



Connecting
our communities

Drink Driver Program

Participant handbook
June 2021

Name:

Mobile:

Terms and Conditions of Use

Intellectual Property Rights

VicRoads is the owner of the Intellectual Property Rights to the Material. All rights are reserved. Except for use for the sole purpose of participating in the Program, no part of the Material may be used, copied, stored, reproduced, published or transmitted in any form or by any means in whole or part, without prior written approval or the written approval of the owner of the Intellectual Property Rights to this Material.

Disclaimer

VicRoads does not guarantee the quality, suitability, completeness or accuracy of any of the Material. VicRoads also does not guarantee use of this Material will lead to positive outcomes for the User from participating in the Program

VicRoads does not accept any responsibility or liability for any loss, damage, cost or expense, whether direct or indirect (including but not limited to legal costs and defence of or settlement of claims or consequential loss or damage), negligence or otherwise, which may be suffered or may arise from or in connection with the use of this Material.

Definitions

In these terms and conditions:

"Intellectual Property Rights" means copyright, trademark, patent, design and any other intellectual property ownership recognised by relevant laws and legislation;

"Material" means data, content and information created, written, published and/or stored for the purpose of the Program;

"Program" means the Drink Driver Program;

"User" means participants in the Drink Driver Program;

"Terms and Conditions" means these terms and conditions of use of this Program, together with relevant disclosure and privacy laws and any additional terms, conditions, notices and disclaimers by VicRoads; and

"VicRoads" means the trading name of the Roads Corporation and refers to the same entity as the Roads Corporation.

©VicRoads, 2019

Program Overview

The VicRoads Drink Driver Program aims to help you avoid drink driving in the future.

The Program involves:

- sharing your experience
- sharing some drink driving stories
- thinking about your alcohol use
- participating in group activities
- looking at some of the reasons behind drink driving
- identifying actions to avoid drink driving in the future.

The Program runs over two sessions, and participants are asked to complete a drinking diary between sessions.

Session One is about understanding why people use alcohol and why you drink drive.

Session Two is about reducing the risks to you and to others.

To receive your Certificate of Completion you must complete all parts of the Program by participating in discussions, activities and completing exercises in this handbook.

This or That Activity

Working on your own, tick which one of each pair you prefer in the list below.

<input type="radio"/>	Cat	or	<input type="radio"/>	Dog
<input type="radio"/>	City	or	<input type="radio"/>	Country
<input type="radio"/>	Winter	or	<input type="radio"/>	Summer
<input type="radio"/>	Ford	or	<input type="radio"/>	Holden
<input type="radio"/>	Apple	or	<input type="radio"/>	Android
<input type="radio"/>	Footy	or	<input type="radio"/>	Rugby
<input type="radio"/>	Indoors	or	<input type="radio"/>	Outdoors
<input type="radio"/>	Sweet	or	<input type="radio"/>	Savoury
<input type="radio"/>	Morning	or	<input type="radio"/>	Evening
<input type="radio"/>	Coffee	or	<input type="radio"/>	Tea

In pairs, compare what you and your partner have in common.

Dave's Story



Dave's Story

He doesn't believe drink driving puts him or others at risk.

