

bstreetsmart

ONLINE

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Meet Heidi

"A minute from home my life would change forever."

At 22 Heidi was dreaming of being a hairdresser. Then she became a T4 complete paraplegic when she was hit by a reckless driver. (cont. pg2)



Watch Australia's largest educational road safety event from your classroom via livestream!

Students will learn:

- Their responsibilities as safe drivers & passengers
- Information & strategies to avoid serious death & injury
- How to reduce risk-taking behaviour

\$110 includes unlimited downloads until 20 December 2023

Register now & receive six educational resources. Email chapin@bstreetsmart.org



One day in 2009 Heidi and her mother Jenni had been out riding their motorbikes, their favourite thing to do together. Then as Heidi neared home in Wollongong she was t-boned by a ute and bulldozed into the guard rail. She survived but sustained a spinal cord injury, injuries to her left foot, a fractured ankle, lung contusions, a fractured neck and a fractured left scapula in her shoulder. Heidi spent seven months in rehabilitation learning basic living skills again.

"I tell students, don't succumb to peer pressure – it's just not worth it. Use your head and do what you know is right"- Heidi.

Hear from other crash survivors at the 2023 livestream.

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bfilmed competition- win \$2000 for your school!

This fits perfectly with the PDHPE syllabus!

Students need to submit a 3-minute film on road safety to rachel.watkins@health.nsw.gov.au by noon on August 7 to be in the running. See [here](#) for more info and Terms & Conditions.



The Australian road toll reached a five-year high in 2022 with 1,187 deaths.

Unfortunately, young people aged 15–30 are disproportionately represented in road trauma.

bstreetsmart aims to reduce the fatality & injury rates of young people by promoting safe behaviour as drivers, riders & passengers.

