

Jo's story

Jo Pryce, 17, was travelling with her boyfriend when he overtook a friend's car at speed, approaching a bend. He lost control when he tried to avoid oncoming traffic and crashed in to a tree. Jo died from her injuries at the scene, while her boyfriend walked away with only minor injuries.



Jo had only begun a new job as a medical receptionist two weeks before the tragedy, and was a popular girl with many friends.

The driver was found guilty of causing death by dangerous driving. He was sentenced to four years in prison and banned from driving for five years. The driving ban would not come in to effect until after he served his sentence.

Inexperience, over confidence, speed and a lack of responsibility for road users and his passengers - including Jo - led to this tragedy.

"It should never have happened, a parent should never have to bury his child, it's such a waste," said Jo's Dad, Gerry Pryce.

Jo's story was one of the inspirations for The Honest Truth. Please remember her story and stay safe on the roads.

"The Honest Truth"
thehonesttruth.co.uk

The P.A.N.I.C App

The **P.A.N.I.C App** is designed to help you in the first few moments if you are involved in a car crash. It gives you information about protecting the scene and yourself, basic first aid and a location finder so you can tell the emergency services where you are. In addition the App will store your emergency contact and medical details (ICE) along with many useful reminders about your car's MOT, insurance renewals etc.



Black Box

Parents – do you want to know how your son or daughter are driving and possibly save money at the same time?

A number of insurance companies are now offering policies that include a 'black box'. There are a number of different types but generally they monitor how fast the car is being driven, sudden braking/ cornering, the time of day and the number of miles driven.

These details are then normally available to view on-line. With some of them the 'black box' also acts as a 'tracker' so if the car's stolen it can be recovered.

Another benefit can be much better fuel economy due to more careful driving.

Further Training

Passing your test doesn't mean you are a good driver, just good enough on the day. To improve your skills why not do an advanced driving course? Speak to your instructor about furthering your skills - towing, night driving and more.



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"The Honest Truth"

about safer driving

Small changes save lives



Which one are you?
thehonesttruth.co.uk

Dear All,

If you are reading this then you or someone close to you are learning to drive, but what can we do to reduce the risk of being seriously injured, or worse, killed in a crash?

The biggest risk factors come from the number of passengers carried in the car (more passengers means more risk), the time of day (10pm – 5am is when accidents occur most) and bad weather.

Part of learning to drive is becoming more independent and this is the time to start thinking about and discussing ways to keep safe on the road, now and after passing the test.

Remember, small changes can save lives. Thank you for reading.

Olly Taylor

The Honest Truth Partnership

For more information visit:
www.thehonesttruth.co.uk



17-24 year olds only make up about 10% of the population but in recent years they have accounted for:

- **Half of injury crashes between 10pm and 5am.**
- **Over a third of people arrested by Police after failing a roadside breath test following a crash.**
- **Half of crashes blamed on excess speed.**
- **Half of crashes involving only one vehicle.**
- **Nearly half of injury crashes in the rain.**

Risk factors

The following factors all increase your chance of being involved in a crash. The more of these you do, the greater the risk.

- **Speeding**
- **Driving in bad weather**
- **Having passengers in the car**
- **Driving between 10pm and 5am**
- **Drinking alcohol or taking drugs**
- **Using a mobile phone**

This list is not exhaustive and other factors can cause crashes

Distractions

- Having friends in your car can encourage you to take more risks.
- More girls die as passengers than drivers. If someone's not driving safely and you're a passenger, speak up.
- All sorts of distractions, not just those inside the car, can cause crashes.



...watch the road, not the chimps in the back

Seatbelts

- A life would be saved every day if everyone wore their seatbelts.
- People are less likely to use seatbelts on short or familiar journeys or at low speeds. This puts them at serious risk.



...belt up in the back - don't be a deadweight

Speed

- Driving too fast for the conditions is a major cause of crashes.
- At 35mph you are twice as likely to kill someone as you are at 30mph.



...better five minutes late than being dead on time

Drink

- There is no foolproof way of drinking and staying under the limit.
- For young people the accident risk increases after one drink; after two it doubles and after five it can increase tenfold.
- Alcohol stays in your system longer than you think.



...consequences last longer than your hangover

Drugs

- Drugs can cause slower reaction times, poor concentration, sleepiness/fatigue, confused thinking, distorted perception and over-confidence.
- Prescription medicines can also affect your ability to drive, so always read the leaflet.



...stoned, high or drunk, the punishment's the same

Mobile Phones

- If you use a mobile phone you are four times more likely to crash, injuring or killing yourself and/or other people.
- Remember it isn't just speaking – texting and using smartphones is even more distracting than talking on your phone.



...dying to read your text?

Showing Off

- Revving your engine excessively or spinning your wheels can get you a warning from the Police.
- If you do it again your car may be towed away and it will cost hundreds to get it back. Your insurance premiums could possibly increase.



...try impressing your mates without your car

Tired

- Research shows that up to 20% of the collisions on the road are sleep related.
- Young drivers are statistically more likely to crash because they are twice as likely to undertake a journey whilst feeling tired
- Sleep related collisions tend to be more serious; with 50% more likelihood to result in death or serious injury.



...how shattered are you