

Healthy Living

Information, success stories and resources for Peace Corps Volunteers, counterparts and community members



April 2013

Driving in Georgia

- Wearing a seat belt can reduce crash injuries by 50%, but usage in Georgia has been low.
- Legislation enacted in Georgia in 2010 doubled fines to 40 lari for not using seat belts in the front seat.

The total number of traffic accidents per year has been steadily declining recently, leading to fewer deaths and injuries:

- There were 4486 crashes in 2011, compared to 5482 in 2009.
- A resulting 6638 people were injured and 526 killed in 2011 versus 8324 injured and 741 killed in 2009.

Sources: safedrive.ge, police.ge, geostat.ge

Driving Safety

Spring is finally here! The snow is melting, the weather is getting warmer, and drivers across the country are increasing their speeds while possibly risking the safety of their passengers. While volunteers don't spend any time behind the wheel of cars during service, they do spend a significant amount of time traveling in many different kinds of vehicles. In fact, traffic accidents are one of the most significant safety threats to Peace Corps Volunteers worldwide. To help keep us safe, Peace Corps spends a large amount of time training volunteers to choose the safest transportation options available on the road.

Unfortunately, Georgians may not be receiving this level, or any level, of comprehensive education on traffic safety, the dangers of drunk driving, or the importance of seat belts and child seats.

Volunteers and the organizations in which they work have long been agents of change in their communities. Using this status, they can encourage safe driving practices, raise awareness of pedestrian safety issues, facilitate trainings on the dangers of drunk driving, work on projects to build sidewalks or speed bumps, or develop positive behavior change methods to promote the use of seat belts. Although attempting to change driving behaviors can be especially difficult, working with Georgian communities to increase awareness on these critical issues can have a big impact and could potentially save lives.

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Organizational Spotlight: The Partnership for Road Safety



The Partnership for Road Safety is a Tbilisi-based foundation that is dedicated to promoting road safety to Georgian youth and adults. Through partnerships with the Georgian government and various local and international organizations (including USAID), the Partnership for Road Safety has successfully implemented projects that have significantly advanced the practice of road safety for both drivers and pedestrians in Georgia. Thanks in part to their campaigning and efforts to raise awareness on the importance of seat belt use, front seat passengers and drivers in Georgia are now required by law to wear seat belts. The foundation also collaborated with BP to develop a driving safety center at Tbilisi Public

School No. 1 which features a seat belt use simulator to show the negative effects of not being buckled in. Trainings are frequently held there with Tbilisi area youth. Representatives from the organization also regularly hold road safety trainings in the regions for youth. If you are interested in holding a road safety training at your organization or school, they have training manuals and DVDs for both youth and adults that are available free of charge in Georgian.

The Partnership is currently working on translating these training materials into Armenian and Azerbaijani for Georgia's

minority communities.

G11s Goodloe Harman and Jana Price, and G12 Mike Shvartsman are currently collaborating with the Partnership for various road safety projects.

This organization is very active and the employees are highly interested in working with Peace Corps Volunteers to promote the country's pressing need for improved road safety. If you are looking for ways in which you can proactively focus on road safety issues in your communities, visit their website for more information or contact them at:

www.safedrive.ge

georoadsafety@gmail.com

They would love to hear from you and work with you!

The Long-Short Walk...

Because one-third of all car accidents in Georgia involve pedestrians, the Partnership for Road Safety is partnering with the Life Skills Committee to promote the international event, The Long-Short Walk. This is an initiative to promote awareness on pedestrian safety as part of the Zenani Mandela campaign. This campaign is named after Nelson Mandela's great-granddaughter who was killed in a car crash at the age of 12; it is run by the Mandela family. It is part of the United Nations' Decade of Action for Road Safety – from 2011 – 2020.

Schools and NGOs around the world have taken part in long-short walks, which can be held any day of the year leading up to May 6. The UK organization Make Roads Safe, which leads the Zenani Mandela Campaign, encourages participants to take pictures of their walk and for walkers to carry signs with the phrase "I am walking for _____", and then to fill in the blank with the participants' inspirations for taking part in the campaign.



