



Impact Teen Drivers

Student Leader Ambassador Program

GUIDE TO MAKING AN IMPACT

Created by Student Leader Lauren DeRosa

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About the Creator



My name is Lauren DeRosa and I have been working in cooperation with Impact Teen Drivers and CHP since my freshman year of high school. Together we have developed "Make An Impact Week"- a five day student-led peer-to-peer education program designed to engage, educate and empower teens about the dangers of reckless and distracted driving and the simple choice they can do to make themselves safe. I partnered with ITD so that I can do my part in helping enlighten my peers on how to be safe drivers and passengers.

I got involved with Impact Teen drivers as a way to honor a close friend who lost her older sister to reckless and distracted driving. I have made it my mission to do what I can to prevent anymore families from struggling with the loss of a child. Impact Teen Drivers was the perfect organization to help me execute my plan to bring this important issue to not only teens, but also the community that shares the road with them.



WHY SHOULD YOU BECOME AN IMPACT TEEN DRIVERS AMBASSADOR?

- The Power of Peer-to-peer Education- Teens are able to better relate to their peers when they are passionate about their mission.
- Gain Real-World Experience- The Make An Impact Program allows student leaders to practice cognitive skills, such as communication, public speaking, organization and teaching.
- Make a Difference- Lots of people want to change the world; Unsafe driving is the number one killer of teens. If our program can prevent at least one person from becoming a statistic, you did what you can to help save a teen's life.

Introduction

What is the Program?

The *Make An Impact Program* is a student-leader facilitated program that allows for teens to create an individualized lesson plan throughout a school week to raise awareness about the importance of safe driving. *Impact Week* was originated at Dr. TJ Owens Gilroy Early College Academy, and grew to become a full program within the four years of its development. The week takes thirty minutes out of the first four school days for students to do different activities that educate and encourage the practice of safe driving, as well as inform them of the dangers of distracted driving. The end of the week involves a one hour presentation meant for the whole school to recap the meaning of the week. Throughout the days, other activities are sprinkled in to keep the kids engaged and entertained.

On the other side, there is also a middle school and elementary school presentation that students have the opportunity to lead outside of school. The team or a single person is able to go to the different middle schools in their school district and give a one hour presentation to the eighth graders about the importance of being a safe passenger. Similar presentations to this one, such as Parent-Teen workshops, or speaking at select conventions or driving schools are also great opportunities to spread awareness!



Getting Started



How Do I Get Started?

Getting started is the hardest part of the Impact Week Process. There are three key components to successfully set up the beginnings of your chapter. The first is finding other students who are willing to commit to continuing on the program after the leader is gone. The best way to find people is to talk to the sophomore and freshman class if you are starting as a junior or senior. Having one leader, with two people to shadow, help and learn has been the most successful way to present and organize.

The second component is contacting your school administrator, preferably your principal, to see if it is possible to conduct this program in the schools classes. Explain what Impact is and what it consists of.

The third component is contacting your towns local CHP office to see if an Officer would be willing to volunteer as your mentor.

What are the responsibilities as an ambassador?

The *Make An Impact* program is designed to be lead and run by teens. Most of the responsibility falls upon the shoulders of the team to ensure that all necessary duties are completed in a timely fashion and with great care. Impact Week takes organization, communication and commitment. It can be easily done when well planned and remained on top of. As long as everyone does their part and work together, change can be achieved!

In what ways can I implement Impact Week at my school?

If you are wanting to use impact Week as a catalyst for your own vision on how to bring awareness to your school, you can mix and match elements, as well as bring your own unique touch to the school! Adapt as you need until you feel the program fits the cause.

If you are looking for a fully baked recipe for success, you can follow this guide with how to plan each day of the week and what you will need to do to prepare it.

This guide serves to educate, empower and engage the YOU!



What the Curriculum Consists of

Here is a list of materials to help your *Make An Impact* program successful!

