

Are Your Students Good to Go?

CARBC presents a safe driving resource about 'drugging and driving'

We all want to do our part to help youth understand and enjoy the privileges of safe driving. When it comes to discouraging 'drugging and driving' (i.e. driving while impaired by alcohol, cannabis and/or other drugs), we may be tempted to think scare tactics work best. Research, however, tells us that reaching youth in a meaningful way takes more than gruesome car crash photos, statistics or stories from guest speakers.

[Drugs and Driving](#), a program developed by the Centre for Addictions Research of BC (CARBC), offers more promise for helping young people learn about:

- the complex mix of factors involved a person's choice to drive after using alcohol or other drugs (or ride with someone impaired by drugs);
- the role individuals and groups can play in influencing the thinking and behaviour of others; and
- strategies and tools for changing unhealthy social norms in a community.

The program was created for students in Grade 10, a time when most youth already know something about alcohol and other drugs and are thinking about—or preparing to get—their driver's licence. Students prepare social marketing tools, demonstrating what they've learned, and submit their work for publication online where it may be picked up for use in real-life campaigns in BC communities.

As part of Drugs and Driving, a free app called [Good to Go?](#) is available on iTunes to help educators share key messages about the effects of alcohol and other drugs on driving ability. Featuring a self-reflective quiz and fun graphics, the app takes new and soon-to-be drivers on a ride exploring different types of impairment and factors that can increase or decrease their impact on driving.

To learn more about evidence-based approaches to addressing substance use in schools, contact CARBC's Helping Schools program consultant Cindy Andrew at ciandrew@uvic.ca.