

# Wasted Lives Short Assembly Notes – Seat Belts

(Updated for 2022)

**WASTED LIVES** YOUNG DRIVER  
EDUCATION PROGRAMME

## TO ACCESS THE PRESENTATION

WEBSITE: [www.lancsfirerescue.org.uk/resources](http://www.lancsfirerescue.org.uk/resources)

USERNAME: LFRS

PASSWORD: LFRSSafety (case sensitive)

Twitter @WastedLivesUk    Facebook /WastedLivesUk

For help please email:

[preventionsupport@lancsfirerescue.org.uk](mailto:preventionsupport@lancsfirerescue.org.uk)

[clareburscough@lancsfirerescue.org.uk](mailto:clareburscough@lancsfirerescue.org.uk)

Evaluation QR Code – Please ask the teacher to scan  
with their own device.



**The Wasted Lives Young Driver Education Programme** is designed to be **flexible**, adaptable and enjoyable. There are **optional** slides that can be skipped to help shorten the session. The assembly format has been developed to allow more flexibility for schools and fit into their timetable. Some of the notes are in *italics* which offers you a script to go off if you need it. There is no right or wrong way to deliver Wasted Lives but **always** finish on a case study DVD; this leaves young people with something to **reflect** on and relate to.

Wasted Lives is **successful** in changing young people's attitudes towards risk taking behaviour on the roads. Research shows that the **real life** elements are the areas that they really learn from. Please share (verbally only) things you have seen, done and experienced (please be sensitive to personal details and very recent examples). Let the young people ask questions if they want to.

Wasted Lives is designed to cover and summarise the dangers of the fatal 5: inappropriate speed, not using a seatbelt, mobile phone use, careless driving, drink driving and drug driving. There are elements of road safety that don't fit exactly into one of these following slides but are still really important: peer pressure, car insurance, etc.

**Wasted Lives aims to highlight passenger responsibility and empower them to speak up.**

Road death is the biggest killer of 15-24 year olds worldwide. Wasted Lives aims to reduce this number as far as possible.

**Wasted Lives has been written to encourage young people to share their experiences as well as yours. It has been based on behaviour change theory and has been fully evaluated. All of the films and case studies included have been developed with the permission of the families involved. Because of these reasons you MUST NOT add to or change any element of the package. This includes all photos and videos.**

**If you need any support for your delivery, have any questions or want to book a car to support your delivery please contact the Wasted Lives team on [preventionsupport@lancsfirerescue.org.uk](mailto:preventionsupport@lancsfirerescue.org.uk)**

## Slide 1

Start the presentation as the group are arriving and run this set of images as they enter the room – this will start them thinking about what the session is going to involve and make them feel like they are not in a normal school setting.



## Slide 2

Introduce yourself to the group and your role in Lancashire Fire and Rescue Service.

LFRS attends on average 700 RTC per year – hence why we are so invested in Road Safety Education.

### **Tell the group:**

Use an example of a recent RTC in the area to highlight 'it could be you'. Please share your experiences.

If appropriate, let students know they can leave the room at any time if they are upset.

Remind the group to put hands up to share (especially in large groups).

### **Tell the group:**

*The things we are going to talk about may affect you as a driver in the future, now as a passenger or as a friend. Even though you don't drive now you may do in the future and you will go in the car with parents, friends or relatives so this is about you.*

*The session is designed to give you knowledge so you can be responsible for your own actions and make safer more informed decisions.*



## Slide 3

### Tell the group:

Look for groups to come up with the 'FATAL 5' and get an idea about what the group understand/think already.



**Fatal Five** WASTED LIVES  
SHARING ATTITUDES  
CHANGING BEHAVIOUR  
SAVING LIVES

- In your groups...
- Discuss what you think are the main contributory factors to road traffic collisions?

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A short discussion on what each point actually is. From this you will have an idea what the group know already. (It doesn't matter what order you discuss these in).

1. **Speed** - What is the difference between speeding and racing? Define speed – is it over the limit? Too fast in bad weather, low visibility?! Too slow? An inappropriate speed is often dangerous.
2. **Alcohol** – Ask for a definition of drink driving - **Explain** that *it takes one hour per unit of alcohol to leave your body. All people are different and all drinks are different strengths. The only safe option is to drink NOTHING.* Promote a zero tolerance approach to drink driving. The police will prosecute any driver who blows over 35 micrograms of alcohol in 100ml of breath. You need to know who is giving you a lift.