Then, for the week of May 6 – the UN Global Road Safety Week – Make Roads Safe will compile long-short walk photo submissions from around the world to combine them into "One Long-Walk, which will provide a snapshot of streets and journeys all across the world" (makeroadssafe.org).

Volunteers and schools and organizations are encouraged to have a long-short walk in your communities and to use it as an opportunity to open up discussions on this critical issue. This is also a great activity, which you can facilitate for Take Action April! For more information visit: makeroadssafe.org.

Take Action April

Calling all Volunteers!

This April, the Life Skills committee aims to increase life skills knowledge at the local level all across Georgia. To accomplish our goal, we need your participation. During Take Action April, we plan to have one health-related project taking place in Georgia each day in April. Schools, organizations, and communities around the country will facilitate these projects. The events can be big or small—incorporating a life skills activity into a lesson, conducting a training, hosting a fitness club, and more.

At the end of the month, the Life Skills Committee will collect pictures and descriptions of all the events held in April. These photos and descriptions will be printed on a poster of a map of Georgia showing where all the Take Action April events took place. Participating organizations and schools will receive a poster to display their hard work and participation to their communities. We hope this poster inspires further participation in life skills events and is an incentive to participate in this initiative next year.



How can you get involved? Look for our email with more information and a sign-up sheet. You can sign up for as many days/activities as you would like. Reach out to the Life Skills committee if you need help planning your event or need additional resources. Remember to take action this April!

Community Spotlight – Life Skills Trainings in Tkibuli

G12 Drew Sullivan recently partnered with Dr. Tamara Tsitskishvili to facilitate HIV/AIDS and alcohol trainings at Tkibuli School No. 1. Drew organized the trainings, used posters and announcements to recruit students from grades 9 – 12 at his school, and supplied Dr. Tsitskishvili with additional information and resources when necessary. Dr. Tsitskishvili facilitated both trainings in Georgian for free.

Thirty students attended the 75-minute HIV/AIDS training held on February 13. The participants took pre and post-tests, learned about the HIV/AIDS situation in Georgia, and determined whether certain statements about HIV/AIDS are true or false.

Twenty-three students attended the 45-minute alcohol awareness training on February 27. The participants learned about the risks associated with alcohol and engaged in an intoxication simulation activity. Drew and Dr. Tsitskishvili plan to hold hand-washing trainings for grades 3 – 6 in April. Great work, Drew! For more information, contact Drew at drew.r.sullivan@gmail.com.



Gender-Based Violence: Open your Eyes. Listen. Break the Silence.

(Awareness Campaign in April)

G11s Goodloe Harman and Jana Price have coordinated a new campaign to raise awareness on gender-based violence. The program's name is “გენდერული ძაბადობა: დაინახე, გაიგე, დაარღვიე დუმირი” or “Gender-based violence: Open your eyes. Listen. Break the silence.” On March 17, with G12s Merissa Daugherty, Rachel Evans, and Scott Skinner, the volunteers conducted a training of trainers with twelve young adults in Tbilisi at the University of Georgia. The training was the first step in the five-week project for which the Tbilisi chapter of the YMCA is the partner organization. Now, for the next four weeks, the trainees will be the trainers and hold as many trainings as possible with individuals high school aged or older. On April 21, the twelve trainers and volunteers will coordinate in Tbilisi with any participants who wish to take part for an awareness raising event. Groups will meet in various locations in Tbilisi and together travel to the meeting point at the Philharmonic. Anyone interested in more information or taking part in the event can find all of the information on the Facebook group under the name “გენდერული ძაბადობა: დაინახე, გაიგე, დაარღვიე დუმირი”. Please share with your friends and colleagues. The Life Skills committee would like to recognize the hard work of the young Georgian leaders leading this campaign:

Natia Chikovani
Tamuna Giorgadze
Inga Iakobashvili
Medea Samkharadze

Luka Chochua
Mari Gogishvili
Elene Kvernadze
Mariam Shubitidze

Ann Giorgadze
Elene Grdzeldize
Anuki Mosiashvili
Mariam Shukakidze



For more information, contact Goodloe at goodloe.harman@gmail.com or Jana at janadene@gmail.com.

