Some ideas I've been thinking about to reduce the lethality of being in Silhouette 3 or smaller vehicles. Pick one, pick some or if you’re getting your arse beat like you owe Jabba the hut 50,000 credits, pick a few of them together and see how it works out for you in your games.

Option 1 'Get tougher' (Sil 3 or Smaller vehicles)
Increase the Hit Threshold across the board for Sil 3 or smaller vehicles by +50% and round them up/down to the closest number. Everything is still pretty lethal, but not likely to die immediately.

Option 2 'Get out of the way' (Sil 3 or Smaller vehicles)
Pilots get 1 Reaction-Roll per turn to 'Jink' out of the way of a single attack. Costs 2 Personal Strain and they increase the difficulty to-be-hit by their Piloting Skill halved/round up and would combine with Evasive Manoeuvres.

Baron Bob for example has Piloting of 3, looking down the barrel of some turbolasers on an attack run, he opts to 'Jink' out of the way of that attack.
He increases the difficulty of the hit by a factor of 3/2= 1.5, rounded up = 2.

Option 3 'Get on their six' (Sil 3 or Smaller vehicles)
Mostly a variation on the theme of 'Gain the Advantage', it carries the standard bonuses of the GtA as a piloting action, however; the Enemy cannot return fire if they have only forward mounted weapons, against turreted or vehicles with multiple fire arcs you could apply it as-

Only a turreted or point defence weapon can fire on the attacker
They are being attacked on their weakest arc of defence.

Option 4 'Get Deflectors up' (All Silhouettes)
Essentially, making shields earn their keep instead of being 33% do nothing, 33% do very little and 33% actually do something in terms of making a ship harder to kill.
Each Shield adds +1 to the Soak of the Ship in that arc as well as its variable effect, while the shielding is up and working. Downed shields have no effect, Talents that add 'Defence #' also contribute to this deflection quality to a maximum of 4 in any given arc at any one time.
Deflector Shields have no soak effect against slow moving weapons like Torpedoes or Missiles, but they work perfectly fine against being rammed or hitting rocks.

NB: Take care to note that it makes big ships very tough!