

Safety checklist

Driving

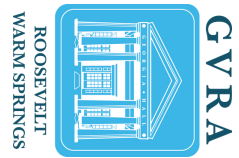
- Wear your seatbelt at all times
- Obey all traffic laws
- Do not drink and drive
- Do not text and drive
- Follow posted speed limit signs
- Do not move someone who may be injured; instead, call for help

Extracurricular

- Know your limits in any given activity
- Use proper equipment for activity
- Do not drink while participating in activities
- Check the depth of water and check for any objects below the surface before diving or jumping in
- Practice weapon safety



PARC emphasizes responsible choices to prevent brain and spinal cord injuries.



6135 Roosevelt Highway
P.O. Box 1000
Warm Springs, GA 31830
Phone: 706-489-7618 or 706-489-7621
www.gvs.ga.gov

PARC

Prevention and Responsible Choices



What is the PARC Program?

The PARC Program was created in 1991 as a collaborative initiative with:

- Roosevelt Warm Springs - Brain Injury Program
- Rotary Club of Meriwether County
- Late Juvenile Judge David Turner
- Late Probate Judge Idus Robertson

It is a prevention program designed to provide education and experiences which reduce risky behaviors in adolescents between the ages of 14 and 19. The program consists of one session with a limited number of participants per session.

Participants are vehicle violation offenders identified by Probate and Juvenile Judges through the traffic court system in Meriwether and surrounding West Central Georgia counties. Participants are involved in activities designed to bring awareness of the possible consequences of their behaviors and to encourage changes in knowledge, attitude and, ultimately, behavior.



Participation in the program is part of the sentence issued by the Probate or Juvenile Judges in the traffic court system. Referrals are made by the Judges. Participants are scheduled and provided with necessary information regarding location, fee and time.



Why is PARC Needed?

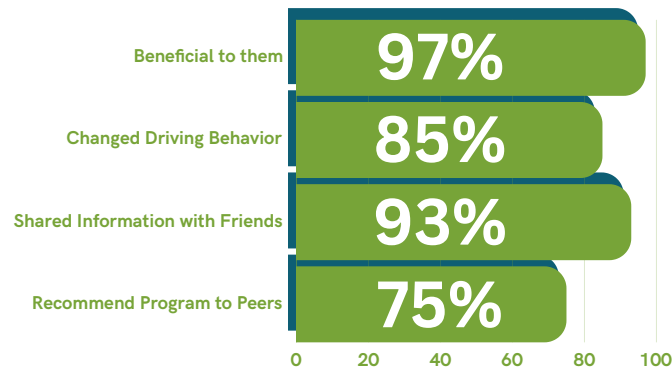
Motor vehicle accidents are the leading cause of brain and spinal cord injuries, with the highest rate occurring among adolescents. Adolescent risk-taking behavior accounts for these high rates of injury.

Traditional prevention measures have focused on changing harmful factors in the environment but have failed to deal with adolescent risk-taking behaviors. The PARC program emphasizes each individual's accountability to make responsible choices, thereby reducing risk-taking behaviors.

What do PARC Participants Say?

"I think attending this program is appropriate because like me, most people haven't seen videos of what actually happens to the people in the car driving during high-speed crashes and how those split-second mistakes can change your life forever."

2024 Participant



"Speeding and even the smallest disturbances can be life threatening. Speeding to get somewhere quicker is pointless, it'll save you 5 minutes at the maximum."

2024 Participant

Is PARC Successful?

The PARC Program has served over 1,300 teens since its inception in 1991. A formal evaluation conducted under the direction of Emory University Rollins School of Public Health shows positive changes in attitudes, behaviors and knowledge.

Specific results of the evaluation indicate:

- PARC has been well received by participants and referral sources.
- Target population has been well served.
- Changes occurred in behavior and attitude related to speeding.
- Changes occurred in behavior and attitude related to diving.
- Changes occurred in behavior and attitude related to helmet use.
- Number of repeat offenses was reduced.
- Rate of brain and spinal cord injuries decreased by 75% in the host county.

"Because of the severity of brain and spinal cord injuries, as well as their high long-term costs, it is important to find effective means of preventing their occurrence. The PARC Program targets young persons who have been identified as being at the greatest risk of brain or spinal cord injuries because of their behavior. The results of this evaluation indicate promise for use of educational and experiential programs similar to PARC for adolescents as an effective strategy for reducing injuries caused by irresponsible risk behaviors."

Rollins School of Public Health-Emory University

