Driver Education
Classroom and In-Car Curriculum

Unit 9

The Effects of Distractions on Driving
Unit 9 The Effects of Distractions on Driving

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### Overview

Unit 9 is designed to help the student understand the substantial negative effects of distractions on a driver’s ability to safely perform the driving task. Research and statistics demonstrate that distractions represent a significant factor in motor vehicle crashes, especially for novice drivers.

This unit will explore the definition of driving distractions, the various types of driver distractions, the effects of distractions on the driving task, costs related to crashes due to distracted driving, prevention of driving distractions and strategies for students to disseminate information on the distracted driving problem.

### Objectives

The student will:

1. Define and describe the effects of distracted driving and the nature of the problem of distracted driving crashes.
2. Describe potential distractions that could occur inside the vehicle and their effects on the driving task.
3. Describe potential distractions that could occur outside the vehicle and their effects on the driving task.
4. Develop a plan to prevent distractions before getting behind the wheel.
5. Develop a plan to address distractions while driving.
6. Commit to being a safe, distraction-free driver and be able to identify ways to disseminate information regarding the dangers and consequences of distracted driving to other teens, their parents, and the community.
7. Define key words associated with the unit objectives.

### Words to Know

- Distraction
- Inattention
- Inside distractions
- Mental distraction
- Outside distractions
- Physical distraction
- Rubbernecking
- Text messaging
### Unit 9 The Effects of Distractions on Driving

#### Unit 9 Introduction

**Lesson Overview**

- **Time Frame** – 3 hours

#### Teacher Information and Resources

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<td>9.2.1 Be Sensible: Don’t Drive Yourself to Distraction (13 minutes 27 seconds)</td>
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<td>Textbooks</td>
<td><strong>Preferred Textbook:</strong> HOW to DRIVE Chapter 13</td>
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<td>Other Textbooks: Drive Right: Chapter 8</td>
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<td>Other Textbook: ____________________________________</td>
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Unit 9 The Effects of Distractions on Driving

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<tr>
<th>Key Words</th>
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| **Unit Objectives:**  
Student will define the meaning of the key words in Unit 9. | |

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<td><strong>Learning Activity 9.0</strong></td>
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| ➢ Learning Activity 9.0  
Throughout the instruction of Unit 9, conduct learning activity to help students with vocabulary and spelling of key words. | ➢ Learning Activity 9.0 Key Words – Word Wall |
Learning Activity 9.0 | Key Words – Word Wall

<table>
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<tr>
<th>Topic</th>
<th>Word Wall</th>
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### Information

Students begin to assimilate a new language in driver and traffic safety education. Some words are familiar, but others are new. The use of a word wall helps students with vocabulary and spelling as well as provides students with a tool for reference without “giving away” answers.

### Materials Needed

1. Make word cards out of paper, poster board, or card stock cut in strips.
2. Markers in various colors.
3. A space to post words (i.e., bulletin board).
4. Tape or stapler and staples to affix cards on the word wall.

### Learning Activity

1. As the instructor introduces new words in a unit, the instructor should post these words on the word wall.
   a. The instructor should remind students to use the words on the wall for recall and correct spelling.
   b. When an instructor poses a question and a student correctly answers the question, the instructor should allow that student to make a word strip and post the strip in the designated location on the word wall. Because this is new learning, recalling words are part of the learning process.
   c. Students often enjoy decorating their word with a particular flair, color, or design.

2. Words may remain posted for just the unit or remain posted throughout the course.
### Lesson Objective:
Student will define and describe the effects of distracted driving and the nature of the problem of distracted driving crashes.

### Unit Objectives

**Slides 9.1 and 9.2**
Give an overview of what students should know and be able to do by the end of this unit.

### Distracted Driving

**Slides 9.3 and 9.4 – Video 9.1**
Discuss the topics covered in Video 9.1.
Play Video 9.1.
*Faces of Distracted Driving: Kassy’s Story*  
(Time: 2 minutes 50 seconds)
After viewing, complete Learning Activity 9.1 to discuss the students’ reactions to the video.

**Slides 9.3 and 9.4: Video 9.1 Faces of Distracted Driving: Kassy’s Story**

**Slides 9.1 and 9.2: Title and Overview**

**Unit 9 Overview**
- Definition, effects and nature of distracted driving
- Distractions inside the vehicle
- Distractions outside the vehicle
- Preventing distractions
- Addressing distractions while driving
- Spreading the word on the dangers of distracted driving
## Definition, Effects and Nature of Distracted Driving

### Video Overview 9.1: Faces of Distracted Driving: Kassy’s Story

**Title**

Faces of Distracted Driving: Kassy’s Story

**Time**

2 minutes 50 seconds

**Topics Covered**

1. Real life story about a teen driver who was texting with a friend while driving and was killed in a motor vehicle crash.

