



ROAD SAFETY
AMBASSADORS

.....

Teacher's Guide

.....



PROGRAM PRESENTATION

The road safety record of drivers aged 16 to 24 has improved significantly in recent years. However, traffic accidents remain the primary cause of death for young people of that age.

Young drivers are more likely than others to be involved in traffic accidents due to their inexperience, and are more likely to drive recklessly or in search of thrills. Peers may also have a positive or negative influence on risk-taking. Furthermore, the risk of being involved in an accident increases considerably when passengers of a comparable age are also on board the vehicle.

Young people are part of the solution, and this is why the Road Safety Ambassadors program was created. This program gets its strength from putting young people at the heart of the outreach efforts. It allows students to get involved in awareness efforts by acting as messengers. They address their peers to champion responsible behaviours through personal experiences.

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HOW THE PROGRAM GOT STARTED

The Road Safety Ambassadors program was launched in the Montérégie region in 2013. The initiative, developed by the Agglomération de Longueuil police department, the McGill University Health Centre and the Société de l'assurance automobile du Québec, has led to the deployment of the program throughout Québec.

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GOALS

1. Encourage and support responsible behaviours on the road.
2. Raise awareness about risky behaviours (alcohol and drugs, speeding, failure to wear a seat belt, cell phones, fatigue).

STARTING THE PROGRAM

The Road Safety Ambassadors program is flexible. The suggested process may be adapted according to lesson plans and the availability of contributors.

Materials provided

The documents required for the program are available on the SAAQ's website (www.saaq.gouv.qc.ca/en/ambassadors) and include:

- ♦ Poster: to promote the program and recruit ambassadors.
- ♦ *Ambassador's Guide*: support document for the student.
- ♦ *Teacher's Guide*: this guide. Support document for the teacher. It may also be used by any contributor who accompanies the student in class (e.g. police officer, student life coordinator, etc.)
- ♦ PowerPoint presentations: one for each subject discussed in class.
- ♦ Certificate of recognition: to be given to the ambassadors at the end of the year.
- ♦ Evaluation form: to be filled out by the teacher in charge of the program.



ROLES AND RESPONSIBILITIES

The program will evolve in various ways depending on the realities of different regions, schools and partners. The level of commitment of partners can vary greatly from one place to another. The roles and responsibilities listed below are possible avenues, but are not restrictive.

Schools (administration, teachers, student life facilitator)

- ◇ Identify ambassadors.
- ◇ Coordinate, with the help of other partners, a visit to a health care centre or a visit from a person delivering a testimonial (may also be by teleconference) and ensure the funding of the activity, if required.
- ◇ Supervise each ambassador during in-class presentations and verify the accuracy of his or her statements. Supplement the ambassador's interventions as needed by using the additional information provided in this guide.
- ◇ Recognize the commitment and contribution of ambassadors by organizing a recognition activity or offering a certificate.
- ◇ Return the evaluation sheet to the SAAQ so that we may improve the program where needed.
- ◇ Ensure the visibility of the SAAQ in public communications related to the program.

Police forces

- ◇ Support ambassadors at certain times of the year, depending on their availability (e.g. accompany them during the health care centre visit, during some in-class presentations or during the recognition activity).
- ◇ Participate, as required, in educating ambassadors about the various subjects to be discussed.

Health care centres and injury prevention organizations (or testimonials)

- ◇ Welcome the groups of ambassadors and coordinate an on-site visit related to the goals of the program.
- ◇ In the case of a testimonial: meet with the groups of ambassadors and provide a testimonial in connection with the goals of the program.

Société de l'assurance automobile du Québec (regional road safety advisors)

- ◇ Advise and support the school when launching the program and at other times throughout the year, depending on availability (e.g. accompany ambassadors during the visit of a health care centre, during some in-class interventions or during the recognition activity).
- ◇ Participate, as needed, in educating the ambassadors on the subjects to be discussed during in-class presentations (in person or by teleconference).

Parents

- ◇ Support the ambassadors in parallel activities related to road safety.



MAIN STEPS

1. Identification of the ambassadors

Identify ambassadors and provide them with the *Ambassador's Guide* so they can prepare their in-class presentations.

