

# PASETTER



## *Pennsylvania Association for Safety Education*

FALL, 2001 Issue

### **PASE Continues to Improve**

by Dr. Brad Bradshaw, PASE Executive Director

In the last issue of the Pasetter, you were informed of changes in the management of PASE. A transition team was formed and has met twice since the May conference in Scranton. This team (Jerry Rogish, Ron Strapel, Tony Relvas, Chris Davis, Barry Hoch, Sandy Tomlinson, Dana Bowser, Vince Phillips and Brad Bradshaw) has made significant progress in streamlining and improving PASE.

So what has been done? A new Constitution and By-Laws has been written and will be presented at the next conference. Governance has been streamlined. The 2002 PASE Conference site has been approved and a contract signed (Quality Inn – Arena Restaurant in Bedford). The conference program is taking shape with “New Driver Education Content and Methodology” as the focus. PASE is working with PennDOT to qualify as a potential contractor for Commonwealth highway safety projects. And, thanks to Vince Phillips, PASE gave testimony to the State Board of Education (again) about driver education becoming part of the State Standards of Education.

But we all know that change is slow. There will be glitches. If you have ideas or want to talk about PASE, call me at 1-800-896-7703. Let me know if you agree with what is happening. Or, if you disagree and have a better idea/suggestion, I want to know about it. Until next time, continue to offer quality driver education for kids in Pennsylvania.

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### *Conference Preview...2002*

Mark your calendars NOW!!!

The 53<sup>rd</sup> Annual Pennsylvania Association for Safety Education Conference will be held from May 2<sup>nd</sup> – May 4<sup>th</sup>, 2002 at the Quality Inn - Arena in Bedford, Pennsylvania. Easy access, comfortable accommodations and a wealth of knowledge will welcome you next May...

Sixty-five rooms will be available at the Quality Inn at the following reduced rates:

- Single - \$50
- Double - \$56
- Triple - \$62

Call 1-800-329-7499 or 814-623-5188 to make your reservations...

Also, watch the PASETTER for more conference details.

The PASE web site is currently under instruction. Please visit the site at:

[www.http://adtsea.iup.edu/pase](http://adtsea.iup.edu/pase)



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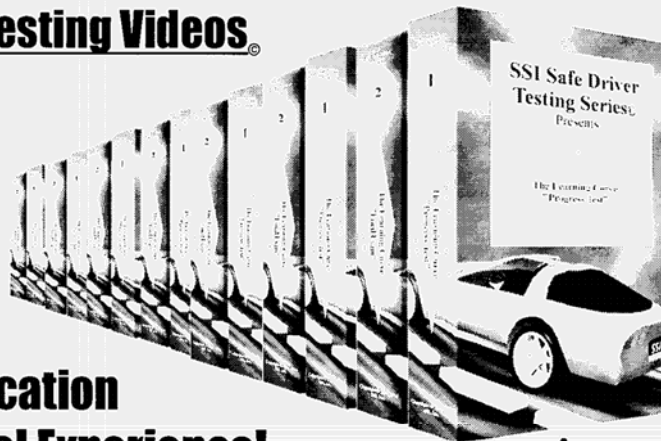
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## Communication Tips for Parents

Parenting is hard work...listening and talking is the key to healthy connections between you and your children. Maintaining a good connection with teens can be challenging, especially since parents are dealing with many other pressures. Listed below are suggestions to help make communication with children easier for both of you.

### Be available for your children –

Notice times when your kids are most likely to talk – for example, at bedtime, before dinner – and be available. Initiate conversations by sharing what you have been thinking about rather than beginning a conversation with a question. Starting a conversation lets kids know that you care about what is happening in their lives. Also, find time each week for a one-on-one activity with each child. This allows you to learn more about your children's interest, including their favorite music and activities.

### Let your kids know you're listening –

When your children are talking about concerns, stop whatever you're doing and listen. Allow them to complete their point before responding, even if it is difficult to listen to their point of view. Repeat what you have heard to ensure that you understand them correctly.

