

## PRESENTATION

### *It's your Life to Live*



**Length of Presentation:** 1 hour

**# of Participants:** n/a

**Recommended for:** High School students

**Prerequisites:** None

#### **Description:**

*It's your Life to Live* is a driving awareness presentation designed specifically for high school students. It shows statistical information that supports the fact that motor vehicle incidents are a major cause of injury or death from age 4 to 34. This presentation explores how and why incidents happen.

The presentation is focused on youth and contains some graphic videos and photographs that stimulate awareness to the inherent risks associated with driving, or being a passenger and a pedestrian/cyclist around motor vehicles. The focus of the message is to drive as an ART not an ACT.

Many case studies are reviewed to support the need for all drivers to assess their own driving ability and to make changes to their driving behaviour to lessen the exposure.

#### **Topics:**

Standard of Care	Experience counts
The incident triangle	Kinetic Energy
The startled driver	Braking performance
Driver condition	Art vs. Act
Vehicle condition	The importance of tires
Environment	Stable platform concept
Speed kills	Use of seat belts