He doesn't think he needs to comply with road laws

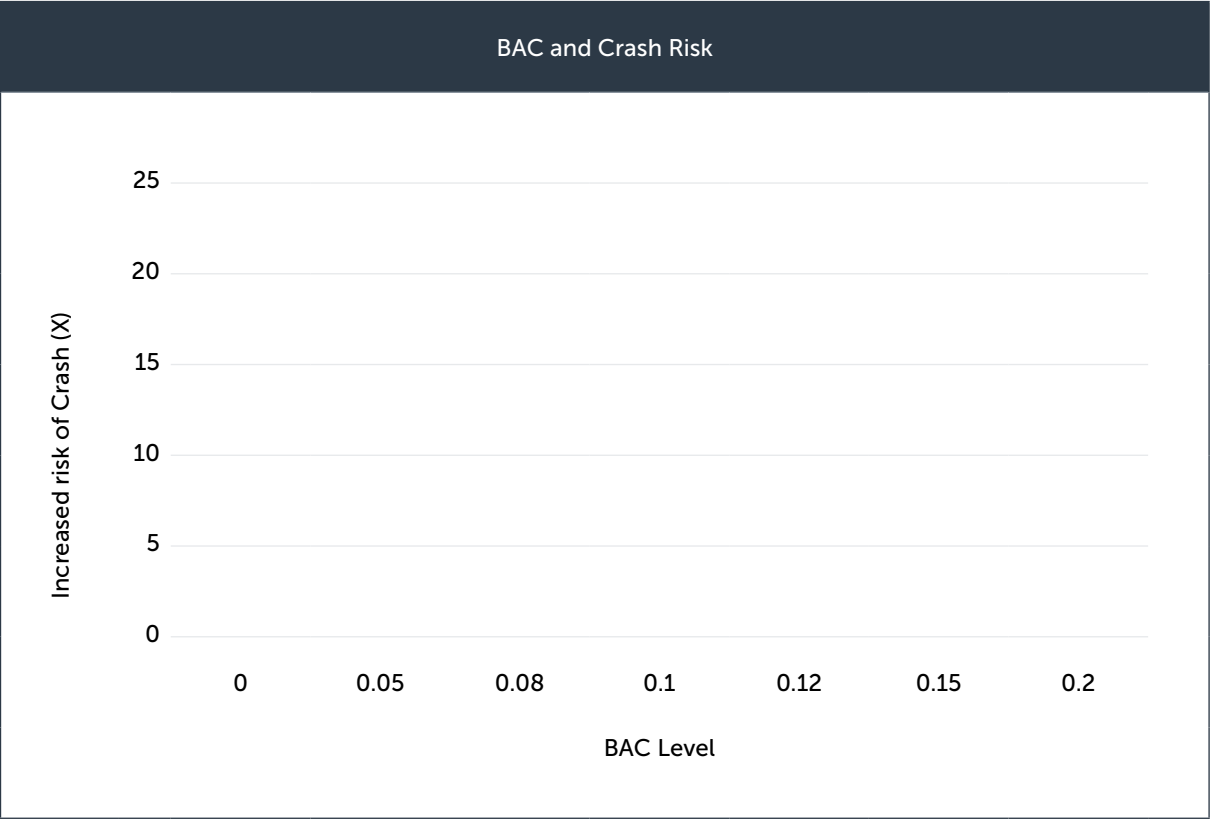
Self-comparison

Please rate how much "like you" Dave's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

BAC Level and Crash Risk

The chart below shows BAC levels across the bottom. For each of the BAC levels, mark on the chart what you think the crash risk is for each BAC level.



Source: National Highway Traffic Safety Administration, traffic safety facts, drug and alcohol crash risk February 2015

What effect does alcohol have on driving?

BAC Level	Effect on Driver
0.15	<ul style="list-style-type: none"> • Serious difficulty controlling the car and focusing on driving
0.10	<ul style="list-style-type: none"> • Much slower reaction time • Difficulty staying in lane and braking
.08	<ul style="list-style-type: none"> • Trouble controlling speed • Difficulty processing information and reasoning
.05	<ul style="list-style-type: none"> • Reduced co-ordination and ability to track moving objects • Difficulty steering
.02	<ul style="list-style-type: none"> • Reduced of judgement • Difficulty doing two things at once
returning to .00 after drinking	<ul style="list-style-type: none"> • Hungover • Feeling unwell • Fatigued • Feeling tired

Aaron and Kris's Stories



Aaron's Story

He wanted to help mates or friends.

Self-comparison

Please rate how much "like you" Aaron's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Kris's Story

He felt obligated and even a bit pressured.

Self-comparison

Please rate how much "like you" Kris's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Refusal Skills

Think of a situation where it might be difficult to say "no" if asked to drive when you may be over the limit

What are three things you could realistically say or do?

1.

2.

3.

What are the pros and cons of each?

Pros		Cons
1.		
2.		
3.		

How did this feel?

