



**SICURI  
PER  
SCELTA**

Muoversi. Con intelligenza

**DOVE ANDIAMO?**

**SAFE BY CHOICE**

progetto promosso da



con il patrocinio di



*Ministero dell'Istruzione e del Merito*  
Ufficio Scolastico Regionale per il Piemonte Ufficio VI - Ambito territoriale di Cuneo

## A ROAD EDUCATION PROJECT



From big cities to small towns, everyone's daily routine is marked by movement, whether it is through urban or extra-urban space to get to school, work or back home. A routine made up of unavoidable rules for moving around safely, but also of habits and small carelessness that can make us forget the importance of prudence and rules.

This is why the project '**Safe by Choice. Move. With intelligence**', ("**Sicuri per Scelta. Muoversi. Con intelligenza**") an initiative dedicated to road safety education that aims to make all road users aware of the rules and promote a correct perception of risk. With a budget of EUR 300,000, the project is supported by a network of bodies active in the area: the **Province of Cuneo, The Foundation CRC, the Foundation CR Fossano, the Foundation CR Saluzzo and the Foundation CR Savigliano (Provincia di Cuneo, Fondazione CRC, Fondazione CR Fossano, Fondazione CR Saluzzo e Fondazione CR Savigliano)** with the scientific collaboration of **S.I.P.Si.Vi** (Italian Society of Psychology for Safety Traffic) (S.I.P.Si.Vi (Società Italiana di Psicologia della Sicurezza Viaria) and the patronage of the **Regional School Office for Piedmont, Office VI - Territorial area of Cuneo.**

For three years, from 2024 to 2026, '**Safe by Choice**' will be in all schools in the province, bringing the message of safety on the road directly to the students, proposing an approach that focuses on spreading notions by combining theoretical aspects, moments of reflection and role-play in the classroom and in the family.

The first year aims to promote a strong cultural action dedicated to **increasing the perception of road risk**, helping to **reduce the frequency and severity of road accidents** and **raising awareness of risky road behaviour.**



This publication, entitled "**Where are we going?**" ("Dove andiamo?") is dedicated to **9 and 10 year old students** and will be distributed to the fourth grade classes of the participating Comprehensive Institutes.

The target audience is the **passenger transported** a role that truly involves all road users, of any age: boys and girls attending the fourth grade of primary schools can thus become true promoters of virtuous road behaviour not only for themselves, but also for their families and adults of reference. Through comic strips and accompanied by a special helper, in these pages they can discover the behaviours to follow when travelling as passengers and those never to forget when driving.

### THE TRANSPORTED PASSENGER

Gianni, the child protagonist in the mini-book, as he experiences the role of a passenger carried by different adults, has the opportunity to have a relevant experiences in his personal relationship with road risk.

**4 situations to reflect on the safety of the transported passenger and a game card** to observe the complexity of the urban environment.

The mini-book, intended for 9-year-old children, illustrates an educational pathway on the perception of road risk provides concepts for adults to think about by proposing the adoption of exemplary road behaviour.



## Situation 1 - THE HEDGEHOG WON'T STOP

Gianni is a 9-year-old boy, he lives in the country and every Thursday in the late afternoon he attends a city sports centre to practise football. It is November and the weather is drizzling. His father waits for Gianni in front of the gym to take him home.

Getting into the car, the boy feels clumsy about his jacket and does not want to fasten his seatbelt. Gianni expresses a typical prejudice: is the seat belt really that useful even on short, routine journeys? But here comes the call from Dad, and Gianni obediently buckles up.

Dad knows the obligation in the highway code: when the engine is running, one has to be buckled up, always.

Suddenly an unexpected event occurs: a porcupine crosses the road, forcing Dad to brake sharply. The driver and passenger are frightened but are not injured, because each was protected by his own seat belt.



**Article 172 of the Highway Code** regulates the transport of children in cars. If the 9-year-old child is less than 150 cm tall, he or she must be secured to the seat with a child restraint system (child seat or booster seat), appropriate to his or her weight, of an approved type.

