



**Guide for developing  
Safe Driving Plans**

**November 2021**

## ABOUT

This guide has been developed to assist students taking part in the DriveFit programme to develop their safe driving plans. The guide builds on the finding of previous research<sup>1</sup> and should be cited as follows:

*Box, E. (2021) DriveFit guide for developing Safe Driving Plans. Accessed from [www.drivefit.info](http://www.drivefit.info)*

The guide helps develop Safe Driving Plans for the following behaviours:

- **Speeding**
- **Mobile phone use whilst driving**
- **Fatigue**
- **Drink and drug driving.**

For more information about the DriveFit programme please visit [www.drivefit.info](http://www.drivefit.info). For more information about the broader Pre-driver Theatre and Workshop Education Research (PdTWER) programme of research please visit <https://www.racfoundation.org/collaborations/pre-driver-theatre-workshop-education-research-pdtwer>.

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<sup>1</sup> Brewster, S.E., Elliott, M.A., Kelly, S.W. (2015) Evidence that implementation intentions reduce drivers' speeding behavior: Testing a new intervention to change driver behavior. *Accident Analysis and Prevention*, 74, p.229-242.

## SPEEDING

All drivers speed on occasion, even though they may not intend to. People tend to be more successful at complying with speed limits if they identify situations in which they are tempted to speed and strategies to overcome the temptation. We would like you to do this now, using the options below.

From the list on the left, select up to 4 'tempting situations' (choose the ones you know/think you may have the most difficulty in complying with speed limits). Then use the list of 'strategies' on the right to decide what you will do to resist the temptation to speed when you find yourself in each situation. It is important to make a link between the tempting situations and the strategies that you select. Write down each tempting situation that you choose with a strategy. You may choose the same strategy or different strategies to deal with the tempting situations that you select.

<b>'Tempting situations'</b>	<b>'Strategies'</b>
If I am tempted to speed when being overtaken by other traffic/another vehicle...	...Then I will tell myself that I have the ability to comply with the speed limits if I want to
If I am tempted to speed in order to keep up with surrounding traffic...	...Then I will think about the emotional pain I would suffer if my speeding caused a death or injury to someone
If I am tempted to speed when under pressure from another driver following close behind me...	...Then I will remind myself that speeding increases my fuel consumption, which is bad for the environment and costs me money
If I am tempted to speed when another driver is putting pressure on me to driver faster by flashing their headlights/sounding their horn...	...Then I will remember that there are people in my life who are supportive of me complying with speed limits
If I am tempted to speed after I have been 'stuck' in stationary traffic...	...Then I will make a concerted effort to ignore the urge/pressure to speed
If I am tempted to speed after I have been 'stuck' behind a slow moving vehicle...	...Then, rather than speed, I will try and relax and drive in a more careful/considerate/responsible manner
If I am tempted to speed when driving on quiet roads with little or no traffic...	...Then I will tell myself that society is becoming less accepting and tolerant of speeding
If I am tempted to speed in order to get through traffic lights that have started to turn against me...	...Then I will think about how disappointed I would be in myself if I drove faster than the speed limit
If I am tempted to speed when driving on roads that I think should have higher speed limits...	...Then I will remember that I have made a commitment to avoid speeding

### 'Tempting situations'

### 'Strategies'

If I am tempted to speed when I am listening to certain types of music in the car...

...Then I will remember how upsetting it is to see/hear about road traffic crashes caused by speeding motorists, and the distress caused to the victims and their families

If I am tempted to speed when I am on a long journey...

...Then I will remind myself that speeding increases my vehicle emissions, which pollute the environment

If I am tempted to speed when I am feeling stressed...

...Then I will seek advice from people in my life (e.g. more experienced or calm drivers) about how to avoid speeding in such situations in the future

If I am tempted to speed when passengers are encouraging me to drive faster (overtly or otherwise)...

...Then I will drive in a lower gear to help me drive slower

If I am tempted to speed when I feel the urge to show-off or assert myself...

...Then I will remind myself that drivers caught for speeding (e.g. by the police or safety cameras) face sanctions

If I am tempted to speed when I am late or in a hurry to get somewhere (e.g. work/university/an appointment/to meet friends)...

...Then I will remember that speeding contradicts the view I have of myself as a considerate person

If I am tempted to speed when driving on familiar roads...

...Then I will tell myself how skilful a driver I am to be able to control my vehicle within the speed limit

If I am tempted to speed when I feel that there is little chance of being caught for speeding...

...Then I will remind myself that I am not saving much time by speeding

If I am tempted to speed when I feel like the car 'wants' to go faster...

...Then I will try to avoid putting myself in that situation again in the future

If I am tempted to speed when driving past a school...

...Then I will remember to tell myself that I am a good driver if I do not speed

If I am tempted to speed when driving down a road with parked cars...