Greg and Allison's Stories



Greg's Story

He knew there were risks but tried to limit them.

Self-comparison

Please rate how much "like you" Greg's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Allison's Story

She knew there were risks but ignored them.

Self-comparison

Please rate how much "like you" Allison's story is:

Not at all like me	A little bit like me	A lot like me
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Jim, Luke and Pamela's Stories



Jim's Story

He wouldn't normally drink drive but was extremely emotional.

Self-comparison

Please rate how much "like you" Jim's story is:

Not at all like me	<input type="radio"/>
A little bit like me	<input type="radio"/>
A lot like me	<input type="radio"/>



Luke's Story

He made the decision because he was extremely intoxicated

Self-comparison

Please rate how much "like you" Luke's story is:

Not at all like me	<input type="radio"/>
A little bit like me	<input type="radio"/>
A lot like me	<input type="radio"/>



Pamela's story

She made the decision to drive because she drinks out of habit

Self-comparison

Please rate how much "like you" Pamela's story is:

Not at all like me	<input type="radio"/>
A little bit like me	<input type="radio"/>
A lot like me	<input type="radio"/>

Things I Can Do

What situation would be more likely to see me drink drive in the future?

What can I put in place now to prevent me drink driving in the future?

What can I put in place to prevent drink driving once I have my licence back?

Who can I rely on or involve that will support me to not drink drive again in the future?

Alcohol Use Questionnaire

This questionnaire asks questions about your use of alcohol. Your answers are confidential so please be honest. Please read each question and then place in the 'Score' column either 0, 1, 2, 3, or 4 which best matches your response.

	0	1	2	3	4	Score
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4+ times a week	
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
3. How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
TOTAL						

How many standard drinks would you consume in an average week?

Safe Drinking Guidelines

Easy does it

Alcohol health guidelines



No more than two standard drinks* on any day reduces the lifetime risk of harm from either alcohol-related disease or injury.



No more than four standard drinks on a single occasion reduces the lifetime risk of alcohol-related injury arising from that occasion.



For children under 18 years, not drinking alcohol is the safest option

* Standard drink is 1 pot full-strength beer/100ml wine/30ml spirits

Source: NHMRC

To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day. The less you drink, the lower your risk of harm from alcohol.

For more information visit <https://www.nhmrc.gov.au/health-advice/alcohol>

Standard Drink Measures

STANDARD DRINK MEASURES

NO. OF STANDARD DRINKS – BEER

What is a standard drink? A standard drink is any drink containing 10 grams of alcohol. One standard drink always contains the same amount of alcohol regardless of container size or alcohol type, that is beer, wine, or spirit.
www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard

GLASS 285ml



FULL STRENGTH

1.1 Drinks
4.8% Alc. Vol

MID STRENGTH

0.8 Drinks
3.5% Alc. Vol

LOW STRENGTH

0.6 Drinks
2.7% Alc. Vol

GLASS 425ml



FULL STRENGTH

1.6 Drinks
4.8% Alc. Vol

MID STRENGTH

1.2 Drinks
3.5% Alc. Vol

LOW STRENGTH

0.9 Drinks
2.7% Alc. Vol

BOTTLE 375ml



FULL STRENGTH

1.4 Drinks
4.8% Alc. Vol

MID STRENGTH

1 Drinks
3.5% Alc. Vol

LOW STRENGTH

0.8 Drinks
2.7% Alc. Vol

CAN 375ml



FULL STRENGTH

1.4 Drinks
4.8% Alc. Vol

MID STRENGTH

1 Drinks
3.5% Alc. Vol

LOW STRENGTH

0.8 Drinks
2.7% Alc. Vol

CARTON OF BOTTLES OR CANS – x24 375ml



FULL STRENGTH

34 Drinks
4.8% Alc. Vol

MID STRENGTH

24 Drinks
3.5% Alc. Vol

LOW STRENGTH

19 Drinks
2.7% Alc. Vol

The only way to be sure that you are not going to be caught drink driving is to completely separate your drinking from driving. If you are going to drink, don't drive. If you are going to drive, don't drink.