IDEA: Form a committee to prepare the presentations.

2. Health care centre visit (or testimonial)

In cooperation with a hospital (emergency ward or trauma centre) or a rehabilitation centre, the ambassadors attend a presentation that will help them better understand the reality of a traffic accident victim and the consequences of an accident.

The school may also call upon a resource person (police officer, paramedic, physician, accident victim, etc.) to give a testimonial to the group of ambassadors.

Video testimonials are also available on the SAAQ's [YouTube channel](#).

3. In-class presentations

The program is flexible. In-class presentations can be adapted according to lesson plans and given at times that work for the teacher and ambassador. Eight presentations are suggested. There are no deadlines to meet; the important thing is to give the presentations by the end of the school year.

If a testimonial or a visit to a health care centre is organized at the beginning of the program, the ambassador's first mission is to talk about the experience. The other presentations deal with road safety issues. A summary presentation is planned for the end of the year, as prom night approaches.

1. Health care centre visit (or testimonial).
Video testimonials are also available on the SAAQ'S [YouTube channel](#).
2. Seat belts
3. Speeding
4. Cell phones
5. Fatigue
6. Alcohol
7. Drugs
8. Recap - Prom night





Each presentation is structured the same way:

1. Introduction (“On your marks!”)
2. Video presentation (“Lights, camera, action!”)

The videos must be downloaded from the [SAAQ's YouTube channel](#) (*Ambassadeurs de la sécurité routière* playlist). You can also download them from our website. As needed, you can order a DVD containing the humorous video clips #cpasdesfarces from the [Documents and Publications](#) section of the SAAQ's website.

3. Background information (“Hey, did you know that?”)
4. Penalties (“It’s dangerous, but how much does it cost?”)
5. Solutions (“So, what now?”)
6. Topics of discussion (“Let’s talk!”)
7. Conclusion (“There you have it.”)
8. To find out more (“You want more?”)

For each presentation, folders or other documents are suggested in the “You want more?” section. You can order these documents in advance from the [Documents and Publications](#) section of the SAAQ's website and hand them out to the students, or simply view them online.

IDEA: The quizzes can be used to facilitate a question period where the ambassador asks the class questions and then provides explanations.

The content of the presentations is outlined in the following pages and in the *Ambassador's Guide*. They lead to discussions, testimonials and sharing of opinions.

The boxes suggest information to supplement the ambassador's interventions, if you deem it necessary.

PowerPoint presentations to complement the in-class presentations are also available on the [SAAQ's website](#).

Ambassadors can enhance their knowledge by visiting the www.idrivemyownlife.com website.

In addition to the presentations, ambassadors are invited to continue playing their part outside of school by being models of road safety in their daily lives (during parties with friends, for example). They may also participate in parallel activities related to road safety (for example, acting as volunteers for Red Nose or getting involved in organizing ways to return home safely after prom night).

4. Recognition

The commitment and contribution of ambassadors are recognized. To that effect, a recognition certificate from the SAAQ is included in the material provided.

Thank you for your commitment!





SEAT BELTS

“On your marks!”

Introduction

Seat belts reduce the risk of dying or being seriously injured in a crash by half. In the event of an accident, they can mean the difference between life and death.

- ◇ In Québec, seat belts have been mandatory in vehicles for more than 40 years.
- ◇ For backseat passengers, they have been mandatory since 1990.

“Lights, camera, action!”

Video presentation

- ◇ [#cpasdesforces](#) clip on seat belts (in French)

“Hey, did you know that?”

Some information

If an accident occurs at 50 km/h, the impact multiplies the weight of a person or an object by 20. If you weigh 150 pounds, you become a 3,000-pound projectile. That much force can seriously injure you, kill you, or kill someone else (imagine the driver being struck in the back!).

“It’s dangerous, but how much does it cost?”

