

NSC Training helps young, high-risk drivers arrive alive.



Alive at 25 – 4th Edition

Motor vehicle crashes are the leading cause of preventable death for teens – on a typical day, about 600 teens are injured and six are killed in crashes involving an inexperienced driver.

Alive at 25[®] is a highly interactive program that focuses on drivers between the ages of 15 and 24 to ensure they – and the road users around them – always make it to their destinations safely.

While driver's education and GDL systems are effective, Alive at 25 targets teens and young adults in need of additional training and guidance to change risky driving behaviors and improve decision-making skills. Hundreds of thousands of young adult drivers have taken this course since it was first released in 1996, helping them take responsibility for their actions, attitudes and choices behind the wheel. Ideal participants for this course include high school students, young adults in the military and those sent by traffic court who have incurred traffic violations.

Course objectives

Alive at 25 addresses issues common amongst younger drivers in a relatable way: students are encouraged to join in non-threatening, non-judgmental discussions exploring how changing their driving behavior makes personal, legal and financial sense.

Alive at 25 helps young drivers:

- Recognize and understand why drivers in the 15-24 age group are more likely than anyone else to be injured or killed in a vehicle crash
- Understand the consequences of making poor judgments or taking unnecessary risks in a vehicle
- Learn the positive characteristics that can help them make safe driving decisions
- Identify the actions they can take to keep control of their emotions while driving
- Commit to making better driving choices

Teen drivers are nearly twice as likely as drivers aged 20 and older to be in a fatal crash.

On a typical day, an average of 15 people of all ages are killed in crashes involving a young driver.

What Alive at 25 participants will learn

This 4-hour classroom course, available in both English and Spanish, incorporates Choice Theory and Reality Therapy™ techniques to help participants identify the five basic needs that drive human behavior.

By viewing real-life driving situations and hazard recognition scenarios and taking part in group discussions and role-playing exercises, participants learn to develop strategies that will keep them safe on the road.

Alive at 25 covers key topics and issues including:

- The risks and consequences of unsafe driving behaviors including speeding, tailgating, and distracted, impaired, aggressive and drowsy driving
- Collision prevention techniques and defensive driving strategies
- Vehicle maintenance, warning signs and signals, and hazardous driving evaluations

NSC Alive at 25, 4th Edition Course At-a-Glance

NSC Alive at 25 is based on the successful Defensive Driving Instructor-led/classroom-based models, providing attendees with four hours of classroom instruction, including breaks.

Scan for a detailed overview of Alive at 25 by session and lesson.



Since South Carolina's NSC Alive at 25 program kicked off in 2007, the state's death toll among drivers 15-24 has dropped by 37%. Likewise, since the Kentucky State Police started teaching Alive at 25 in 2004, the Commonwealth's death toll among teenage drivers aged 16-19 dropped 60%.

For more information on the NSC Alive at 25 Course, visit: nsc.org/Alive25 or call (800) 621-7619

