Let’s Not Meet By Accident (LNMB) is an interactive program for adolescents to encourage them to make “healthy choices in risky situations.” LNMB demonstrates the consequences of unhealthy choices to adolescents and the expansive impact these choices can have on their lives and those of their families. Topics discussed during LNMB include drinking and driving, violence and conflict resolution, substance use, helmet safety, safe dating, and seat belt safety. The LNBM program consists of presentations by guest speakers, videos on selected topics, student exercise, a visit to the helipad and trauma room, and resources available to adolescents and schools. Since 1990, over 15000 students have participated in the LNMB program.

In 2002, as part of the continued evaluation efforts, the LNMB program began administering two surveys to the participating adolescents, both of which are anonymous. The initial survey, Adolescent Opinions & Experiences Related to Violence and Injury is divided into five sections: Attitudes Towards Violence, Violence Teenagers See and Hear, Risk Taking Behaviors Related to Injury or Violence, Exposure to Drugs and Alcohol, and Relationship Violence. This pre-survey contains 55 questions in addition to demographics. Participants of LNMB are asked to complete the survey prior to attending the Program.

The second survey, Student Program Evaluation, is administered to the participants after attending the LNMB program. This post survey contains nine questions related to participants’ experience, in addition to demographic information. This set of questions also includes measures to evaluate the programs effective and impact.

Data contained herein is representative of the results based on the completed surveys returned to date. It is a preliminary analysis of the sample, focusing on frequencies of responses to key questions for both the pre and post surveys. More extensive analysis on each entire survey and the appropriate statistical tests will be forthcoming.
Adolescent Opinions & Experiences Related to Violence and Injury

Summary of Results

Adolescent Opinions & Experiences Related to Violence and Injury Survey (Pre-test) was completed and returned by 815 LN MBA participants. This participant sample was representative of 18 schools in the Greater Hartford area. The demographic breakdown is as follows:

Age range: 12 – 18 years old - with a mean age of 15.9

Name of School:
- 45% Granby
- 12% Housatonic Valley Academy
- 12% Sports Sciences Academy
- 12% Gilbert
- 11% Other
- 4% Enfield
- 3% Cromwell
- 1% New Britain
- 4% Enfield
- 3% Cromwell
- 1% New Britain

Gender:
- 52% Female
- 48% Male

Race:
- 77% White
- 11% Hispanic
- 6% Black
- 2% Asian
- 2% Multiracial
- 2% Other
- 0% Native American

Grade:
- 1% 7 & 8th
- 7% 9th
- 40% 10th
- 32% 11th
- 20% 12th

As previously mentioned only selected questions were analyzed for this report. The following delineates frequency analysis of the responses received.

When asked, “When you feel angry, what do you do?” participants most often responded with the following actions: 55% Argue, 52% Discuss with a friend, 51% Use bad language, 46% walk away and 32% discuss with a person other than a friend.
When asked whether or not the adolescent had ever tried alcohol, 76% said they had.

When asked where they consumed alcohol, 32% responded at a friend’s home, 28% drank with friends, 26% drank and parties only, 20% at home, and 18% with family.

When asked how often they consumed alcohol, 30% responded in the “Other” category, 25% drink once a month, 21% stated they only tried alcohol once, 16% drink once a week, 7% drink 2-3 times per week.

When asked about their use on condoms in effort to prevent contracting a sexually transmitted disease, 85% stated they use condoms. However, when asked if they used condoms every time they had sex, the figure declined to 53%.

When asked about drug use, 43% of respondents stated they had tried marijuana, while 39% states they had been a passenger in a car with a driver under the influence of drugs.