### Respond in a way your children will hear –

Kids often will tune out angry or defensive reactions, so try to soften your reactions. Express your opinions without putting down theirs, and avoid arguing about who is right and who is wrong.

(information provided through a brochure/press release from the American Psychological Association)  
For more information or to request brochures on various topics, visit [helping.apa.org](http://helping.apa.org).



## Stay Off The Road When You're Sleepy

Whether we want to admit it or not, most Americans live a fast-paced lifestyle trying to squeeze 36 hours of living into every 24-hour day. Since many of us refuse to slow down, our bedtime keeps getting pushed back, resulting in inadequate sleep.

The only safe driver is an alert driver. Even the safest drivers become confused and use poor judgment when they are sleepy. In order to be a safe driver you must have your eyes open -- and that means **staying off the road when you're sleepy.**

Drivers at risk for a sleep-related accident include those who are sleep deprived; those driving long distances without a break; those driving when they would normally sleep; those taking medication that increases sleepiness or drinking alcohol; those driving alone; business or frequent travelers and those driving on long, rural or boring roads.

Sleep-related crashes are most common in young people (ages 18 to 25) who stay up too late, sleep too little, and drive at night. Studies suggest that 20% to 30% of those with non-traditional work schedules have had a sleep-related driving mishap within the last year. Truck drivers, who drive at night when the body is sleepiest, are especially susceptible to sleep-related crashes.

A 15 minute nap can sometimes restore enough alertness to safely drive for a while. Eventually though, the sleep deficit must be paid up with a full night's rest.

Don't risk your life. Be smart and take a short break at one of the Turnpike's 22 service plazas. Pull over to an emergency parking area or picnic area. If need be get off at the nearest Interchange and check into a motel.

Information about drowsy driving on this page was provided at:  
<http://www.paturnpike.com/TRAVELER/SUMMER96/page2-3.htm>  
In an article entitled Drowsy Drivers Can Kill by Christina Hampton

**Falling asleep at the wheel happens more often than you might think. In fact, studies show nearly a third of drivers have dozed off while at the wheel and among the group 12% said they were involved in a crash because they were too tired while driving.**

### WARNING SIGNS OF FATIGUE:

- You can't remember the last few miles
- You experience wandering or disconnected thoughts
- You have difficulty focusing or keeping eyes open
- You have trouble keeping head up
- You drift from the lane
- You yawn repeatedly
- If you are frequently sleepy during the day, contact your physician or sleep disorder center for diagnosis.



**The Pasetter would like to recognize and thank Terri Kerfonta for all of her hard work and dedication. Without her diligence, the Pasetter wouldn't exist...**

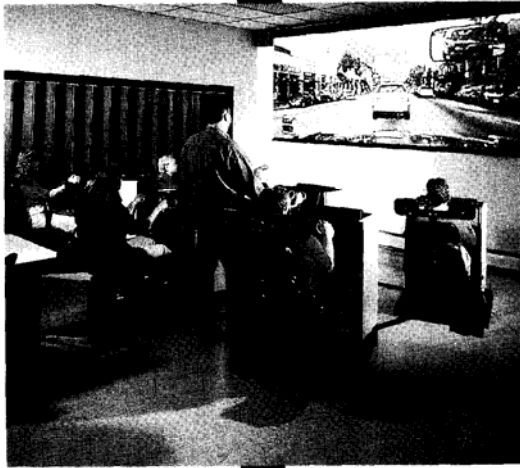
**Thank You!!!**

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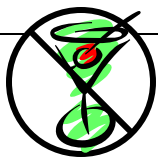
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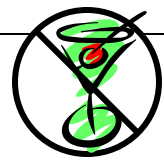
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## Community How To Guides On Underage Drinking Prevention Available



In an effort to help communities across America confront the problem of underage drinking and its consequences, the National Association of Governor's Highway Safety Representatives and the National Highway Safety Administration have prepared a series of booklets to pass on the lessons learned by other communities to those who want to reduce underage drinking.