\*MAXIMUM PENALTIES for driving whilst unfit under the influence of **drink or drugs**

- £5000 fine
- Minimum 12 months driving ban
- 6 months in prison for driving under the influence of drink or drugs
- 14 years in prison for death whilst driving under the influence of drink or drugs

3. **Drugs** – Ask the group what drugs? *The police have the power to stop & test anyone they suspect is driving under the influence of alcohol or drugs. There are 2 things that will be done: **Field Impairment Tests** will examine a person's perception, balance and ability to process instructions – all things that are affected by drugs. **DrugWipe testing kits** used at the roadside allow the police to prove a drug was in a drivers system. There are now legal limits for many other categories of drugs and medicines. There have been over 10,000 prosecutions in 2 years with these wipes. If a driver tests positive at the road side they will be arrested and taken to a police station for an evidential blood test.* Don't forget prescription drugs and medication... *Some affect a person's ability to drive and they can be prosecuted if this happens. You need to know who is giving you a lift.*
4. **Mobile phones/distractions** – Ask the group why is this important? What could happen? Who has been in a car when the driver has used a mobile phone? You cannot do two things at once, especially if one of those things is driving.
5. **Careless Driving** – Ask the group who can think of some examples? Things like taking chances, inappropriate decisions, road rage, etc.

## Slide 4

### Damage (seat belts)

#### Discuss with the group:

*Why do we wear a seatbelt, what does it do.*

#### Discuss stages of a crash and how seatbelts work.

#### Ask the group:

*Who has changed their mind about wearing a seatbelt?  
Did the friends have a moral responsibility to tell Michael to put his seatbelt on? Would you? What about other heavy items in the car?*

There penalty is £100 for not wearing a seatbelt. Driver has to pay for anyone under 14.



#### Stage 01

##### VEHICLE COLLISION

- Occurs in one-tenth of a second
- When most significant vehicle damage happens



#### Stage 02

##### HUMAN COLLISION

- Inertia continues their movement in the direction of the impact
- Can be stopped by an airbag, seatbelt, dashboard, window, etc



#### Stage 03

##### INTERNAL COLLISION

- The body tissues and organs continue to move toward the impact
- Can cause damage to the brain, spleen, heart, kidneys, liver
- Internal bleeding may not have immediate symptoms

**CONCLUSION:** Seatbelts don't just protect you, they protect everyone in the car – friends and family who you would never knowingly hurt.



**(END THE SESSION WITH ONE OF THE FOLLOWING CASE STUDY FILMS)**

**ONE MOMENT OF MADNESS – SPEEDING DRIVER AT FAULT**

**EVERYTHING TO LIVE FOR – PASSENGER AT RISK FROM SPEEDING DRIVER**

### Slide 5

**Introduce** this DVD as a real life Lancashire example of some of those consequences you have come up with in this session.

**Show One Moment of Madness (Matthew Hannon)**

Once the film has finished give the group a couple of minutes silence to **reflect** on what they have seen.

**Tell the group:** *In the film Matt's mum says 2 things that really stand out: One moment of madness has left sheer devastation, that's what a fine line life is.*



### Slide 6

**Introduce** this DVD as a real life Lancashire example of some of those consequences you have come up with in this session.

**Tell the group:** *Vicky's family were asked to talk about her achievements.*

**Show Everything to Live For (Vicky Peters)**

Once the film has finished give the group a couple of minutes silence to **reflect** on what they have seen.

**Tell the group:** *In the film Vicky's dad says two things that really stand out: Make sure you're there tomorrow, it's the memories you don't have that are the hardest.*



## Slide 7

**Tell the group:** *All the things we have discussed in today's session cause devastation every single day on Lancashire's roads. In most cases there is more than one person in the vehicle. As a passenger you can make a difference.*



**Summary**

**WASTED LIVES** CHANGING ATTITUDES  
INFLUENCING BEHAVIOUR  
SAVING LIVES

- **Seat belts** save lives
- Any amount of **alcohol** increases your risk of crashing
- Around 1 in 3 road deaths are **speed** related
- **Drugs** DO affect your ability to drive
- Using a **mobile phone** whilst driving makes you 4 times more likely to crash
- As a passenger **YOU** have the power to speak up

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## Slide 8

**Ask the group:** *what will you remember from today?*

Mention Wasted Lives is on Twitter (@WastedLivesUk) and Facebook (/WastedLivesUk) if they want to give feedback or ask questions later.



**Lancashire Road Safety Partnership**

**Lancashire Fire and Rescue Service**

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