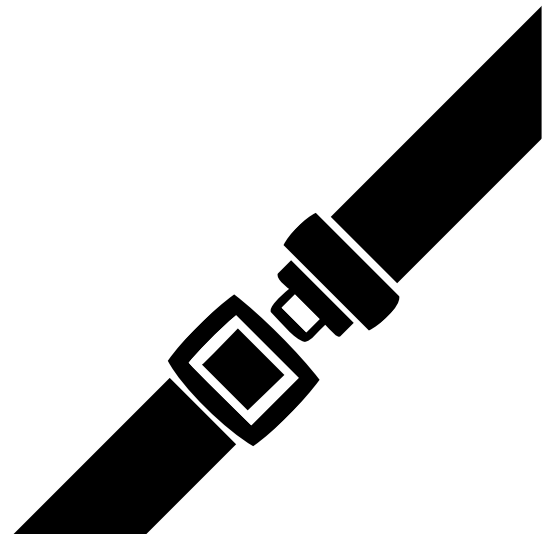
Penalties

- ◇ Failure to wear a seat belt:
 - 3 demerit points (that’s a lot if you have a learner’s licence or a probationary licence)
 - Fine between \$200 and \$300
- ◇ Passengers younger than 16 who are not wearing a seat belt:
 - 3 demerit points (for the driver)
 - Fine between \$80 and \$100 (for the driver)

“So, what now?”

Solutions

- ◇ It’s simple: buckle up!
 - If you are the driver, show the example by always buckling up and making sure that everyone else is buckled in before starting your vehicle.
 - If you are a passenger, show the example by always buckling up.





“Let’s talk!”

Topics of discussion

- ♦ You are with a group of several friends and want to go somewhere, but there is only one car available. What do you do?
- ♦ Why is having too many passengers, or putting passengers in the trunk, a bad idea?

Carrying more passengers than there are seats equipped with seat belts is prohibited.

“You want more?”

To find out more

Web: www.idrivemyownlife.com
(website intended for 16-24 year-olds)

Facebook: www.facebook.com/SAAQQC

Twitter: www.twitter.com/saaq

[Seat Belt quiz](#)

IDEA: Organize a lunchtime activity with the Bouclez-la! rollover simulator. Contact [Operation Red Nose](#) to find out more.

“There you have it!”

Conclusion

Buckle your seat belt.

Always.

It’s that simple.





SPEEDING

“On your marks!”

Introduction

Speeding kills approximately 130 people each year in Québec.

Drivers aged 16 to 24 are more often involved in accidents caused by speeding. This can be explained by inexperience and recklessness.

“Lights, camera, action!”

Video presentation

- ◇ [#cpasdesfarces](#) clip on speeding (in French)
- ◇ Latest SAAQ message on speeding



“Hey, did you know that?”

Some information

- ◇ When you are driving fast, your brain eliminates a lot of information. At 100 km/h, your field of vision is reduced by half!
- ◇ Speeding increases your fuel consumption. The faster you drive, the more fuel you consume. By slowing down, you save fuel and reduce your pollutant emissions.
- ◇ During bad weather (rain, snow, wind, fog, etc.), adjust your speed and slow down to maintain control of your vehicle.
- ◇ It's imperative to respect speed limits close to schools and playgrounds. You must protect those who are more vulnerable, especially small children.
- ◇ In road work zones, slow down to protect road workers (fines are doubled for speeding in these zones).

Speeding increases braking distance. The faster a vehicle is going, the longer you need to brake before stopping. When you brake at 70 km/h, you travel the length of half a football field before stopping. That makes it hard to avoid an obstacle.

Speeding increases the severity of accidents. An impact at 100 km/h is equivalent to falling from a 14-storey building.



"It's dangerous, but how much does it cost?"

Penalties

- ♦ Fines and demerit points: see www.idrivemyownlife.com (section on speeding) for real-life examples.
- ♦ Automatic suspension of your licence for at least 7 days. If you commit another excessive speeding offence, this period increases to 30 days.
- ♦ Your vehicle (or your parents') could be seized and impounded for 30 days, further increasing the bill.
- ♦ Fines and demerit points are doubled, and your licence will likely be suspended for three months.

"So, what now?"

Solutions

- ♦ If you are a passenger, ask the driver to slow down. If the driver refuses, ask to be let out.
- ♦ If you are the driver, slow down and listen to your passengers.
- ♦ If you think you are going to be late, let people know before you leave.
- ♦ Do you feel like driving fast? Find out where the closest race tracks or drag racing strips are.

