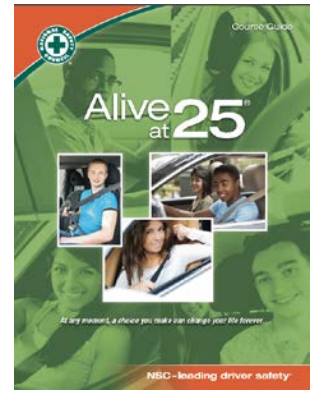




NSC Alive at 25, 4th edition

Young Driver Intervention Program

Alive at 25 is a four-hour program targeted toward drivers under the age of 25. The National Safety Council is revising the course to update content and address the needs of current NSC customers and new customers.



Research studies also show that young drivers possess foundational knowledge of driving methods and traffic laws. However, because of their inexperience and their casual attitudes toward driving, they often use poor judgment and/or make poor driving choices when they are behind the wheel.

This course will be designed to incorporate **Reality Therapy and Choice Theory**[®] techniques to help participants recognize what needs they fulfill by driving so they will make safe, responsible and respectful choices when driving.

The 4th edition of Alive at 25 courses will be designed and structured using a modular approach, and will include original videos and animations and other audio/visual elements, including photos and graphics. Videos and animations will be integrated with key content points and packaged in an up-to-date, user-friendly multimedia product. The multimedia component will be closely integrated with the classroom materials.

Instructional Goals

Whereas driver education teaches the mechanics of car and road handling and state law, **Alive at 25 focuses on behavior, judgment, decision making and consequences, and provides tools for making positive choices.** The program's focus is to persuade attendees to take responsibility for their behavior in driving situations and to adopt safer driving practices. The long-term goal of this program is to reduce the number of deaths, injuries and collisions.

Through interactive media segments, group discussions, role playing and workbook exercises, young drivers develop convictions and strategies that keep them safe on the road. With a strong emphasis on classroom participation, participants are encouraged to join in non-threatening, non-judgmental discussions – exploring how changing driver behavior makes personal, legal and financial sense.

Instructor Certification

Only NSC certified instructors may deliver the course. Following are the requirements for obtaining certification to teach this course:

- **Attendance in an actual Alive at 25, 4th Edition course.** This gives the candidate a sense of the types of individuals that are trained, the flow of the course, and the types of issues that are raised.
- Satisfactory completion of the **Instructor E-Learning curriculum for the Alive at 25 course**, including completion of a Pre-Certification Exam covering the principles of Reality Therapy and Choice Theory.
- Upon successful completion of the Instructor E-Learning curriculum, **facilitation of a minimum of two Alive at 25, 4th Edition courses** in conjunction with a National Safety Council-approved monitor.

Upon successful completion of these requirements, the instructor will be issued an instructor credential with an identification number.

DDC Instructor Recertification

Instructor credentials are valid for 12 months and carry an expiration date. They must be renewed annually. Alive at 25 instructors are required to teach or team-teach at least two courses per year to maintain their certification. Instructor credentials must be renewed upon expiration or they become invalid.

Alive at 25, 4th Edition Course At-a-Glance*

The course will be based on the successful Defensive Driving instructor-led/classroom-based models, providing customers with 4 hours of classroom instruction, including breaks. An additional 25 minutes of content will be created in the Instructor Manual for states that require 240 minutes of instruction without including breaks. This will be Session 5 and will include vehicle Inspection, backing and parking.

Session 1 What's Stopping Me?	Session 2 Am I Aware?	Session 3 What's the Risk?	Session 4 Who Controls My Outcome?	Session 5 Know My Limits
Lesson 1-1 (10 minutes): Introduction and Registration	Lesson 2-1 (10 minutes): Know Your State Laws	Lesson 3-1: (10 minutes) Following Too Close	Lesson 4-1 (15 minutes): What If? Video/Animation Video	Lesson 5-1 (5 minutes): Driving a Safe Vehicle
Lesson 1-2 (15 minutes): Who's At Risk?	Lesson 2-2 (15 minutes): What's In My Control?	Lesson 3-2 (15 minutes): Distracted Driving Video	Lesson 4-2 (10 minutes): Real Possibilities	Lesson 5-2 (10 minutes): Backing and Parking
Lesson 1-3 (10 minutes): I Am <i>Not</i> a Statistic Video	Lesson 2-3 (10 minutes): Buckle Up Video	Lesson 3-3 (10 minutes): Impaired Driving: Fatigue	Lesson 4-3 (15 minutes) What Could They Control? Video	Course Conclusion and Session 5 Final Exam (10 minutes)
Lesson 1-4 (10 minutes): My Choices Video	Lesson 2-4 (10 minutes): Speed Kills Video	Lesson 3-4 (10 minutes): Impaired Driving: Drugs and Alcohol	Lesson 4-4 (10 minutes): Taking Control of Myself	
Lesson 1-5 (10 minutes): Was It Preventable? Video/Animation	Lesson 2-5 (10 minutes): Who Has the Right of Way? Video/Animation	Lesson 3-5 (10 minutes): Aggressive Driving	FOUR-SESSION COURSE ONLY: Course Conclusion and Final Exam (10 minutes)	
BREAK (5 minutes)	BREAK (5 minutes)	BREAK (5 minutes)		
60 minutes (55 minutes of instruction)	60 minutes (55 minutes of instruction)	60 minutes (55 minutes of instruction)	FOUR-SESSION COURSE: 60 minutes FIVE-SESSION COURSE: 50 minutes	25 minutes

*Subject to change