These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

Standard Drink Measures

STANDARD DRINK MEASURES

NO. OF STANDARD DRINKS – WINE

What is a standard drink? A standard drink is any drink containing 10 grams of alcohol. One standard drink always contains the same amount of alcohol regardless of container size or alcohol type, that is beer, wine, or spirit.
www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard

RED WINE 1.5 Drinks

150ml
RESTAURANT SERVE
13% Alc. Vol



RED WINE 1 Drinks

100ml
STANDARD SERVE
13% Alc. Vol



PORT 0.8 Drinks

60ml
STANDARD SERVE
17.5% Alc. Vol



RED WINE 7.7 Drinks

750ml
BOTTLE
13% Alc. Vol



WHITE WINE 1.4 Drinks

150ml
RESTAURANT SERVE
11.5% Alc. Vol



WHITE WINE 0.9 Drinks

100ml
STANDARD SERVE
11.5% Alc. Vol



WHITE WINE 6.8 Drinks

750ml
BOTTLE
11.5% Alc. Vol



CHAMPAGNE 1.4 Drinks

150ml
RESTAURANT SERVE
12% Alc. Vol



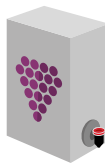
CHAMPAGNE 7.1 Drinks

750ml
BOTTLE
12% Alc. Vol



RED WINE 41 Drinks

4 Litres
CASK
13% Alc. Vol



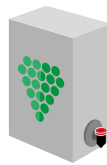
RED WINE 21 Drinks

2 Litres
CASK
13% Alc. Vol



WHITE WINE 36 Drinks

4 Litres
CASK
11.5% Alc. Vol



WHITE WINE 18 Drinks

2 Litres
CASK
11.5% Alc. Vol



PORT 28 Drinks

2 Litres
CASK
17.5% Alc. Vol



The only way to be sure that you are not going to be caught drink driving is to completely separate your drinking from driving. If you are going to drink, don't drive. If you are going to drive, don't drink.

DESIGN: JIMMY/2008 1118



These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

Standard Drink Measures

STANDARD DRINK MEASURES

NO. OF STANDARD DRINKS – SPIRITS

What is a standard drink? A standard drink is any drink containing 10 grams of alcohol. One standard drink always contains the same amount of alcohol regardless of container size or alcohol type, that is beer, wine, or spirit.
www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard

HIGH STRENGTH SPIRIT

1 Drinks

30ml
SPIRIT NIP
40% Alc. Vol



HIGH STRENGTH SPIRIT

22 Drinks

700ml
BOTTLE
40% Alc. Vol



READY TO DRINK
275ml



FULL STRENGTH
1.1 Drinks
5% Alc. Vol

HIGH STRENGTH
1.5 Drinks
7% Alc. Vol

READY TO DRINK
330ml



FULL STRENGTH
1.2 Drinks
5% Alc. Vol

HIGH STRENGTH
1.8 Drinks
7% Alc. Vol

READY TO DRINK
660ml



FULL STRENGTH
2.6 Drinks
5% Alc. Vol

HIGH STRENGTH
3.6 Drinks
7% Alc. Vol

PRE-MIX
SPIRIT 250ml



FULL STRENGTH
1 Drinks
5% Alc. Vol

HIGH STRENGTH
1.4 – 1.9
7% – 10% Alc. Vol

PRE-MIX
SPIRIT 300ml



FULL STRENGTH
1.2 Drinks
5% Alc. Vol

HIGH STRENGTH
1.6 Drinks
7% Alc. Vol

PRE-MIX
SPIRIT 375ml



FULL STRENGTH
1.5 Drinks
5% Alc. Vol

HIGH STRENGTH
2.1 Drinks
7% Alc. Vol

PRE-MIX
SPIRIT 440ml



FULL STRENGTH
1.7 Drinks
5% Alc. Vol

HIGH STRENGTH
2.4 Drinks
7% Alc. Vol

The only way to be sure that you are not going to be caught drink driving is to completely separate your drinking from driving. If you are going to drink, don't drive. If you are going to drive, don't drink.

