

## FACT SHEET

# RAC bstreetsmart



Road Trauma  
Support WA



### When you first start driving

**Did you know** that young drivers aged between 17 and 24 are currently over represented in the road crash data and are known to have the greatest risk of crashing – even without a blood alcohol reading?

**Did you also know** that drivers aged between 17 and 19 years had the highest age specific fatality rate in 2015?

That's why it's so important that you understand the risks involved when you get behind the wheel and why events like RAC bstreetsmart are so important.

This fact sheet is for students from across WA who attend both the metropolitan and regional Bstreetsmart events and will give you information about the feelings and emotions that you might encounter when watching what is going on in the arena in front of you.

### About RAC bstreetsmart

RAC bstreetsmart is a free Western Australian road safety awareness initiative for all students in years 10 to 12. The event is run by the RAC with assistance from the WA Police, Department of Fire and Emergency Services, Royal Perth Hospital, St John Ambulance and Road Trauma Support WA.

The event aims to show students the impact that distracted driving can have on individuals, families and the community by graphically recreating a crash scene. It has been deliberately designed to be as true to life as possible and represents just what can happen following a moment of inattention behind the wheel. It also gives students the chance to learn about the experiences of people who have been directly impacted by road trauma.

Watching the re-enactment might make you feel uncomfortable. It's important to know that this is normal and ok. If, however, you feel very distressed or overwhelmed by your reactions, please come and talk to one of the counsellors assisting at the event.



Road crashes have a devastating impact on families, on friends and on the community and can have a lifelong effect on those involved as well as those left behind.



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City West Lotteries House, 2 Delhi Street, West Perth WA 6005  
phone: 9420 7262 / 1300 004 814  
email: [admin@rtswa.org.au](mailto:admin@rtswa.org.au) / web: [www.rtswa.org.au](http://www.rtswa.org.au)





## What does a counsellor do?

Our counsellors are specially trained mental health professionals who are there to talk about what is bothering you. Sometimes just having the space to talk to someone who understands what you are experiencing can help you to feel better. Counsellors can also help you to make sense of what you are feeling and why. A counsellor can suggest ways of dealing with your feelings that will help you to calm down and feel more in control. They can also recommend further support if they think that you might need it.

### Signs that it might help to speak to a counsellor:

- Crying, and being unable to stop
- Feeling numb or spacey
- Feeling anxious and/or panicky
- Re-living traumatic memories and being unable to stop thinking about these
- Feeling extremely sad and like life is not worth living

## Counselling after the event

Whether or not you speak to a counsellor at RAC bstreetsmart, if you or anyone you know would like to speak to a counsellor about road trauma, you can contact the Road Trauma Support WA team on (08) 9420 7262, toll free on 1300 004 814. You can also email us at [admin@rtswa.org.au](mailto:admin@rtswa.org.au) or visit our website at [www.rtswa.org.au](http://www.rtswa.org.au) if you'd like more information. Our service is free and there is no obligation for you to attend counselling if you contact us.

## About us

Every year in WA, thousands of people are impacted by road trauma. Losing family and friends, dealing with injuries, caring for those injured, causing a crash or witnessing a serious crash can have a devastating and enduring impact.

Road Trauma Support WA is a FREE state-wide service assisting anyone affected by road trauma, regardless of when the incident occurred or what involvement (direct or indirect) the person had.

### We provide :

- Information & support
- Specialised grief and trauma counselling
- Education and training (costs may apply)

We are committed to being respectful of cultural and family values and provide our service in a safe, non-judgemental environment.

RTSWA is a not-for-profit agency delivered by the Injury Control Council of WA and funded by the Road Trauma Trust Account with contract management through the Road Safety Commission WA.

To find out more, please visit our website at [www.rtswa.org.au](http://www.rtswa.org.au) or contact us on (08) 9420 7262 or 1300 004 814 (toll free).



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