"Let's talk!"

Topics of discussion

- ♦ If you are a passenger and the driver is going too fast, what can you say to him or her?
- ♦ Why are some people shy to ask the driver to slow down?
- ♦ What can you do if you feel like driving fast?
- ♦ In your opinion, why do people continue to speed even though they know it's dangerous?

"There you have it!"

Conclusion

Hey! Take it easy!

Woah! Knock it off!

Are you crazy? Chill!

Go easy on the gas!

Whatever words it takes to get a friend to slow down.

As a driver, listen to your passengers and slow down.

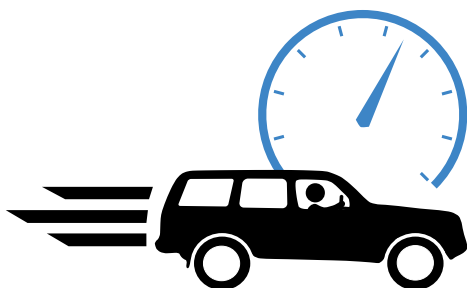
"You want more?"

To find out more

Web: www.idrivemyownlife.com

Facebook: www.facebook.com/SAAQQC

Twitter: www.twitter.com/saaq





CELL PHONES

"On your marks!"

Introduction

When you text and drive, your eyes are away from the road for 4 to 6 seconds. At 90 km/h, that's like travelling the length of a football field with your eyes closed!

Driving is a complex task that requires your full attention. Cell phones and other electronic devices are one of the main causes of distracted driving.

"Lights, camera, action!"

Video presentation

- ♦ [#cpasdesfarcas](#) clip on texting at the wheel (in French)
- ♦ Latest SAAQ message on texting at the wheel
- ♦ Video: [A designated texter is the way to go](#) (in French)

"Hey, did you know that?"

Some information

- ♦ When you are driving, touching your cell phone or any other electronic device, such as an iPod, is prohibited. It doesn't matter if you want to text, talk, change the music or just check the time — you cannot use your cell phone, even if you are stopped at a red light or because of a traffic jam.

Depending on the circumstances, you could face criminal charges if you cause an accident when using your cell phone or any other electronic device while driving.

"It's dangerous, but how much does it cost?"

Penalties

- ♦ 5 demerit points
- ♦ First offence: Fine between \$300 and \$600
- ♦ Second or subsequent offence:
 - Fine of \$600 and immediate licence suspension
 - Second offence: Your licence is suspended for 3 days
 - Third offence: Your licence is suspended for 7 days
 - Fourth or subsequent offence: Your licence is suspended for 30 days

- ♦ 5 demerit points when you have a learner's licence or a probationary licence means that you lose your licence. You will have to pass a test to obtain a new one.
- ♦ Police officers use various methods to identify drivers who are using their cell phones. For example, plainclothes police officers may stand on street corners and look inside vehicles to check whether drivers are using electronic devices. Police officers also sometimes rent unmarked SUVs in order to better see inside vehicles without being recognized. Even if you think there are no police officers around to catch you using your cell phone while at the wheel, you may be surprised!





"So, what now?"

Solutions

- ◇ Download an application that blocks text messages and phone calls, such as Focus Mode.

- **It's free!**

- If someone calls you, the call is automatically sent to your voicemail.
- If someone texts you, that person receives an automatic reply stating that you are driving and will call them back once you have arrived at your destination.

IDEA: Ask the students to take out their cell phones and download the Focus Mode application from Google Play. The application cannot be downloaded on an iPhone.

- ◇ Place your cell phone in airplane mode.
- ◇ Turn off your cell phone before heading out on the road.
- ◇ Ask your passengers to read and write your text messages and to make and receive any calls for you.
- ◇ Pick your playlist before you leave.
- ◇ Program your GPS before hitting the road.
- ◇ Park your car before using your cell phone or any other electronic device.

If you want to use your cell phone or another electronic device without running the risk of getting stopped, pull over onto the shoulder (in zones of 60 km/h or less) or park in a safe place (parking lot or highway rest area).



"Let's talk!"