- Timeline for Success
- Video Series
- Training Video
- Impact Week Curriculum
 - Impact Topic Reflection
- Activities and Competitions



Timeline for Success

August-September

- Create an "Impact Team" at your school with a student or two from each grade group who are willing to support and foster the program.
- Approach your principal with a proposal to commit a week to educate the school on safe driving.
- Make sure you have a basic plan for what kinds of activities you would like to hold, and what materials you'll need so that the school can support you.

January-February

- This is a prime time to go into the younger grades of your district and talk with them about how to be safe passengers!
- Contact your local middle schools and elementary schools about a day in which you can host a presentation for specific age groups (8th grade and 3rd grade are particularly good groups).
- Work with your own school to determine if you can take a day from school to go around the district and present.

May-June

- So while Impact week may be over, this does not mean that your work is quite finished.
- You should send out thank you notes to all of your volunteers and sponsors (as we are forever grateful for their support!)
- You should also prepare for how students will take over when seniors age out.

October-December

- This is YOUR time to come up with a concrete plan with your team. This is the months where it can feel a little slow, but it is important to put time and effort into planning a more specific itinerary for the week.
- Come up with who will be doing what: who is making posters, who is conducting specific activities, who is conducting the big presentations for their grades.

The reason Impact Week is done with a group is because of the support system you will all build with one another.

March-April

- This is it! You've made it; the last stretch before Impact Week.
- Ensure that you have all of your loose ends tied up, including the materials you will need, the time, and any other accommodations that must be made.
- Go forth and do your school proud! Conduct your Impact Week with all of its lessons and fun activities!

Videos

These videos can be used in a classroom environment if the team decides to use them, or as a guide to create their own!

Introduction to Program



Speak Up, Save a Life Positive Peer Videos

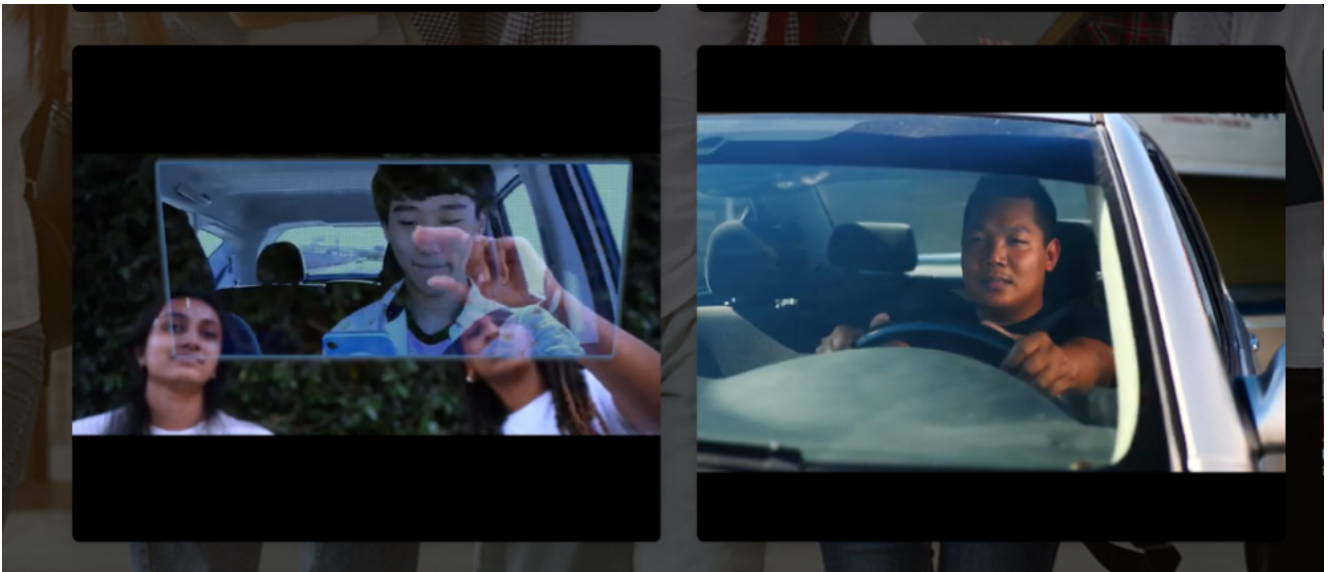
Reckless and
distracted driving is
100%
preventable

Videos

RULethal: Emotions



Create Real Impact Contest Winners



Videos

Distractions Hurt Sports PSAs



What Do You Consider Lethal:
At Home Presentation

<https://youtu.be/CW0ZR1DrxJs>

Teen Engagement Activities

In-TEXT-icated Course

This is a super fun obstacle course that you can turn into a competition during your schools lunch times.