...Then I will tell myself that although it might be an easy and enjoyable thing to do, speeding is a harmful and dangerous habit

## MOBILE PHONE USE WHILST DRIVING

Using a mobile phone to receive/make calls or send messages can be tempting to some drivers. People tend to be more successful at not using their mobile phone whilst driving if they identify situations in which they are tempted to use their mobile phone and strategies to overcome the temptation. We would like you to do this now, using the options below.

From the list on the left, select up to 4 'tempting situations' (choose the ones you know/think you may have the most difficulty in not using your mobile phone). Then use the list of 'strategies' on the right to decide what you will do to resist the temptation to use your mobile phone whilst driving when you find yourself in each situation. It is important to make a link between the tempting situations and the strategies that you select. Write down each tempting situation that you choose with a strategy. You may choose the same strategy or different strategies to deal with the tempting situations that you select.

<b>'Tempting situations'</b>	<b>'Strategies'</b>
If I am tempted to use my mobile phone whilst driving because I think I am missing out on something...	...Then I will tell myself that I have the ability to comply with not using my mobile phone whilst driving if I want to
If I am tempted to use my mobile phone whilst driving to stay connected with friends and family...	...Then I will think about the emotional pain I would suffer if my using a mobile phone whilst driving caused a death or injury to someone
If I am tempted to look at my messages or notifications on my mobile phone whilst driving...	...Then I will pull over at a safe location and check my phone
If I am tempted to use my mobile phone whilst driving because it is ringing or a message has come through...	...Then I will remember that there are people in my life who are supportive of me not using my mobile phone whilst driving
If I am tempted to use my mobile phone on hands free whilst driving...	...Then I will make a concerted effort to ignore the urge/pressure to use my mobile phone whilst driving
If I am tempted to start using my mobile phone for playing music/podcasts whilst driving...	...Then I will remind myself of the importance of unplugging from the constant flow of information and will use driving the car as an opportunity to improve my mental health and focus
If I am tempted to use my mobile phone whilst stationary or in slow moving traffic...	...Then I will tell myself that society is becoming less accepting and tolerant of people using a mobile phone whilst they are driving
If I am tempted to set up my mobile phone for navigation whilst driving...	...Then I will think about how disappointed I would be in myself if I used my mobile phone whilst driving
If I am tempted to use my mobile phone whilst driving because a message has come through from my parents or a close friend...	...Then I will remember that I have made a commitment to avoid using a mobile phone whilst driving

### 'Tempting situations'

### 'Strategies'

If I am tempted to use my mobile phone when I am late or in a hurry to get somewhere (e.g. work/university/an appointment/to meet friends)...

...Then I will remember how upsetting it is to see/hear about road traffic crashes caused by distracted motorists, and the distress caused to the victims and their families

If I am tempted to use my mobile phone whilst driving when I am on a long journey...

...Then I will put my phone on 'safe drive mode' before I get in the car

If I am tempted to use my mobile phone whilst driving when passengers are encouraging me to do so (overtly or otherwise)...

...Then I will seek advice from people in my life (e.g. those who do not use a mobile phone whilst driving) about how to avoid using a mobile phone whilst driving in such situations in the future

If I am tempted to use my mobile phone whilst driving when I am feeling stressed...

...Then I will ask a passenger to check my mobile phone for messages to let me know if it is important

If I am tempted to use my mobile phone whilst driving after I have been 'stuck' in stationary traffic...

...Then I will remind myself that drivers caught using a hand-held mobile phone whilst driving (e.g. by the police or safety cameras) face sanctions

If I am tempted to use my mobile phone whilst driving when on quiet roads with little or no traffic...

...Then I will remember that using a mobile phone whilst driving contradicts the view I have of myself as a considerate person

If I am tempted to use my mobile phone whilst driving on familiar roads...

...Then I will focus my attention on the roadway ahead

If I am tempted to use my mobile phone when driving when I feel that there is little chance of being caught...

...Then I will remind myself that it is very unlikely that I will be missing out on anything that can't be caught up on later.

If I am tempted to use my mobile phone whilst driving when I am feeling bored...

...Then I will try to avoid putting myself in that situation again in the future

...Then I will remember to tell myself that I am a good driver if I do not use my mobile phone whilst driving

...Then I will tell myself that although it might be an enjoyable thing to do, using a mobile whilst driving is a harmful and dangerous habit

...Then I will make sure I set everything up before I start my journey.

...Then I will discuss message response times with my family and friends and will let them know that I will not respond to calls and messages whilst I am driving

## FATIGUE

All drivers should consider how tired they are before driving, but some drivers may find themselves tempted to drive whilst tired. People tend to be more successful at not driving whilst tired if they identify situations in which they are more likely to be tempted to drive whilst tired and develop strategies to overcome the temptation. We would like you to do this now, using the options below.