**Learning Activity**

1. After viewing the video, discuss the students’ reactions to the video using the discussion questions provided.

**Instructor Notes**
Lesson Content | Materials and Resources
--- | ---
**Dangers of Distracted Driving**

- **Learning Activity 9.1**
  Conduct this activity to demonstrate the dangers of distracted driving, using a real life story involving a teen driver who was killed in a motor vehicle crash while texting.

- **Learning Activity 9.1: Faces of Distracted Driving**
Learning Activity 9.1 Faces of Distracted Driving

| Topic | The Dangers of Distracted Driving |

**Information**

An estimated 80 percent of collisions involve some form of driver inattention (NHTSA and the Virginia Tech Transportation Institute). Each year, driver inattention is a factor in more than 1 million crashes in North America (AAA Foundation for Traffic Safety). Almost every state has legislation under which drivers can be charged for inattentive driving (NHTSA). Drivers under age 20 are most likely to be involved in distracted driving crashes almost 50% more likely than the next most at risk group (age 30-49).

**Materials Needed**

1. Video 9.1 *Faces of Distracted Driving: Kassy’s Story*
2. Discussion questions

**Learning Activity**

1. After viewing Video 9.1 *Faces of Distracted Driving: Kassy’s Story* discuss the students’ reactions to the video and have a class discussion on the dangers of driving distracted and texting while driving, using the questions below.

**Discussion Questions**

1. What are your reactions to this video?
2. How does this video make you feel?
### Am I Distracted?

- **Worksheet 9.1**
  
  Duplicate and distribute Worksheet 9.1. Have students complete the self-assessment to determine if they or someone they know is a distracted driver.
  
  After completion, inform the students that one checked box means that they have been a distracted driver.

- **Worksheet 9.1: Am I Distracted? Self-Assessment Quiz**
Am I Distracted? Self-Assessment Quiz

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
</table>

Take this quiz from the *National Road Safety Foundation* to determine if you or someone you know is a distracted driver. Your honest answers can save someone’s life or even your own.

1. Do you drive?  □ Yes  □ No
2. If not, do you correct a driver’s irresponsible behavior?  □ Yes  □ No
3. Do you buckle your seatbelt before you drive?  □ Yes  □ No
4. Do you adjust your seat, mirrors, radio, etc. before driving?  □ Yes  □ No
5. Do you get directions to your destination before you drive?  □ Yes  □ No

Now read the list below and check all that applies to you or someone you know.

While driving, I / the person driving…
- □ Buckle seatbelt while driving
- □ Adjust seat while driving
- □ Use a cell phone
- □ Use a hands-free device
- □ Send text messages / check email
- □ Read a GPS device / map
- □ Change stations / CD’s
- □ Listen to an I-Pod
- □ Watch DVD’s
- □ Apply makeup / shave
- □ Comb hair
- □ Eat / drink
- □ Catch yourself / someone else dozing off
- □ Reach for personal belongings
- □ Turn head to talk to fellow passengers
- □ Engage in intense conversation

*Source: National Road Safety Foundation*
**Definition, Effects and Nature of Distracted Driving**

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<td><strong>Fact Sheet 9.1: Definition, Effects and Scope of Distracted Driving</strong></td>
</tr>
<tr>
<td>➢ Fact Sheet 9.1</td>
<td>➢ Slide 9.5: Distracted Driving and Inattention</td>
</tr>
<tr>
<td>Duplicate and distribute Fact Sheet 9.1 for students to use as a resource and study guide.</td>
<td>➢ Slide 9.6: Effects of Distracted Driving</td>
</tr>
<tr>
<td>➢ Slide 9.5</td>
<td></td>
</tr>
<tr>
<td>Introduce the subject of distracted driving and inattention.</td>
<td></td>
</tr>
<tr>
<td>Ask; why should distractions be discussed in the context of driving?</td>
<td></td>
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<tr>
<td>➢ Slide 9.6</td>
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<tr>
<td>Discuss the effects distractions can have on driving performance.</td>
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</table>
Definition, Effects and Nature of Distracted Driving

**Definition and Effects of Distracted Driving**

**Distracted driving** occurs any time a driver takes the eyes off the road, the hands off the wheel, and the mind off the primary task of driving.