How To:

- Ask your local CHP office you can borrow several traffic cones and DUI goggles.
- You will also need some sort of tape to outline the obstacle course.
- You will ask the students that volunteer to weave their way through the course while texting a phrase with the DUI goggles on.

Reckless and Distracted Driving Spirit Week

this is a great way to get the whole school participating in an activity that can even be turned into a competition between grade levels (what class participates the most).

Ideas for Spirit Days:

- Drowsy Driving-Pajama Day
- Quick Change Day-Mismatched Outfits
- Nighttime Driving- Wear Shades
- Seatbelt Day-Wear a belt
- Music Day- Wear a band shirt
- Passenger Day- Twin Day

Come up with your own!

These are only a few ideas out of the many that you can do with your school! Brainstorm with your team and get your own activities approved by the school!

SCARS Roleplay

This is a cool way to act out some of the tips that have been provided during the lessons. This can be used for high schools and for middle schools.

How To:

- Set up two chairs side-by-side like a car. Have you be the driver and ask for volunteers to be the passenger.
- Have the class call out a distraction for you to act with.
- Have the volunteer act out a response to the distraction in correlation with the letters (Suggestion, Command, Action, Rage, Snub)

Chalk the Sidewalk

This is a super cool activity to do with your whole school during lunches and breaks. You can have them right down pledges or statistics that they knew it.

Door-Decorating Contest

This is a great way to use competition as an incentive to learn about reckless and distracted driving! Have each of the classes in a grade decorate their door and compete for which class win win a prize! Switch up the themes each year with topics like phones, passengers, myths, and more!

FAQ

- Is the middle/elementary school presentations required?
 - No, but it is highly suggested. Starting younger helps to make them more responsive as they grow, and it is always cool to see the people you taught when they were thirteen now a junior in high school!
- If you can't get a CHP Officer to volunteer, can you still do it!
 - Yes! Talk with ITD about receiving resources and materials and see if you can find another volunteer, such as a teacher to help out!
- What is the difference between middle school and high school presentations?
 - Wording and depth. Middle schoolers are developmentally more immature, so they need to be handled in a way that make sit fun and engaging, while also keeping it real with them. with high schoolers, you can go a little more deeper in detail, explaining with more seriousness the mission and cause.
- How do I handle people laughing?
 - People laugh when they are uncomfortable. Lots of kids don't know how to handle things that are hard to understand or process, so they laugh. Don't take it personally.
- I struggle with handling a room. How can I do it?
 - If you aren't using one of the provided student classroom videos and are taking on presenting, the best thing to do is ACT like you don't know them. Speaking to your peers can be daunting because they see you as their equal. But when you get up there to speak to them, you can use that to your advantage and just be honest and down to earth. They respond much better.
- Should I dress professional?
 - I always prefer to do so because looking the part gives me confidence and demands attention. Keeping it business casual with a nice blouse or button and slacks with dress shoes is always a great way to go. I don't recommend wearing skirts or dresses for the ladies.
- How can I make it fun while also being serious?
 - The art of comedic timing is real. It is a very heavy topic to discuss, but as a student talking to fellow students, comedy is almost needed to ensure safety and trust, as well as a sense of comfort. Jokes should be reserved for appropriate timing, not when you are trying to get serious point across. Using silly examples and poking fun at yourself or your demographic (as long as it is not offensive) is always a great way to bring lightness to the conversation.



VIDEO & GRAPHIC DESIGN CONTESTS

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FOR TEEN DRIVERS & PASSENGERS.

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