The *How to Guides on Underage Drinking* covers the fundamentals of planning and implementing an underage drinking prevention program. There are two goals: prevent harm to the individual drinker and prevent harm to society.

Success may be measured in terms of reducing the number of criminal events (drinking, DUI, date rape), reducing the amount of harm to individuals (injuries, alcohol overdoses, teen pregnancies) and in reducing the harm to society (criminal and juvenile justice costs, medical and addictions treatment experiences).

There are nine guides: *Coalition Building, Needs Assessment and Strategic Planning, Underage Drinking Enforcement, Prevention and Education, Public Policy Advocacy, Media Relations, Evaluations, Self Sufficiency, Resource Guide.*

The guide on *Underage Drinking Enforcement* includes the following: Enlisting Participation by Law Enforcement Agencies, A Different Enforcement Approach for Youth, The Role of Alcoholic Beverage Control Agencies, Successful Underage Drinking Enforcement Strategies, Overcoming Obstacles to Enforcing Underage Drinking Laws, Understanding the Judicial System.

For a copy of the nine volumes, *How To Guides on Underage Drinking* (each about 30 pages), write to the Media and Marketing Division, NHTSA, NTS 21, 400 Seventh Street, SW Washington, DC 20590; or download them from the [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) site.

*Information taken from the October 2001 Edition of the Zero Tolerance Observer*

## Handrails & Drawstrings: Clothing Causes School Bus Hazard

Current styles and fads of children's clothing, especially drawstrings, have brought new injury risks. Some clothing can cause deaths and injuries by catching on bus doors or handrails and playground equipment.

Items that can catch in these areas include:

- Jackets, sweatshirts and clothing with drawstrings at the neck or waist;
- Backpack straps, dangling key chains, scarves, belt buckles and other loose clothing.

A drawstring at the waist, hood or neck on clothing can catch in a

small gap in playground equipment, a bus handrail or on a bolt. A drawstring with a large toggle or knot at the end is most likely to get caught. As a child gets off the school bus, a dangling drawstring or loose object may catch in the handrail. If the bus doors close and the child isn't seen, she could be dragged and run over by the wheels.

While clothing changes are very important, school bus manufacturers and school districts are working to change handrails. New handrails are made so they won't catch drawstrings. Older buses can be repaired.

Additionally, bus drivers are trained to watch children as they get off

the bus. Drivers should also make sure each child has completely cleared the bus when leaving, and that clothing is not caught.

There are several simple steps to aid in selecting safer clothing:

- Choose clothes without drawstrings- snaps, Velcro, buttons or elastic are better choices.
- Remove all strings and drawstrings from clothing
- Warn children about key rings, buckles and objects hanging from their backpacks.

Information provided through a flyer from NHTSA, for more information visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov).

## Teen Crashes Fewer With Restrictions On Licenses, Study Finds

Programs require proof of skills to get full driving privileges  
From AP Wire Report

CHICAGO – Restricting teenagers' driving privileges until they prove their ability behind the wheel can dramatically reduce crashes involving 16-year-olds, according to studies of "graduated-license" laws in Michigan and North Carolina.

According to studies, the programs may work by limiting the amount of time teenagers spend driving, or by less obvious means, such as rewarding safe driving with more privileges.

Traffic accidents are the leading cause of death among U.S. teens, and the youngest drivers have the highest likelihood of crashing. During the past four years, 34 states and Washington, D.C., have enacted graduated licensing programs, researchers said.

Michigan and North Carolina enacted theirs in 1997. The studies compared crash statistics there in 1996 and 1999.

In Michigan, 16-year-olds were 25 percent less likely to get into a car crash in 1999, said researchers led by Jean Shope of the University of Michigan.

In North Carolina, the risk of a crash dropped 23 percent among 16-year-olds. Nighttime crashes involving 16-year-olds declined 43 percent and fatal crashes declined 57 percent.

