



Capital Health
EDMONTON AREA

special edition

HealthTALK

Community Health Services Newsletter for Teachers and School Staff

Injury
Prevention

April 2008

In this Issue: New Young Drivers

For Teachers

Why the focus on teen drivers?

- One of the most dangerous things a teen in Alberta can do is drive a car or be a passenger in a car driven by another teen.
- Motor vehicle collisions are the leading cause of death and major injury to youth.
- Males 16-19 years have a high crash rate and they are often attending school during these years.

What action is being taken?

- The Alberta Government introduced Graduated Driver Licensing (GDL) in May 2003, in an effort to decrease the crash rates of new young drivers.
- GDL is a three-phase system that has been proven to reduce injuries among new drivers by limiting their exposure to the highest risk conditions. This gives them time to gain experience under less risky conditions.
- A review of numerous studies found that, GDL programs all reduced crash rates among 16 year old drivers, from between 7% and an amazing 84%.

Young drivers tell us:

- Teen passengers are a major source of distraction for teen drivers.
- The most common actions that are described as in-car distractions are: loud music; passengers or drivers, singing or dancing; passengers acting wild, loud kids; passengers getting driver to speed or passengers that have been drinking.

Resources to Assist Teachers in the Classroom

Alberta Infrastructure and Transportation and Kidsafe Connection – Stollery Children’s Hospital have produced a resource called **Getting into Gear; Keys to Starting Your Driving Experience** which supports Alberta Education’s Program of Studies for Health and Life Skills. Focused on grade 9 students it can be adapted for use by any level of junior high students.

General and specific outcomes are identified in the resource. There are four modules included. *Risk management/ Graduated Driver Licensing L.E.A.R.N./ Parent/Teen contracts*

Teacher Guides, Student Activity Booklets, and supplementary resources are available free of charge from the Traffic Safety Initiative. Call (780) 422-8839 for this resource.

Further information about this issue can be found at www.capitalhealth.ca/safeteendiving.

Other Resources

Many resources on a wide variety of safety related topics for children or youth are available at www.capitalhealth.ca/kidsafe or Alberta Infrastructure and Transportation at www.saferoads.com.

For Parents

Why is there a focus on new young drivers?

- Motor vehicle injury is the leading cause of death among teenagers in Alberta and Canada.
- One in five new drivers, 16 years of age, is involved in a collision during their first year of driving.

On average, close to 60 young Albertans (age 15-19) are killed every year as a result of motor vehicle crashes. Another 450 are hospitalized and almost 4,500 visit emergency departments. The majority of these teens are male

Teens and Driving – Did You Know?

In Alberta, a parent of a driver under 18 years of age must give written consent to allow their teen to be licensed – and they can revoke that consent at any time, suspending the teen driver's license, simply by submitting a letter to any registry in Alberta.

Many parents believe the best thing they can do is to enroll their teen in driver education programs, which offer an excellent introduction to driving.

However, these programs need to be complemented by at least 50 hours of supervised on-road practice in a variety of driving conditions to have an impact on collision rates among young drivers.

Parents may be involved in their teenagers' driving by:

1. Providing supervised practice
2. Monitoring behavior
3. Controlling access to the family vehicle
4. Setting up house rules that strengthen the regulations

This allows your teen to practice under conditions that put him/her at less risk and then can be loosened up as your teen gains experience.

Learning to drive takes at least three years. Gaining experience is crucial to the new young driver particularly under parental supervision and control.

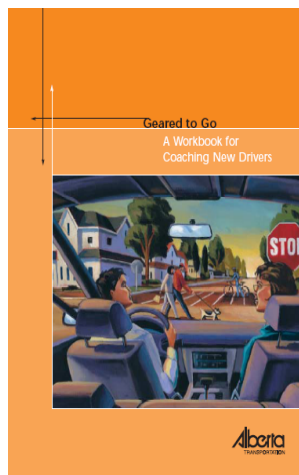
The greatest risk for a crash is during the first year after a new driver receives a probationary license but before they have the skills to react appropriately in all situations.

Setting passenger restrictions and a night time driving curfew, early in the probationary period until they have more practice would keep them safer. For the safety of your teen stay involved.

For further information about Graduated Driver Licensing visit

www.capitalhealth.ca/safeteendriving or www.saferoads.com

A Key Resource for Parents



Geared to Go A Workbook for Coaching New Drivers, is an Alberta Infrastructure and Transportation resource created for parents/coaches on how to assist new drivers to handle the complexities of driving.

