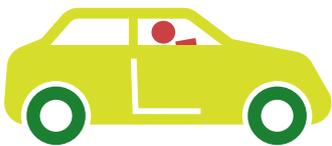


**PARTNERSHIP  
PROGRAM**

# ROAD RAGE

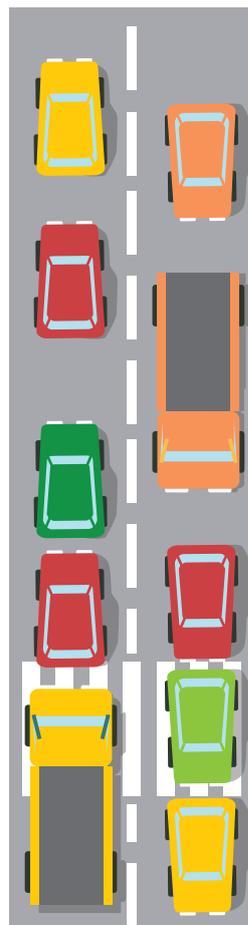
Nowhere is anger less helpful, more common, and potentially more dangerous than when we are behind the wheel of a car

*There was an 85% increase in road rage assaults reported between 2012 and 2017*



### How to avoid road rage

- Watch out for the illusion of control
- Consider other drivers might not be malicious
- Avoid blame and punishment, and be forgiving
- Let go of the struggle
- Slow down, breather, and speak to yourself in a calm, reassuring voice
- Focus your attention on safe and calm driving



**86% of Victorian drivers admit to aggressive driving behaviour (Monash Study)**



*The risk of a crash increases nearly tenfold when drivers are observably sad, crying, angry or emotionally agitated*

### What causes road rage?

- Person-related factors such as age, gender, beliefs, or mood
- Contextual stressors such as heavy traffic, time pressures, road works, or hot temperatures
- Interpretations of the incident: for example, personalising, catastrophizing, overgeneralising, standard violations
- The anonymity we feel in the car
- Inability to communicate in another way

### MINOR ACTS OF RAGE

- Shouting abuse
- Making obscene gestures
- Flicking lights on and off to get other drivers to move out of the way
- Deliberately braking or slowing suddenly to irritate or impede others
- Giving a prolonged blast of the horn deliberately
- Driving too closely behind another vehicle (tailgating)
- Pursuing another vehicle
- Deliberately swerving in front of another vehicle
- Trying to run another vehicle off the road
- Attempting to stop another vehicle
- Deliberately bumping another vehicle
- Getting out and approaching another road user
- Damaging or attempting to damage a vehicle
- Assaulting or attempting to assault another road user (ie. pedestrians, cyclists and other drivers).

### SEVERE ACTS OF RAGE

Source:  
<https://vtnews.vt.edu/articles/2016/02/022316-vtti-researchdistraction.html>  
<https://research.qut.edu.au/cars/q/wp-content/uploads/sites/45/2017/04/Aggressive-Driving-screen.pdf>  
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