When the child reaches 150 cm in stature, he or she can travel safely by sitting directly on the seat and buckled up.

**ALWAYS**, in any driving situation.

In the European Union, car booster seats are regulated by two different regulations. It is important to check the label attached to the booster seat: it indicates the child safety code.



**R44/04:** is the regulation that classifies booster seats according to the weight of the child; these seats are on sale until 31 August 2024 and can be used legally and safely in subsequent years.



**R129/i-Size:** this is a newer regulation based on high-tech safety tests; it classifies booster seats according to the height of the child; it makes the backrest mandatory for children up to 125 cm tall, for better protection in the event of a side impact.

In addition, there is the **ISOFIX** mechanism for attaching the booster seat to the car seat: it is indicated as the safest.

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## Situation 2 - TEDDY WON'T STAY IN THE CAR SEAT

Luisa is proud to have passed her driving test: she can finally use her mum's car! Today Luisa accompanies Gianni and Alice to their grandparents' house, which live about 30 km away: for the children it is a special occasion, not everyone has a sister with a driving licence! Gianni sits in the car seat in the back, Alice in her car seat holds Teddy in her arms; Luisa while talking on the mobile phone starts the engine and drives off.

Alice lets loose her teddy bear on the floor of the car; Gianni does not hesitate to unbuckle himself while the car is momentarily stopped at the traffic light and lacks adult control. At the moment when the traffic light turns green Luisa starts accelerating hard and Gianni, untied and intent on retrieving the teddy bear, bangs his right cheek against the riser and feels a sharp pain. From this experience Gianni begins to gain certain awareness: even as a child one can learn to be careful and responsible for one's own safety behaviour.



**Article 173 of the Highway Code** prohibits drivers from using smartphones, laptops, notebooks.

You can use:  
the speakerphone;  
the headset from one ear;  
the Bluetooth from the car via voice commands.

According to experts, using a mobile phone while driving increases the likelihood of an accident by 4 times compared to not using it because it takes longer to

**perceive the danger → react to avoid it → stop the vehicle**  
**reaction time / reaction space / braking distance**

**INFORM YOURSELF AND STAY INFORMED!**



## Situation 3 - EVEN DRIVING MAKES YOU TIRED

Mum organised a visit to friends who live about 700 km away, leaving late Thursday afternoon and returning on Sunday evening, travelling in the large car that is more suitable for long journeys. And here comes the time for preparations for the return journey to Piedmont.

The comic describes the journey home.

After the three days spent with friends, one takes home not only the memories of the good times;

in fact, around the vehicle are suitcases, backpacks, duffels, packs:

**for a safe journey it is important to distribute the load on the car well.**

Even the little dog has its place: Gianni explains that

**the dog Leo must travel in the boot, in the special carrier.**

It gets dark, the noise of the engine makes it easier for Gianni and Alice to sleep, while Mum drives carefully, but the tiredness accumulated during the day and the few hours dedicated to sleep during the last three days make it increasingly difficult for her to stay awake.

Finally, here's a service station...time for a break!

### How do you transport an animal in a car?

**Article 169 of the Highway Code** allows you to transport a pet in a car, as long as it is kept in the appropriate cage or container or in the rear compartment specially divided by a net or similar.

The behaviour of animals is not, in fact, predictable: even if you know your dog or cat very well, it could be frightened by an unexpected event and, if left free to roam inside the vehicle, it would disturb the driver and pose a very high risk.

### What are the obligations of a driver?

**Article 141 of the Highway Code** emphasises the fact that the driver must not be a danger to himself or others.

When driving it is obligatory:

- regulate your speed while avoiding any danger to the safety of persons and property
- always remain in control of your vehicle
- be able to carry out any manoeuvre safely, including braking in a timely manner within the limits of the field of vision and in front of any foreseeable obstacle.

