Alive at 25

4TH EDITION

Alive at 25® focuses on young adult drivers between the ages of 15 and 24, the group with the greatest risk of death by motor vehicle crash. This highly interactive course targets those most in need of learning defensive driving skills, emphasizes making sound driving choices and raises awareness of the consequences of poor driving conduct. Since 1995, millions of young adult drivers have participated in Alive at 25—including military, high school students and those sent by traffic court who have incurred traffic violations.

Course objectives

Alive at 25 focuses on the issues that put young drivers in jeopardy—inexperience, poor judgement, distractions, peer pressure and a tendency to underestimate risk—in a way teens can relate to.

With a strong emphasis on classroom interaction, students are encouraged to join in non-threatening, non-judgmental discussions—exploring how changing driving behavior makes personal, legal and financial sense.

Course objectives include being able to:

- Recognize that drivers in the 15-24 age group are more likely than anyone else to be injured or killed in a vehicle crash and understanding why those drivers are at such high risk
- Understand the consequences of making poor judgements or taking unnecessary risks in a vehicle
- Recognize the positive characteristics that can help them and their friends make wise driving decisions
- Identify actions they can take to keep control whether they are a driver or a passenger
- Committe to making better driving choices and to help their friends make better driving choices

The National Safety Council estimates that 50% of teen drivers will be involved in a motor vehicle crash before they graduate high school.

Education is the Key to Change.

For more information on the NSC Alive at 25 Course, visit: nsc.org/Alive25

To learn more about course content, see reverse side.
What participants will learn

Designed to complement traditional driver education programs, Alive at 25 was developed to teach and improve driving skills and behaviors, and communicate the positive in making good driving decisions. The 4-hour course incorporates Choice Theory and Reality Therapy™ techniques to help participants identify the five basic needs that drive human behavior. Whereas driver education teaches the basics of car mechanics, road handling and state laws. Alive at 25 helps young drivers take greater responsibility for their driving by focusing on behavior, judgement, decision-making and consequences.

By showing real-life driving situations and hazard recognition scenarios from high impact videos to group discussions and role-playing exercises, participants learn to develop convictions and strategies that will keep them safe on the road.

Focusing on behavior modification, the course covers key topics and issues including:

- The risk and consequences of unsafe driving behaviors including speeding, tailgating, distracted, impaired, aggressive, and drowsy driving
- Collision prevention techniques and defensive driving strategies
- What’s within your control when driving
- Vehicle maintenance, warning signs and signals
- Hazardous driving evaluations and more

Getting Started with NSC Instructor Certification

Become certified to teach Alive at 25 through NSC eLearning Instructor Certification Training. You can schedule training at your convenience. The web-based program invites candidate instructors to complete the course at their own pace, with the added benefits of eliminating travel expenses and less time away from home and work.

The Instructor Certification Course combines best practice instructor facilitation and training methods for teaching defensive driving, instructions on how to teach the course along with scenario-based training depicting actual instructor-student interactions. Learn more about NSC Instructor Certification at nsc.org/Certified-Instructor

For more information on the NSC Alive at 25 Course, visit: nsc.org/Alive25 or call (800) 621-7619