When asked specifically about drinking and driving:

- 49% of respondents stated that had been a passenger in a car with a driver who had been drinking

- 16% felt it was “okay” for a designated driver to have 1 or two drinks
- 12% of respondents had driven after consuming alcohol.
Student Program Evaluation  
Summary of Results

The Student Program Evaluation (Post-test) was completed by 368 LN MBA participants. This participant sample was representative of schools in the Greater Hartford area that have returned the post test. The demographic breakdown is as follows:

Age range: 12 – 18 years old - with a mean age of 15.5

Gender:

- 51% Male
- 49% Female

Race:

- 82% White
- 9% Hispanic
- 6% Black
- 2% Asian
- 1% Native American
- 1% Other

Name of School:

- 43% Granby
- 11% Gilbert
- 11% Housatonic Valley
- 11% Other
- 11% Sports Sciences Academy
- 6% Other
- 4% Enfield
- 3% Cromwell
- 1% New Britain

Grade:

- 1% 9th
- 66% 10th
- 32% 11th
- 2% 12th

Selected questions were analyzed for purposes of this report. Some of the questions were based on a Likert scale asking respondents to rate how they agree or disagreed on statements regarding the program’s curricula. Additional open-ended questions allowed the respondent to express their opinions on the most significant aspects of the program presentation. The analysis is sample data of identified questions from the survey.

When asked whether the “Let’s Not Meet by Accident” Program raised their awareness about trauma prevention, 81% of respondents either agreed or strongly agreed.

When asked if the program had helped the participants understand the effects of drinking and driving on the victims, family, friends, and society 73% responded they agreed or strongly agreed.
When asked how the program affected their future actions, 28% stated they would now increase their seatbelt use, 26% realized there are consequences for the actions they take, and 18% stated they would increase their helmet use.

When asked whether the “Let’s Not Meet by Accident” Program had given the respondent information they could share with my family and friends, 76% stated they agreed or strongly agreed.

When asked whether the respondent felt, prior to attending the program, they had participated in a risky behavior that could have resulted in a serious trauma, 59% said yes.

Participants responded that the segments of the program that had the biggest impact were the speakers’ personal account of injury that was a direct result of risk-taking behavior (33%), and a visit to the trauma room (37%).

When asked whether participants felt the program could be improved, 61% stated no improvement was necessary.

Some qualitative responses are listed below to give an example of the participants’ feelings about the LNMBA program.

When asked the most important thing the participant learned:

“'That my actions can affect my future forever’”
“'Not to put myself in any risky behaviors to make me go to the trauma room’”
“'Not to do drugs, or drink and drive, because they can cost me my life’”
“'Risky behaviors result in serious consequences’”
“'That there are people you can go to (for help)’”
“'Every decision you make matters’”
“'I never want to do anything that can put me in the trauma room because my life is too valuable to waste’”

When asked in what ways the program affected their future choices:

“'I will not look the same way about doing anything that is high risk because I would never want to be in that situation (in the trauma room)’”
“'I can now better avoid some risky behaviors’”
“'I will try hard to avoid ‘meeting you by accident’’”
“'I should take advantage of my life and that I can never be too cautious’”
“'How one second can change your life, and that no one is ‘immune’ to it’”
“'I learned that taking a small risk like not wearing my seatbelt can influence the rest of my life as well as those I love’”
“'Nothing is more important than my safety’”
“'How lucky I am right now’ (because of all the risks I took)’”
“'To make good decisions when the time comes, it could save my life’”
“'Alcohol can change even the most trustworthy people’”
“'It does happen. It’s real, not made up or a joke like what’s in the movies’”
“'Now I’m thinking when I get my car I will never drink and drive, and everyone’s wearing their seatbelt’”
“'I visualized the outcomes of not being safe in certain situations’”
“'Help is on the way!’”
Preliminary Conclusions & Need for Additional Analysis

In sum, the Let’s Not Meet By Accident program is a well received and positive experience for high school adolescents in the Greater Hartford Area. The anonymity of both the pre and post surveys seems to affect honest and candid responses regarding the risk taking behavior adolescents are admitting to participating in.

The impact a trauma room visit and a personal story from an accident victim appears to be having a lasting impression on the students who have participated in LN MBA to date. Additionally these students are stating their program has or will effect a change in their risk taking behavior.

Once a complete data analysis is conducted on both the pre and posts tests separately, additional analysis cross referencing both data sets would be warranted. Also, further measuring the comparison between the most significant parts of the program (as identified by the post survey) and the rate of subject related responses on the pre-survey may yield interesting results of rates of promised change in behavior. Subset analysis, whether it be age, grade, school or gender specific will also most likely yield interested data, and quite possibly identify a need for subset specific LN MBA programs.