

UPSTATE

TRAUMA CENTER

Let's Not Meet By Accident/Impact Teens

Car crashes are a leading cause of death for teens. Many crashes are due to distracted, impaired, or reckless driving. **Let's Not Meet by Accident (LNMBA)** has been a part of Injury Prevention Efforts at the Trauma Center for over 20 years. The program is based on the "Impact Teens" evidenced-based program to empower young people to make meaningful behavioral changes in their own driving habits as well as promote safe driving within their community. **LNMBA** endeavors to affect long-term attitudes and behaviors of individuals by connecting with them on an emotional level.

The program begins with *What Do You Consider Lethal by Impact Teens*. This part of the program teaches teens about good decision-making behind the wheel and common distractions that lead to motor vehicle accidents.

Next, the teens hear a radio report from the scene of a two-car motor vehicle crash. This part of the program identifies all the injuries, what happens when you come to the trauma center and what equipment we use. They are taken through the story from beginning to end with the assistance of actual student volunteers to put "faces to the radio report". The teens learn who died at the scene, and finally, the long-term consequences. This program inspires teens to make good decisions and provide them with information and tools to share the message with their peers.

This program is usually offered in the spring and fall but with a cap of 6 classes each. The program is not required to run in tandem with a Mock DWI crash, but it certainly complements it if available. The Trauma Center reports directly to high schools to offer programming for those districts and can work with small or large groups.

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