

Excuse Yourself Presentation Administration Information Packet

Hello!

My name is Rebecca Bowman White and I am the program coordinator of Youth Driven, traffic safety and leadership program for Rhode Island high school students. Youth Driven is a traffic safety and leadership program that is led by the Rhode Island Student Assistance Services (RISAS) and supported by the Rhode Island Department of Transportation (RIDOT), Office On Highway Safety. Youth Driven is a year round RI high school program & one of the presentations we provide is '**Excuse Yourself**'. I have been public speaking for over 20+ years and I am excited to share these refusal skills with your students.



Excuse Yourself is a free educational training for middle and high school students on how to safely avoid getting into a car with an impaired driver. This 50 minute long presentation is suitable for grades 8-12. The Excuse Yourself program is best if presented in an assembly style and is very interactive. I highly recommend separating the assemblies by grade because students who are already driving will have a different perspective from those too young to drive.



Overview

- Teach refusal skills on how to avoid getting into a car with an impaired driver.
- Educate on how drugs and alcohol impair a driver.
- Teach three ways to get out of a situation, avoid, excuse yourself and tell a trusted adult.
- Discuss 3 real-life scenarios.

Objectives

- Teach refusal skills.
- Prepare students on how to keep themselves safe.
- Encourage students to assess a situation and excuse themselves without escalating it.
- Build students self confidence to react in these real-life situations.

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Presentation Breakdown

The presentation begins by educating the students on **how drugs and alcohol impair a driver** and make it unsafe for them to drive. We review the **warning signs of a driver who might be impaired by alcohol or other substances.**

Teach the three refusal skills on how to safely get out of the situation:

1. **Avoid the situation** - Call someone else for a ride or find another way to get to your destination. Walking, riding a bike, public transportation or ride share.
2. **Excuse yourself** - Come up with any story to prevent you from getting into the car. Pretend you're not feeling well or you have an emergency phone call.
3. **Tell a trusted adult** - Tell a coach, cousin, sibling, family member, friend, teacher, parent what you are going through and that you need help.

We then discuss three real life scenarios, which are:

Your sibling is picking you up from soccer practice and you can tell they are drunk. What do you do?

Your parent has a medical marijuana license and chooses to smoke before driving you to a friend's house. What do you do?

You get to a concert and your driver starts to drink. What do you do?

The main objective of this presentation is to remind students to **never get into the car with the impaired driver.**

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I would be happy to set up a meeting if you have any other questions. I look forward to working with you and sharing these refusal skills with your school. Feel free to visit our website, www.youthdriven/excuseyourself.org to see our calendar of availability. Thank you again for your time.

All the best,

Rebecca B. White (She/Her/Hers)
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Schools that have already hosted this presentation

West Warwick High School	West Warwick Middle School	Narragansett High School
Kickemuit Middle school	Mt. Hope High School	Central Falls High School
Woonsocket Hamlet Middle	North Smithfield High School	Scituate High School
Pilgrim High School	Ricci Middle School EP	Warwick Vets Middle School
Chariho Middle School	Burrillville Middle School	Westerly High School
Davisville Middle School NK	St. Andrews Academy	East Providence
Jamestown Middle School	Barrington High School	Coventry High School
Wickford Middle School	Cranston West High School	Cranston East High School
The MET - Providence	St. Josephs Middle School	Bay View Academy