Community Spotlight - Women's Health Topics

Women's Health is not always an easy topic to broach, especially when you have a diverse group of men and women aged 12 - 26, but it can be done! To recognize Women's Health Month G11 Tami Timmer spent time reviewing general health and women's health issues with her English Club. They started with the “Name Game” in which Tami picked a topic and everyone had to name one thing about it, until they exhausted their vocabulary. The topic words she used were “body parts”, “sports”, and “exercises”. Interestingly, the group could not name more than a few exercises, even in Georgian. What started out as a discussion of women's health turned into a teaching opportunity about jumping jacks!

Later, they broke into three groups: physical health, mental health, and social health. Each group worked together to determine the elements that fit within their respective categories (“Defining Health”, *Life Skills Activity Book*, (eng) Pg. 109). All of the participants shared a personal healthy and unhealthy behavior for each category. Then, they took their health education even further by completing a ten question quiz (“Test Your Knowledge of Women's Health”, *Peace Corps Health Education Companion Guide*, Pg. 23). Four of the girls answered at least eight of the questions correctly. The breast cancer information and statistics specific to Georgian women seemed to be the most surprising to everyone. The hour spent seemed small, yet it was an important hour that reinforced women's health topics in a fun and meaningful way. Hats off to Tami for finding great ways to include Life Skills activities in her work. For more information, contact Tami at timmer_tami@yahoo.com.



Activity: Raising Awareness of the Importance of Car Safety

(Peace Corps Health Education Companion Guide, Pg. 30 - 32)

Purpose of Activity: To learn about the potential dangers, risks, and statistics associated with a variety of road safety issues: impaired driving, not wearing seat belts, speeding, distracted driving, and drowsy driving; to develop a public service announcement, such as a poster, mock commercial, or brochure about road safety.

Time Suggested: 90 minutes

Materials: Poster board, paper, and markers; or blackboard and chalk; Internet access helpful

Activities (Detailed Step-By-Step Instructions):

1. Explain to participants that according to statistics from the Ministry of Internal Affairs, every hour one person is injured in road accidents and one person is killed every 18 hours in driving-related incidents. Factors such as alcohol consumption, high-speed driving, and other dangerous behaviors contribute to these crashes. Most accidents could be avoided by following common safety practices. The focus of this activity is to learn about safe practices and laws designed to prevent accidents.

2. On the board or a poster, draw two columns for the “dos and don’ts” of driving. Ask participants to brainstorm about items for both lists. Their answer might include the following:

Do	Don't
Wear your seatbelt	Drive under the influence of drugs or alcohol
Pay attention	Drive above the speed limit
Obey traffic laws	Pass a vehicle when another vehicle is approaching in the opposite lane
Drive at the speed limit	Drive through a stop sign or stoplight without stopping
Signal before turning or changing lanes	Pass a car unless there's plenty of room ahead
Reduce speed at night, in bad weather, and in heavy traffic	Drive if you are sleepy

3. After discussing the lists, talk about whether or not it's important to educate the public about safety issues. Refer to recent Georgian television advertisements raising awareness of HIV/AIDS. Also discuss the new driving laws including: seatbelt requirements, drunk driving, and speeding fines. Explain that in this session, participants will explore one of five safe driving practices and create their own public safety announcement.

4. Divide participants into five groups and assign on the following topics to each group:

- Impaired driving (driving under the influence)
- Seat belts
- Speeding
- Distracted driving (i.e., driving while eating or talking on the phone)
- Drowsy driving

5. If your community/school/organization does not have Internet access, print out information on these topics ahead of time. If your school or organization does have Internet access, ask participants to research these safety issues online. Encourage them to take notes about the dangers, risks, and statistics associated with each issue. Make sure participants include examples of trauma or the consequences that might occur if safety practices are not followed.

6. Have each group develop a public service announcement, such as a poster, mock television or radio commercial, or brochure for high school-aged students or other community members. Encourage them to use statistics and reference new laws or anecdotes from personal experience.

7. After each group has presented its public service announcement, discuss the issues together. Which statistics did they find most surprising? How do they think driving practices should change after what they've learned?