



Instructor Guidelines

Overview of the Alive at 25[®] Course by Session and Lesson

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