002/JR1126/208 11.18



These are only an approximate number of standard drinks. Always read the container for the exact number of standard drinks.

Source: Australian Government – Department of Health
www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/standard

Note: A standard drink contains 10 grams of pure alcohol

Values Activity

What value cards did you choose?

Why did you choose this value?

Is your behaviour currently in line with the value?

How might keeping alcohol apart from driving help you be true to this value?

Effects of my drink driving

List all the effects that getting caught drink driving have had on you and your life in the circle below.



Benefits if I don't drink drive again for:

List all the benefits of not drink driving for:



To Have Fun

List 2–3 things that you are looking forward to doing this week?

1.

2.

3.

How much do these activities involve drinking alcohol?

Activity		Not about drinking	A bit about drinking	All about drinking
1.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

List 2–3 things that don't involve drinking alcohol you could do or at least try that are fun?

1.

2.

3.

To Feel Better

Thinking about when you drink alcohol, how often does it occur when you are feeling certain ways?
Mark in the table how often you drink alcohol when you are experiencing these feelings...

I use alcohol when I am feeling...	Often	Not often
Depressed	<input type="radio"/>	<input type="radio"/>
Angry	<input type="radio"/>	<input type="radio"/>
Anxious (fearful)	<input type="radio"/>	<input type="radio"/>
Stressed	<input type="radio"/>	<input type="radio"/>
Other ... lonely/bored	<input type="radio"/>	<input type="radio"/>
<p>If you have answered "often" to any of these items, you may want to look at the resources listed at the back of this handbook and consider seeking some support to help you cope.</p>		

List 2–3 things you could do or at least try to do to help you relax without using alcohol or drugs?

1.

2.

3.

Out of Habit

What people, places, times, activities often involve alcohol for you?

Record for each category....

Places where I usually drink?	
People I usually drink with?	
Times when I usually drink?	
Activities I do that are paired with alcohol?	