Topics of discussion

- ◇ What strategies do you use to avoid using your cell phone while driving?
- ◇ Do you get too many notifications on your phone? Is it distracting while driving?
- ◇ Do you know anyone who has been in an accident because he or she was using a cell phone while driving?
- ◇ What other sources of distracted driving are you familiar with, aside from cell phones?
Answers: smoking, drinking, eating, switching radio stations, changing CDs, entering an address into a GPS, putting on make-up, etc.

"There you have it!"

Conclusion

There's no good reason to put your life in danger. Don't risk your life for a text message, a song or a notification.

"You want more?"

To find out more

Web: www.idrivemyownlife.com

Facebook: www.facebook.com/SAAQQC

Twitter: www.twitter.com/saaq



FATIGUE

"On your marks!"

Introduction

Preventing fatigue starts way before taking the wheel. Make sure to get enough sleep every day.

"Lights, camera, action!"

Video presentation

- ◇ [#cpasdesfarces](#) clip on fatigue (in French)
- ◇ [Le rêve brisé de Nicolas](#)
- ◇ [Pousser ses limites jusqu'à la mort](#)
- ◇ [Conduisez reposé](#)



"Hey, did you know that?"

Some information

- ◇ Fatigue is not something you can overcome.
- ◇ Like alcohol, fatigue negatively affects your ability to concentrate and your judgment, and slows down your reflexes.

Remember that fatigue can heighten the effects of alcohol and drugs.

- ◇ Technology such as cell phones, television or computers emit light that can interfere with sleep.
- ◇ If you do not get enough sleep, or if you sleep badly, you will experience negative effects on your health: weight gain, lack of motivation, mood swings, trouble learning and memory problems.

Adolescents and young adults tend to not sleep enough: Their days are usually filled with school and social activities and sometimes part-time work. To do everything, young people often sacrifice hours of sleep.

- ◇ Each person has different needs when it comes to sleep. Listen to yourself!



"It's dangerous, but how much does it cost?"

Penalties

This point does not appear in the *Ambassador's Guide*. If a student asks a question on this subject, mention that driver fatigue is not an offence.

"So, what now?"

Solutions

Before taking the wheel:

- ◇ It's important to get enough sleep every day. Create an evening routine to help you sleep better;
- ◇ Plan your travel. Can you get there by foot, by bike, or by bus?
- ◇ If you're tired at the end of the night, there are solutions for you: sleep over, take a cab, or call Red Nose, your parents, or friends. You don't need to be under the influence of alcohol or drugs to use a drive-home service;
- ◇ If you're taking a long trip, make sure you leave rested and plan breaks.

On the road:

- ◇ Watch out for signs of fatigue (missing an exit, not remembering the last few kilometres driven, having difficulty finding a comfortable position, etc.);
- ◇ Stop in a safe place to have a nap.

Safe place: the parking lot of a rest area, business or church, or any other accessible area other than the shoulder of the road. In addition to being prohibited on a highway, stopping on the shoulder is not safe.

- ◇ Beware! Drinking coffee or energy drinks (such as Red Bull), rolling down the window to let in some fresh air, turning up the radio, singing, shifting in your seat, chewing gum or talking to your passengers are not real solutions. The effects are temporary at best, with signs of fatigue quickly reappearing.

"Let's talk!"

Topics of discussion

- ◇ How many hours of sleep do you think adolescents and young adults need each night in order to drive safely?
Answer: at least 9 hours.

"There you have it!"

Conclusion

There is no quick fix for beating driver fatigue. If you are tired, take a break before you drive off the road!

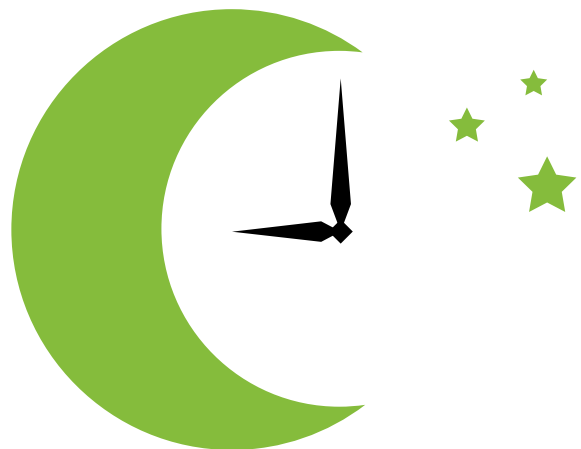
"You want more?"