North Carolina requires motorists who are at least 15 to drive with an adult for the first year of their license. Teens who have no traffic violations in the final six months and pass a road test may obtain a less restrictive license, allowing unsupervised daytime driving. They then must complete at least six continuous months of driving with no traffic violations to get a full, unrestricted license. Michigan has similar restrictions.

Kentucky has had a graduated licensing system with restrictions on younger drivers since 1997.

Mike Bowling, a Democratic state representative from Middlesboro, successfully pushed the measure in the 1996 General Assembly.

## AGGRESSIVE DRIVERS...

*What you can do to stay safe*

Aggressive drivers climb behind the wheel and take out their frustrations on anyone, at any time on the highway. For them, frustration levels are often high, while the concern for other motorists is low.

Running stop signs and red lights, weaving, tailgating, speeding, passing on the right, screaming and honking are just several examples of the behaviors aggressive drivers partake in. They drive at speeds that are often in excess of the norm and unsafe for the roadway or road conditions. This behavior often causes them to follow closely, change lanes frequently and without notice, pass on the shoulder or unpaved areas of the roadway and even threaten other motorists who do not get out of their way.

Many motorists wonder what they can do when faced with an aggressive driver. The first step is to make every attempt to safely get out of the aggressive driver's way. Avoid eye contact in the process and do not respond to their behavior. For example, do not speed up, yell back or make any gestures.

Always wear your seat belt properly on every ride. Your seat belt will hold you in your seat and behind the wheel in case of a crash or sudden stop.

Lastly, when you find that you are in a safe place, report aggressive drivers to the authorities. Try to provide a vehicle description, license plate number, direction of travel and route numbers. Certainly, do not put yourself in harms way to gain all of the information, but do be calm and mindful of your surroundings. If you have a cell phone, and can use it safely do so.

Some information provided through the Aggressive Driving pamphlet from NHTSA. For more information, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov).

He predicted that it would save teen lives by requiring more education and training before young drivers hit the road alone.

Bowling's bill required permit holders to be accompanied by licensed drivers age 21 or older, mandated that youngsters with learner permits wait 90, instead of 30, days before applying for a driver license and prohibited permit holders under age 18 to drive between midnight and 6 a.m. except for "good cause," such as emergencies.

Article provided through ADTSEA News and Views Vol 7 (3/4)

## Lights On For Life...

On December 21, 2001, motorists across Pennsylvania are being asked to turn on their headlights for the day to show that they will abstain from drinking and driving during the holiday season.

According to 2000 Pennsylvania Crash Statistics, on an average day, 37 people were injured in alcohol-related crashes and 1.4 people were killed in an alcohol related crashes.

**The Members of the Pennsylvania Association for Safety Education, Inc. wish to recognize and thank the exhibitors who participated in the 2001 Pase Conference**

- Delmar Thomson Learning
- Doron Precision Systems, Inc.
- Drunk Busters of America L.L.C.
- Glencoe-McGraw-Hill
- Pennsylvania DUI Association
- Pennsylvania Liquor Control Board
- PennDot Motorcycle Safety Program
- Safety Enterprises
- Safety Industries
- Simulator Systems International, Inc.

## **SEND IN *YOUR* ARTICLES!!**

The PASETTER is created by article submissions provided by PASE members. And, we are always on the lookout for articles. You are encouraged to submit articles.... Remember... without you, the PASETTER doesn't exist. If you would like to submit an article...enclose this completed form, with your article and mail them to:

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## **Become A Member!!!**

If you haven't already, The Pennsylvania Association for Safety Education (PASE) would like to invite YOU to become a member. If you have questions, or are interested in becoming a member today, please contact us at the toll-free telephone number listed below and let us know!

IUP Highway Safety Center  
1-800-896-7703

Also, visit our web site at [www.http://adtsea.iup.edu/pase](http://www.http://adtsea.iup.edu/pase) for more information today!