People who I have contact with and those who can help me to not drink and drive

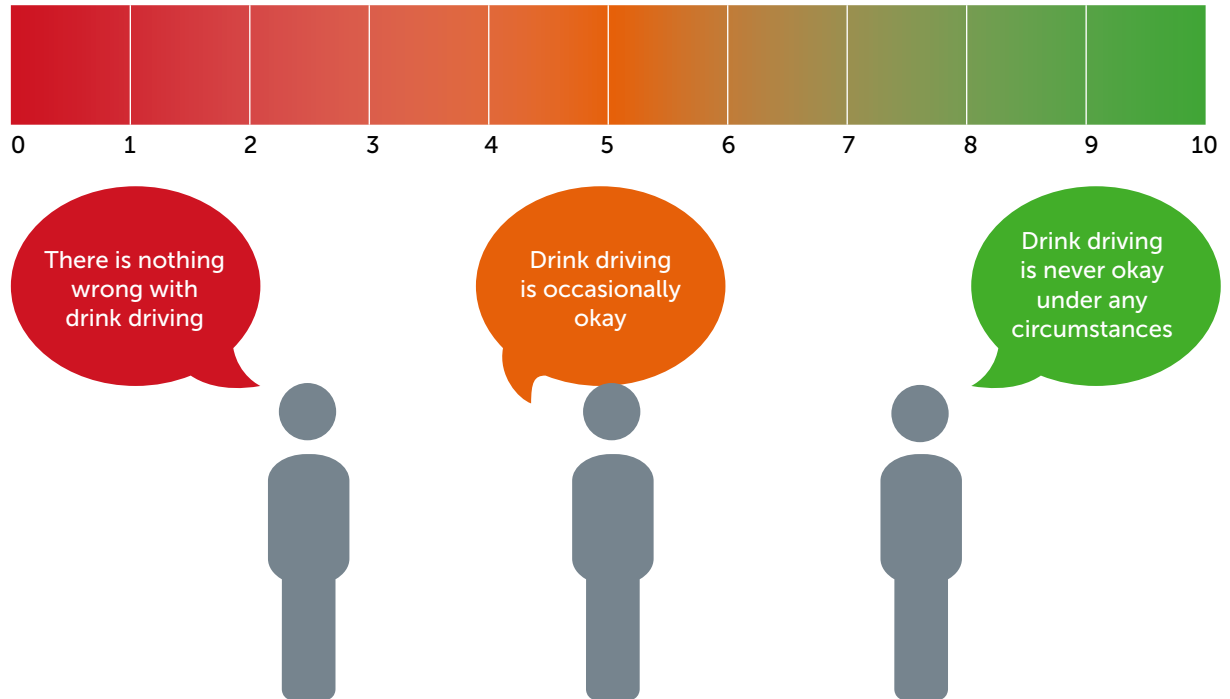


Action Plan

Goal: to not drink drive again	
1	One thing I learned about my drink driving? <hr/> <hr/> <hr/> <hr/> <hr/>
2	Apart from not losing my licence again, what is one benefit for me if I do not drink drive again? <hr/> <hr/> <hr/> <hr/> <hr/>
3	One benefit for my family/close friends if I do not drink drive again? <hr/> <hr/> <hr/> <hr/> <hr/>
4	One thing I can do to make sure I don't drink drive again? <hr/> <hr/> <hr/> <hr/> <hr/>
5	One person I can rely on to support me to not drink drive again? <hr/> <hr/> <hr/> <hr/> <hr/>

Thinking About Change

Now that you have completed the Program, mark on the scale below what your beliefs about drink driving are:



The Alcohol Interlock Program

Rules Summarised

When you get your licence back after a drink-driving offence, you will need to use an alcohol interlock device in any vehicle you drive.

As soon as you install your alcohol interlock device and get relicensed with an 'I' condition, you will be a participant in the Victorian Alcohol Interlock Program.

At the time of installation you will be provided with information to support you with using the device and being compliant with program rules.

For further information relating to the installation of an alcohol interlock device, including costs, please visit vicroads.vic.gov.au and search for 'How to install an alcohol interlock' and 'Completing the Alcohol Interlock Program'

To further support you in meeting the requirements of the Alcohol Interlock Program some main rules are outlined in this Information Sheet.

If your most recent drink driving offence was prior to 1 October 2014 some of these rules will not apply to you.

Some main rules of the program:

1. You need to collect a minimum number of months of alcohol interlock use data.

- The first month is a 'learning month' to let you get used to the alcohol interlock. You won't be penalised in this month.
- You must then complete a minimum number of months, in which you take all breath tests the alcohol interlock requests. These breath tests must be free of alcohol and attempts to tamper with the alcohol interlock.
- The months don't need to be in a row, but they all need to be free of confirmed violations.

2. For a month to count towards your progress, you need to drive at least twice in a month.

- If you drive to your alcohol interlock supplier for a service, that trip will count towards your progress.

3. If you don't drive for six months or more in a row, you will need to restart collecting alcohol interlock data until at least five violation-free months are provided.

4. Your alcohol interlock has a camera that takes an image whenever you blow into the device. It also takes an image of all failed and refused breath tests. When you blow, make sure you directly face the camera so that it can take a clear full-face image of the driver.

- It will be assumed that you are the driver of the vehicle unless the image is clearly of someone else. This includes when a failed or refused BAC reading is recorded.

5. To have your alcohol interlock condition removed, all of your most recent months of driving must be free of alcohol and with no attempts to tamper with the interlock.

6. If a failed reading or violation is recorded, you'll need to collect at least another five violation-free months.

Failed BAC readings and violations

A 'violation' will be recorded if you:

- blow a reading of .02 or more,
- fail to take a breath test when the interlock requests one, or
- tamper with the interlock.

Some tips on avoiding violations:

- If you fail an initial test to start the vehicle, you have 60 minutes to re-test. A violation will be recorded if you fail or fail to take the re-test.
- If you fail the breath test while driving, or fail to take a breath test while driving, you have 15 minutes to re-test successfully. If you don't re-test or fail the re-test, this is a violation.
- If your vehicle's battery is disconnected for 20 minutes or more, this may be recorded as a violation.
- Don't leave your car running and unattended, because the alcohol interlock might request a test and you may not notice. This will be recorded as a 'refused breath test'. If you don't pass a re-test within 15 minutes, this is a violation.