To find out more

Web: www.idrivemyownlife.com

Facebook: www.facebook.com/SAAQQC

Twitter: www.twitter.com/saaq





ALCOHOL

"On your marks!"

Introduction

Drinking and driving is a criminal offence. On average, 160 people are killed each year in Québec in crashes involving alcohol.

Nearly half of all victims between the ages of 16 and 24 killed in a traffic accident had alcohol in their systems.

"Lights, camera, action!"

Video presentation

- ♦ [#cpasdesfarces](#) clip on alcohol (in French)
- ♦ [#cpasdesfarces](#) clip on complicity (in French)
- ♦ Latest SAAQ message on drinking and driving

"Hey, did you know that?"

Some information

- ♦ The zero alcohol rule applies to all drivers under 22 years of age. You are prohibited from driving after consuming any alcohol at all, even just one beer.

If you drink lots of alcohol throughout the night and you wish to drive the next morning, there still may be alcohol in your system, putting you in danger.

- ♦ Only time can lower your blood alcohol concentration, not

- dancing and sweating;
- eating a lot;
- drinking a lot of water;
- drinking coffee;
- drinking only juice-based cocktails.

CARE OR CONTROL OF A VEHICLE

The law not only prohibits impaired driving, but also having the care or control of a vehicle while impaired. This means you must stay away from any motor vehicle when you drink, because it is possible for a police officer to stop you if he or she believes that you intended to drive the vehicle.

Here are some examples:

- Sitting in the driver's seat, even if the vehicle is stopped.
- Being in the vehicle (even asleep on the back seat) and having the possibility of starting the engine.
- Being near the vehicle (e.g. brushing snow off the car, putting things in the trunk, listening to the radio).





"It's dangerous, but how much does it cost?"

Penalties

Drinking and driving is very expensive.

- ◇ For a violation of the zero alcohol rule (if you drive with alcohol in your system):
 - Licence suspended for 90 days
 - 4 demerit points
 - Fine between \$300 and \$600

If you have a learner's licence or a probationary licence, 4 demerit points means you lose your licence. You will have to pass a test to obtain a new one.

And it might not stop there. You could face criminal charges if your blood alcohol concentration is above 0.08, if your ability to drive is impaired or if you refuse to obey the orders of a police officer.

- ◇ In such cases, the consequences are much more serious:
 - Criminal record
 - Loss of your driver's licence
 - Possible prison sentence
 - Obligation to drive only a vehicle equipped with an alcohol ignition interlock device
 - Fine
 - Costs: between \$1,700 and \$12,000, plus lawyer's fees; higher personal automobile insurance premiums, etc.
- ◇ Having a criminal record can be a barrier when it comes to:
 - becoming a member of a professional corporation or obtaining a professional licence
 - practising various trades and professions (e.g. police officer, locksmith, lawyer)
 - finding an insurer who will accept to insure you
 - travelling abroad

"So, what now?"

Solutions

- ◇ Plan your way home before you start drinking!
- ◇ Designated driver (the one who hasn't had anything to drink, not the one who drank the least!)
- ◇ Taxi
- ◇ Public transit (bus, metro)
- ◇ Drive-home services (such as Operation Red Nose)
- ◇ Sleeping over
- ◇ Friends or family

"Let's talk!"

Topics of discussion

- ◇ If you call a parent or a friend in the middle of the night because you have been drinking, do you think they will be angry or relieved?
- ◇ What do you do if a friend insists on driving home after drinking at a party?

"There you have it!"

Conclusion

If you drink, don't drive!

"You want more?"

To find out more

Web: www.idrivemyownlife.com

Facebook: www.facebook.com/SAAQQC

Twitter: www.twitter.com/saaq



DRUGS

"On your marks!"

Introduction

All drugs, including cannabis, affect your brain. These effects interfere with your ability to drive safely.

"Lights, camera, action!"