**Inattention** occurs when a driver’s attention drifts away from driving without having been influenced by an activity (i.e., mental and emotional).

Novice drivers should recognize that all drivers can become distracted while driving. Evidence shows that drivers whose attention is diverted away from the driving task are at increased risk of being in a crash.

Distractions are important to consider when driving.

- Drivers need to focus their attention on the driving task. To perform the complex task of driving successfully, drivers must pay full attention.
- Drivers whose attention becomes diverted from the driving task are more likely to experience a crash.
- There are many ways in today’s driving environment for drivers to become distracted.
- Glancing away from the road for more than one second – for any reason – can be extremely dangerous. At 55 mph, a three second glance at a cell phone, messaging device or instrument panel will result in a vehicle moving nearly 250 feet – almost the length of a football field.
- Short glances at vehicle instrumentation or mirrors can be done safely if these scans are limited to less than one second and are related only to the driving task.
- In the rush to be on time or get ahead of traffic congestion, don’t make the sometimes-fatal mistake of attempting to multi-task behind the wheel. Remember that far too many of the drivers sharing the road with you might also be driving distracted.

**Effects of distracted driving**

- **Slowed perception** – may cause drivers to be delayed in perceiving or completely fail to perceive an important traffic event.
- **Delayed decision making** – can cause a driver’s decision making process to be delayed, or cause a driver to choose an action inappropriate for the situation.
- **Improper action** – can cause drivers to be delayed in taking the intended action or to make incorrect inputs to the steering, accelerator or brakes.
### Lesson Content

#### Nature of the Distracted Driving Crash Problem

- **Slide 9.7**
  
  Ask students:
  
  How prevalent is distraction as a cause of motor vehicle crashes?
  
  At what age are drivers most likely to experience crashes involving distracted driving?
  
  Discuss the nature of the distracted driving crash problem.

- **Slide 9.8**
  
  Discuss the distractions that are particularly hazardous to young drivers.
  
  Ask students:
  
  Why are these distractions more likely to cause crashes among drivers under age 20?
  
  To tell experiences they have had with these distractions.
  
  To give other distractions they feel are likely to be a casual factor in a crash by a new driver.

### Materials and Resources

- **Slide 9.7: Nature of the Distracted Driving Crash Problem**

- **Slide 9.8: Common Distractions Among New Drivers**
### Nature of the Distracted Driving Crash Problem

- Approximately 5,500 people are killed each year on U.S. roadways and an estimated 448,000 are injured in motor vehicle crashes involving distracted driving (*NHTSA Traffic Safety Facts: Distracted Driving*)
- Teen drivers (drivers under 20) are more likely than other age groups to be involved in a fatal crash where distraction is reported (*NHTSA Traffic Safety Facts: Distracted Driving*)
- Almost every state has legislation under which drivers can be charged for careless driving (*NHTSA distracted driving website, www.distraction.gov*)
- Research indicates that the burden of talking on a cell phone - even if it's hands-free - saps the brain of 39% of the energy it would ordinarily devote to safe driving. Drivers who use a hand-held device are more likely to get into a crash serious enough to cause injury. (*NHTSA distracted driving website, www.distraction.gov*)
- Possible reasons for the over-involvement of drivers under age 20 in distracted driving, include:
  - Lack of driving experience
  - Lack of experience performing tasks which could cause distraction
  - Increased risk taking
  - Lack of familiarity with particular vehicles
  - Others

- While any driving distraction has the potential to cause a young driver to experience a crash, several specific distractions have been identified as particularly hazardous to young drivers (under age 20), including:
  - Talking on a cell phone
  - Texting
  - Adjusting radio or CD
  - Talking to other occupants
  - Diverting attention to person, object or event outside the vehicle
## Potential Distractions Inside the Vehicle

### Lesson Objective:
Student will be able to describe potential distractions that could occur inside the vehicle and their effects on the driving task.