Driver tiredness or 'driver fatigue' interferes with the task of driving.

Drowsiness while driving is one of the main causes of serious accidents on motorways (1 in 5 accidents) because it significantly reduces the ability to react.

By falling asleep, the driver loses awareness of the impending danger.

People often think they can withstand the oncoming sleep, but sleeping less than 5 consecutive hours increases the probability of feeling sleepy while driving by 4.5.

Prevention is best achieved before departure by planning the journey well.



During the journey, on the other hand, in the event of driver fatigue, experts explain that there is only one remedy, to stop (pit stop) in a safe place for the 'power nap': it is a short 'energy' nap, lasting about 20 minutes, then a few exercises to stretch the arms and legs... to be ready to go again.

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## Situation 4 - GOOD HABITS TO SPREAD

With the arrival of summer it is holiday time. Ready to set off on a new journey, the family members discuss the rules of road safety in order to understand their meaning and transfer them into their own behaviour.

In the latter situation, the hedgehog's questions are replaced by family dialogue and a willingness to make a change in personal behaviour.

Mum prepares to drive the family SUV and switches off her mobile phone before getting into the vehicle. Gianni reminds how car seats and booster seats work, it is important to compare one's height and weight with the initials on the restraint labels.

### **On which vehicles can a 9-year-old child travel safely?**

A child cannot be transported on an electric scooter, scooter, work vehicles (vans, trucks), agricultural vehicles (tractor).

On the school bus, he/she must wear seat belts if they are provided.

On taxis he may only travel in the back seat if accompanied by a person who is 16 years of age or older.

In a car, you may only travel on the seat if you have reached a height of 150 cm; otherwise you must use the booster seat, but always remain fastened.

**In the event of a car accident: the car seat must be changed.**

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# HOW WELL DO YOU KNOW ROAD SAFETY?

## Let's find out together!

The child is invited to choose an adult to whom to submit the questions on this page.

The purpose of the quizzes is not evaluative, on the contrary, they aim to initiate a discussion/dialogue within the family to internalise some fundamental notions on road safety.

The adult must answer truthfully, without looking for answers on a mobile phone.

By returning the questionnaire with the completed answers to school, the child will be rewarded for his or her efforts.

### 1) Seat belts

- a. are only mandatory on motorways  T  F
- b. are not compulsory in the rear seats  T  F
- c. are only required for children under 18 years of age  T  F
- d. if you're driving slowly, you don't need them  T  F
- e. if properly fastened, they can save your life  T  F

### 2) A traffic accident occurs due to...

- a. fatality/unluck  T  F
- b. underestimation of the road risk  T  F
- c. haste/distraction  T  F
- d. not enough controls  T  F

### 3) The probability of having an accident is higher:

- a. on motorways  T  F
- b. on country roads (outside town)  T  F
- c. in town  T  F
- d. more or less is the same on all roads  T  F

### 4) In case of rain, snow or fog:

- a. you should reduce your speed  T  F
- b. it is necessary to self-control anxiety/fear  T  F
- c. you can drive as in normal conditions  T  F
- d. there are no special dangers  T  F
- e. the reaction time can be longer  T  F

### 5) The reaction time:

- a. depends on the speed of travel  T  F
- b. lasts about 1 second  T  F
- c. depends on the driver's condition  T  F
- d. time that runs from the moment a danger is perceived and the moment when one starts to react to prevent it  T  F
- e. becomes slower if two actions are taken at the same time  T  F

### 6) The reaction space:

- a. depends on the speed of travel  T  F
- b. is measured in meters per second (m/s)  T  F
- c. depends on weather conditions (rain, snow, etc.)  T  F
- d. is the space travelled during reaction time  T  F

### 7) Dialing a phone number on your mobile while driving increases the likelihood of an accident by:

- a. two times  T  F
- b. four times  T  F
- c. twelve times  T  F
- d. does not increase the probability of an accident  T  F