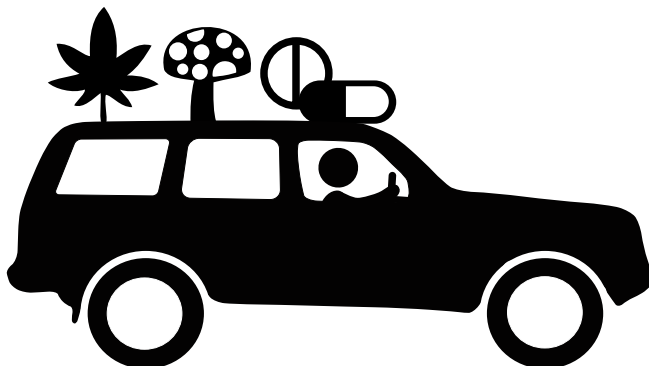
Video presentation

- ◇ [#cpasdesfarces](#) clip on drugs (in French)
- ◇ Latest SAAQ message on drugs

"Hey, did you know that?"

Some information

- ◇ Driving under the influence of drugs is a criminal offence, just like drinking and driving.
- ◇ Police officers are trained to detect drivers who are high, regardless of the drug they have taken.



THERE ARE 3 PHYSICAL COORDINATION TESTS:

- ◇ **Eye movement test (following a pen)**
Drivers are asked to follow a pen with their eyes while a police officer checks for the presence of nystagmus (fast, uncontrollable movements of the eyes). This test cannot be fooled.
- ◇ **Walking test (walk-and-turn test)**
Drivers are asked to walk along a straight line, turn around, and walk back.
- ◇ **Balance test (one-leg stand test)**
Drivers are asked to balance on one leg while counting out loud.

DRUG RECOGNITION EXPERTS ARE POLICE OFFICERS AT THE POLICE STATION WHO ADMINISTER A SERIES OF MORE EXTENSIVE TESTS:

- ◇ the driver's pulse, body temperature and blood pressure
- ◇ the driver's eyes, in particular the size of the pupils
- ◇ the insides of the driver's nostrils and mouth
- ◇ the driver's muscle tone: depending on the drug that was taken, a person's muscles may be either more contracted or more relaxed
- ◇ the driver's arms and neck, in order to find any possible injection sites

The driver is also asked to provide a sample of a bodily substance (e.g. urine).



"It's dangerous, but how much does it cost?"

Penalties

- ◇ A conviction for driving under the influence of drugs has the same consequences as a conviction for drinking and driving:
 - Criminal record
 - Loss of your driver's licence
 - Possible prison sentence
 - Fine
 - Costs: between \$1,700 and \$12,000, plus lawyer's fees; higher personal automobile insurance premiums, etc.

"Let's talk!"

Topics of discussion

- ◇ Which drug is the one most frequently detected in the blood of deceased drivers?
Answer: cannabis.
- ◇ Why do some people believe they drive better under the influence of cannabis?

It's not true that cannabis is less dangerous. Like any other drug, cannabis affects your ability to drive. Cannabis slows down reaction times, makes it more difficult to keep a straight course and negatively affects your ability to coordinate your movements.

"So, what now?"

Solutions

- ◇ As with alcohol, if you do take drugs, don't drive. Adopt the same solutions you would if you had been drinking:
 - Designated driver (the one who hasn't taken any drugs at all, not the one who is the least high!)
 - Taxi
 - Public transit (bus, metro)
 - Drive-home services (such as Red Nose)
 - Sleeping over
 - Friends or family

"There you have it!"

Conclusion

All drugs can be detected. No drugs and driving.

"You want more?"

To find out more

Web: www.idrivemyownlife.com

Facebook: www.facebook.com/SAAQQC

Twitter: www.twitter.com/saaq





RECAP – PROM NIGHT

“Lights, camera, action!”

Video presentation

- ◇ [*Commence pas ta vie par la fin – Bal des finissants*](#) video clip on prom night

“Hey, do you remember?”

Some reminders

What do you remember from the various subjects dealt with this year?

SEAT BELTS

- ◇ Always buckle up.
- ◇ Make sure everyone is buckled in before leaving.
- ◇ No passengers in the trunk!