From the list on the left, select up to 4 'tempting situations' (choose the ones you know/think you may have the most difficulty in avoiding driving tired). Then use the list of 'strategies' on the right to decide what you will do to resist the temptation to drive whilst tired when you find yourself in each situation. It is important to make a link between the tempting situations and the strategies that you select. Write down each tempting situation that you choose with a strategy. You may choose the same strategy or different strategies to deal with the tempting situations that you select.

### 'Tempting situations'

### 'Strategies'

If I am tempted to drive for longer than 2 hours without a break...	<p>...Then I will try to avoid putting myself in that situation again in the future</p> <p>...Then I will remind myself of how much sleep I need to drive safely</p> <p>...Then I will remind myself of the importance of taking a 20 minute break every 2hrs of driving</p>
If I am tempted to stay up late before getting up early to drive the next day...	<p>...Then I will remember that I have made a commitment to not drive whilst tired</p> <p>...Then I will think about how disappointed I would be in myself if I drove whilst tired</p>
If I am tempted to drive a long journey whilst feeling tired...	<p>...Then I will seek advice from people in my life (e.g. more experienced or sensible drivers) about how to avoid driving tired in such situations in the future</p> <p>...Then I will think about the emotional pain I would suffer if my driving tired caused a death or injury to someone</p>
If I am tempted to drive tired due to pressures from passengers (overtly or otherwise) who want to get home...	<p>...Then I will remember how upsetting it is to see/hear about road traffic crashes caused by drivers that fall asleep at the wheel, and the distress caused to the victims and their families</p> <p>...Then I will make alternative plans so that I do not have to drive tired</p>
If I am tempted to drive tired when driving on familiar roads...	<p>...Then I will remember that there are people in my life who are supportive of me not driving whilst tired</p> <p>...Then I will remind myself that impaired drivers face sanctions from the police</p> <p>...Then I will remember that driving tired contradicts the view I have of myself as a considerate person</p>
If I am tempted to drive tired when I feel that there is little chance of being caught driving impaired...	<p>...Then I will remember to tell myself that I am a good driver if I do not drive tired</p> <p>...Then I will tell myself that although it might seem an easy thing to do, driving tired is a harmful and dangerous habit</p> <p>...Then I will remember how rested, alert, comfortable and positive I feel when I have got enough sleep</p>

## DRINK AND DRUG DRIVING

A minority of drivers drive whilst impaired by drink or drugs. People tend to be more successful at avoiding driving whilst impaired by drink and drugs if they identify situations in which they are tempted to drive impaired by drink and drugs and the strategies to overcome the temptation. We would like you to do this now, using the options below.

From the list on the left, select up to 4 ‘tempting situations’ (choose the ones you know/think you may have the most difficulty in avoiding driving intoxicated, or travelling with a passenger with an intoxicated driver). Then use the list of ‘strategies’ on the right to decide what you will do to resist the temptation to drive as/travel with an intoxicated driver when you find yourself in each situation. It is important to make a link between the tempting situations and the strategies that you select. Write down each tempting situation that you choose with a strategy. You may choose the same strategy or different strategies to deal with the tempting situations that you select.

### ‘Tempting situations’

If I am tempted to drink or drug drive when I am feeling sad/excited/happy...

If I am tempted to drink or drug drive when driving on familiar roads...

If I am tempted to drink or drug drive when put under pressure (overtly or otherwise) to drink or take drugs by people who I am socialising with...

If I am tempted to drink or drug drive when travelling a short distance...

If I am tempted to drink or drug drive when I feel that there is little chance of being caught...

If I am tempted to drink or drug drive after a night out...

If I am tempted to get a lift with a driver who is intoxicated

### ‘Strategies’

...Then I will tell myself that I have the ability to comply with the drink and drug driving laws if I want to

...Then I will think about the emotional pain I would suffer if my intoxicated driving caused a death or injury to someone

...Then I will remember that there are people in my life who are supportive of me complying with drink and drug drive limit laws

...Then I will make a concerted effort to ignore the urge/pressure to take drink or drugs when I am driving

...Then I will tell myself that society is not accepting and tolerant of drink and drug driving

...Then I will think about how disappointed I would be in myself if I drove intoxicated

...Then I will remember that I have made a commitment to not drive after having consumed alcohol or drugs

...Then I will remember how upsetting it is to see/hear about road traffic crashes caused by intoxicated motorists, and the distress caused to the victims and their families

...Then I will seek advice from people in my life (e.g. more experienced or calm drivers) about how to avoid drink or driving in such situations in the future

...Then I will remind myself that drivers caught for drink and drug driving (e.g. by the police) face sanctions

...Then I will remember that drink and drug driving contradicts the view I have of myself as a considerate person

...Then I will try to avoid putting myself in that situation again in the future

...Then I will remember to tell myself that I am a good driver if I do not drive intoxicated

...Then I will find another way to get home

...Then I will ask my friends to help me not drink/take drugs