It includes specific suggestions about when, where and how to give practice to new drivers.

It is available free of charge at any Alberta Registry office, just ask for it.

Gotta Brain?...Getta Helmet! Resource Kit – FOR LOAN – Free of Charge!

Building on the success of the bike helmet resource kits, a newly expanded all season resource kit has been developed.

As before, the kits are available free of charge to schools, community agencies, and businesses within the Capital Health region all year around.

The comprehensive kits will provide educators with the information and resources to teach children and teens 'safe riding skills and attitudes' whether cycling, snowboarding, skiing, or skateboarding.

'Gotta Brain?...Getta Helmet! Resource Kit'



For those educators planning a fieldtrip to a ski hill, the 'Gotta Brain?...Getta Helmet! Resource Kit' complements Alberta Education's Program of Studies for Health and Life Skills; with material suitable for kindergarten to grade 8.

Learning links also exist in Art, Drama, Information and Communication Technology, and Language Arts.

Included in the kit is a manual containing lesson plans, quizzes, and student information sheets. To maximize the learning experience supplemental resources such as helmets, DVDs, and books are also provided.



Lessons may be taught independently or as a complete series. This provides the educator with the opportunity to adapt all, or portions of, the modules he/she feels best suits his/her groups' needs.

To learn more about borrowing a kit for your class or group visit our Web site at: www.capitalhealth.ca/kidsafe or email: kidsafe@capitalhealth.ca.

'Gotta Brain?...Getta Helmet! Resource Kit' Project Partners

*Alberta Safety Council ♦ Alberta Transportation ♦ Capital Health – Community Health Services
City of Edmonton – Community Services ♦ City of St. Albert ♦ County of Strathcona
Edmonton Police Service ♦ Kidsafe Connection – Stollery Children's Hospital
Rabbit Hill Snow Resort ♦ RCMP – St. Albert ~ Sherwood Park ~ Leduc ♦ Snow Valley Ski Area
Sport Medicine Council of Alberta ♦ Sports Central ♦ Tegler Foundation ♦ United Cycle*

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***Gotta Brain?...Getta Helmet!* Resource Kit LOCATIONS**

Agency	Address	Phone
Beaumont Public Health Centre	4219 – 50 St., Beaumont	929-4822
Bonnie Doon Public Health Centre	8314 – 88 Ave.	413-5670
Castle Downs Public Health Centre	214, 10807 Castle Downs Road	459-6671
City of Edmonton Community Services	12130 River Valley Road	496-2950
City of St. Albert Community Recreation	5 St. Anne Street, St. Albert	459-1509
Devon Public Health Centre	101, Erie St. South, Devon	987-8224
Eastwood Public Health Centre	7919 – 118 Ave.	413-5645
Evansburg Public Health Centre	5225 – 50 St., Evansburg	727-2288
Fort Saskatchewan Health Unit	121, 10420 – 98 Ave., Fort Sask.	998-3366
Gibbons Public Health Centre	4720 – 50 Ave., Gibbons	923-3700
Leduc Public Health Centre	4219 – 50 St., Leduc	980-4661
Mill Woods Public Health Centre	7625 – 38 Ave.	413-5685
Morinville Health Services	10008-107 St., Morinville	939-3388
North Central Public Health Centre	25 Capital Centre Mall 9228 – 144 Ave.	413-5600
Northeast Community Health Centre	14007 – 50 St.	472-5020
Rabbit Hill Snow Resort	20 min. southwest of Edmonton (south from Ellerslie Rd on 170 St and follow the signs)	955-2440
Sherwood Park RCMP	911 Bison Way, Sherwood Park	467-7749
St. Albert Public Health Centre	23 Sir Winston Churchill Ave., St. Albert	459-6671
Snow Valley Ski Area	One block south of Whitemud Dr. on 122 Street	434-3991
Strathcona County Public Health Centre	2 Brower Drive, Sherwood Park	417-6232
Thorsby Public Health Centre	4825 Hankin St., Thorsby	980-4666
Twin Brooks Public Health Centre	201, 1110 – 113 St.	413-5630
United Cycle, Bike Store	10323 – 78 Ave.	433-1181
West Jasper Place Public Health Centre	9720 – 182 St.	413-5700
WestView Health Centre	4405 South Park Drive, Stony Plain	968-3700
Woodcroft Public Health Centre	13221 – 115 Ave.	413-5720