurled them forward into a steel plate.

Rollover Simulator -- This device gives the student the opportunity to experience visually the effects of a rollover vehicle traffic crash. The participants observe how seat belts keep the crash dummies inside the vehicle, where the likelihood of serious or fatal injuries is much less.

To Schedule a Safety Program in the Following Troops:

- Troop C -- Trooper Dallas Thompson or Corporal Juston Wheatley -- 636-300-2800
- Troop E -- Sergeant Clark Parrott -- 573-840-9500
- Troop G -- Public Information Officer Eddie Young-- 417-469-3121

Docudramas

Docudramas are mock traffic crashes which depict the realities and consequences of an alcohol related or distracted driving motor vehicle crash. Police, fire, ambulance, coroners and other emergency personnel are summoned to the mock crash as the scene is played out, and duties are performed as they would in a real-life situation. In addition to the staged program, students are given the opportunity to discuss the program in a follow-up session. The purpose of the docudrama is to give young people a close-up look at the ugly truth that goes along with unnecessary, preventable crashes.

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Buckle Up Phone Down

Do your part in making Missouri's road safer! The challenge is simple: when you get into any vehicle, buckle up your safety belt. If you are a driver, put the cell phone down. Every trip, every time. Accept the challenge, challenge a friend, relative or community members to buckle their seat belts and put their phones down while driving.

If you are a school, consider having a friendly competition on who can convince the most people to take the BUPD pledge and commit to driving safe every trip, every time. If you are an organization, consider implementing a seat belt and/or hands-free driving policy within your organization.

www.modot.org/BuckleUpPhoneDown/



Hooked on Science

Educators, from across America, continue to rank Hooked on Science programs as the best. Jason Lindsey, aka "Mr. Science, with Hooked on Science", is a nationally-recognized STEM educator, science multimedia journalist, digital meteorologist, and author. He's appeared on the NBC Today Show, Fox & Friends, RFD-TV, WeatherNation, and television stations across the United States, getting America "Hooked on Science." Jason visits hundreds of schools each year inspiring kids to be inquisitive about the world around them and to develop a long-term interest in science and math. Hooked on Science school programs are the first, nationally, to earn Sensory Inclusive™ Certification, which means all Hooked on Science school programs are certified for kids with autism and other sensory needs. Jason is a STEM professional and brings real-world science connections to schools. He is an award-winning meteorologist and holds the National Weather Association television broadcast Seal of Approval.

Jason's partnership with MoDOT includes providing a program that is based upon the science behind seat belts. Programming is available for grades K-12 and lasts around 30-60 minutes.

hookedonscience.org

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