SPEEDING

- ◇ Ask drivers who are going too fast to slow down.
- ◇ Listen to your passengers and slow down.

CELL PHONES

- ◇ There's no good reason to risk your life.
- ◇ You cannot hold your cell phone, or any other electronic device, while driving.
- ◇ Use a mobile application such as Focus Mode.
- ◇ Pick your playlist before you leave.

FATIGUE

- ◇ There is no quick fix for beating driver fatigue.
- ◇ If you are tired, take a break before you drive off the road!
- ◇ Even if you haven't had anything to drink, sleep over if you are tired.

ALCOHOL

- ◇ Drinking and driving is a crime and it's expensive.
- ◇ Don't drink and drive!
- ◇ After just one drink, your ability to drive is already affected.
- ◇ Don't forget that you are subject to the zero alcohol rule. Zero means zero!

DRUGS

- ◇ Police officers can detect all drugs.
- ◇ All drugs act on the brain and can impair your driving.
- ◇ Even cannabis can significantly affect your ability to drive.
- ◇ No drugs and driving!

“Let's talk about the after-party!”

An unforgettable prom is a well-planned prom: your look, your dress, your bowtie, your hair, the limo—you have to think of everything!

To make sure your prom and the after-party are memorable, don't forget to plan how you will get home afterward. Add that to your “to do” list.

How can you get home after the after-party?

- ◇ Ask your parents to come pick you up.
- ◇ Sleep over where the party is.
- ◇ Take a taxi.
- ◇ Use public transit.

Look out for your friends and make sure that no one gets behind the wheel after having used drugs or alcohol.

IDEA: The school could organize transportation services for the students.

“There you have it!”

Conclusion

This advice also applies to all the parties you'll have this summer!

Have a great prom!



PUBLIC COMMUNICATIONS

The Road Safety Ambassadors program was developed by the SAAQ for use in schools with Secondary 5 students. We request your cooperation so that each communication action or public relations activity reflects the contribution of the partners involved in the program.

The following practices apply to any and all public relations activities related to the program.

Public events (e.g. press conferences)

- ♦ Invite an SAAQ representative to speak.
- ♦ If no SAAQ representative is available, mention that the Road Safety Ambassadors program was developed by the SAAQ in partnership with the region.

Press releases

- ♦ Mention that the Road Safety Ambassadors program was developed by the SAAQ in collaboration with various partners, by adding the following paragraph:

“The Road Safety Ambassadors program was developed by the SAAQ in collaboration with various partners. The program promotes peer-to-peer awareness raising, good driving behaviour and the sharing of experiences and solutions.”

Promotional material

The production of any additional material must first be approved by the SAAQ.

Requests regarding public communications in connection with the Road Safety Ambassadors program should be addressed to the SAAQ regional road safety advisor.

FEEDBACK

As part of its commitment to ongoing improvement, the SAAQ requests the cooperation of schools to assess and improve the material provided. It is therefore important that teachers fill out and return the evaluation form to ambassadeur@saaq.gouv.qc.ca, by **June 1 at the latest**. The form is available on the SAAQ's website (<https://saaq.gouv.qc.ca/fileadmin/documents/autres/saaq-amb-evaluation.pdf>), along with the rest of the material.





CONTACT INFORMATION FOR REGIONAL ROAD SAFETY ADVISORS

Questions, comments or specific inquiries should be directed to the regional advisor in your region.



-
- Capitale-Nationale
 - Chaudière-Appalaches
 - Bas-Saint-Laurent
 - Gaspésie-Îles-de-la-Madeleine

418-528-3333, ext. 82189

- Outaouais
- Abitibi-Témiscamingue
- Nord-du-Québec
- Hautes-Laurentides

819-772-3386, ext. 266

- Estrie
- Mauricie
- Centre-du-Québec

819-820-3222, ext. 264

- Saguenay-Lac-Saint-Jean
- Côte-Nord

418-548-9197, ext. 227

- North shore of Montréal
- Laval
- Lanaudière
- Laurentides

450-978-6000, ext. 5033

- South shore of Montréal
- Montérégie

450-468-2323, ext. 548

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