Applying to have the alcohol interlock removed

Removal of your alcohol interlock condition is not automatic; you need to apply for it.

You can use the Alcohol Interlock Management System (AIMS) to apply for removal of your interlock.

If you need further information or support please contact:

Call 1300 723 790
Victorian Alcohol Interlock Program (VAIP)

Email alcoholinterlocks@roads.vic.gov.au

Web www.vicroads.vic.gov.au/licences/demerit-points-and-offences/drink-driving-offences/changes-to-the-alcohol-interlock-program



- If you've arrived at your destination and the interlock requests a breath test right before you turn the vehicle off, you must take the test before switching the vehicle off. If you turn off the vehicle, this will be recorded as a refused breath test with no re-test within 20 minutes. This is a violation.
- The alcohol interlock camera will take an image of all failed and refused breath tests. This will be displayed in AIMS. If another driver is responsible for the violation you can contest the violation in Alcohol Interlock Management System (AIMS). This information will be reviewed by VicRoads when your application for removal of the alcohol interlock condition is being assessed.
- Never use your alcohol interlock as a personal breathalyser to check if you can drive. Failed breath tests will result in violations.
- Some food and drinks can contain trace amounts of alcohol, so it's recommended that you only drink water in the 15 minutes before using the interlock. Take note if your interlock supplier warns you about any specific foods or drinks.

Fitness to Drive

A condition of being licensed to drive is that all motorists are required to advise VicRoads of any serious, permanent or long-term illness, disability, medical condition or injury that may impair their ability to drive safely.

Driving is a privilege, which brings responsibilities. One of those responsibilities is to ensure that you are capable of driving safely.

Ask your doctor for advice about the effect that any illness, disability or medical condition (including alcohol and or drug addiction) may have on your ability to drive safely, including any medicines you may be taking.

Failure to report a medical condition or disability may put your life and the lives of others at risk, and may also jeopardise your insurance cover.

A driver is to:

- meet their legal obligations to report to VicRoads any long-term or permanent injury, disability or illness that may affect their ability to drive safely
- respond truthfully to questions from a health professional regarding their drug or alcohol use, health status and the likely impact on their driving ability
- comply with taking prescription medication and/or other medical treatment or interventions.
- comply with requirements of a conditional licence*¹ as appropriate, which might include the need to complete periodic medical reviews, only drive with zero BAC, or comply with other driver or driving restrictions (e.g. must wear corrective lenses).

For more information on health and driving please go to VicRoads website

<https://www.vicroads.vic.gov.au/licences/health-and-driving>

* Conditional licence provides a means for best driver and public safety while keeping driver independence when a driver has a long-term or progressive health condition or injury that may impact on their ability to drive safely.

Important Information

What to do next...

Complete all the requirements to get licensed

- www.mcv.vic.gov.au/criminal-matters/driving-and-traffic-offences/applying-get-your-licence-back
- www.vicroads.vic.gov.au/licences/demerit-points-and-offences
- www.vicroads.vic.gov.au/licences/demerit-points-and-offences/changed-drink-driving-laws
- www.courts.vic.gov.au/

Consider getting some support or help to manage your drinking if needed

- Directline.org.au
- 1800 888 236

Consider whether you need some professional support help to you cope with things

- www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10
- www.mensline.org.au or call 1300 78 99 78
- speak with your GP about getting some counselling

General information

Victoria's road safety strategy and action plan

- www.tac.vic.gov.au/road-safety/victorian-road-safety-strategy/victorian-road-safety-strategy-2021-2030

VicRoads

- www.vicroads.vic.gov.au

Department of Health and Human Services

- <https://www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services/pathways-into-aod-treatment>

Australian Drug Foundation

- <https://adf.org.au/>

Eastern Health Turning Point

- <https://www.turningpoint.org.au/>

Australian Institute of Health and Wellbeing

- <https://www.aihw.gov.au/>

Notes