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<tr>
<td>➢ <strong>Video Review 9.2.1</strong></td>
<td>➢ Video Review 9.2.1 and Answer Key: Be Sensible: Don’t Drive Yourself to Distraction</td>
</tr>
<tr>
<td>Duplicate and distribute Video Review 9.2.1. Students should complete the worksheet as they watch the video.</td>
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</tr>
<tr>
<td>➢ <strong>Slides 9.9 and 9.10 – Video 9.2.1</strong></td>
<td>➢ Slides 9.9 and 9.10: Video 9.2.1 Be Sensible: Don’t Drive Yourself to Distraction</td>
</tr>
<tr>
<td>Discuss the topics covered in Video 9.2.1. Play Video 9.2.1. <em>Be Sensible: Don’t Drive Yourself to Distraction</em> (Time: 13 minutes 27 seconds)</td>
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<tr>
<td>After viewing, review Video Review 9.2.1 to gauge student understanding of the video.</td>
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### Video Overview 9.2.1: Be Sensible: Don’t Drive Yourself to Distraction

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<tr>
<td><strong>Time</strong></td>
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</tr>
<tr>
<td><strong>Topics Covered</strong></td>
<td></td>
</tr>
<tr>
<td>1. Nature of the distracted driving crash problem.</td>
<td></td>
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<tr>
<td>2. Types of distractions.</td>
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<tr>
<td>3. Real teen experiences with distracted driving and their consequences.</td>
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<tr>
<td>4. How to prevent yourself from becoming distracted.</td>
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**Video Review**

1. Have students complete a video review worksheet as they watch the video.
2. After viewing the video, review the worksheet to gauge students’ understanding of the video.

**Instructor Notes**
## Video Review 9.2.1: Be Sensible: Don’t Drive Yourself to Distraction

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1. What is the biggest cause of teen crashes? ____________________________________

______________________________________________________________________

2. What are some distractions discussed in the video? _____________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

3. In the first real life situation, what should Suzette have done to keep her from being distracted while driving?

______________________________________________________________________

______________________________________________________________________

4. In the second real life situation, what should Josh have done to keep him from being distracted while driving?

______________________________________________________________________

______________________________________________________________________

5. In the third situation, what should Brandi have done to keep her from being distracted while driving?

______________________________________________________________________

______________________________________________________________________
To see the Answer Key you must purchase the 3.0 Curriculum.
## Types of Distractions

- **Fact Sheet 9.2**
  Duplicate and distribute Fact Sheet 9.2 for students to use as a resource and study guide.

- **Slide 9.11**
  Discuss the different types of distractions.

- **Worksheet 9.2.1**
  Duplicate and distribute Worksheet 9.2.1. Before discussing the potential in-vehicle distractions, give students a few minutes to list some in-vehicle distractions they can think of.

  Ask students to tell the class in-vehicle distractions they have listed.
### Types of Distractions

There are many causes of distraction, all with the potential to increase risk.

- **Physical distraction** – one that causes a driver to take his or her hands off the wheel or eyes off the road, such as reaching for an object.

- **Mental distraction** – activities that take the driver’s mind away from the road, such as engaging in conversation with a passenger or thinking about something that happened during the day.

- **Both physical and mental distraction** – even greater chance a crash could happen, such as talking on a cell phone.
### Potential Distractions Inside the Vehicle Worksheet 9.2.1

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<tr>
<th>Potential In-Vehicle Distractions</th>
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<tbody>
<tr>
<td>Name</td>
<td>Date</td>
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</tbody>
</table>

List any potential distractions that could occur inside a vehicle while driving.

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
6. ____________________________________________
7. ____________________________________________
8. ____________________________________________
9. ____________________________________________
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12. ____________________________________________
13. ____________________________________________
14. ____________________________________________
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To see the Answer Key you must purchase the 3.0 Curriculum.
## Potential Distractions Inside the Vehicle

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- **Slide 9.12**

  Discuss potential distractions that could occur inside the vehicle.
Potential Distractions Inside the Vehicle

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<td>Potential In-Vehicle Distractions</td>
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</table>

Today’s vehicles and driving environment offer numerous ways for drivers’ attention to become diverted from the driving task.

Some distractions could include:

- Interactive communication devices - cell phones, smart phones
- Texting
- Grooming (applying makeup, combing hair, shaving, etc.)
- Adjusting the audio system-changing the channel, changing CDs, satellite radio
- Passengers - infants, children, adults
- Eating or drinking
- Adjusting vehicle controls - air conditioning system, tilt of steering wheel, mirrors, seat position, dash light brightness
- Using navigation systems, DVD players, dashboard control panel
- Reading (maps, books, newspapers, etc.)
- Foreign objects in car - insect, trash
- High radio volume
- Smoking
- Pets
- Reaching for objects or picking up something that fell
- Sneezing
### Lesson Content

#### Cell Phones

- **Slide 9.13**
  
  Discuss cell phone use and driving.

- **Worksheet 9.2.2**
  
  Duplicate and distribute Worksheet 9.2.2. Before discussing the potential dangers and benefits of cell phones in vehicles, give students a few minutes to list dangers and benefits they can think of.

  Ask students to tell the class dangers and benefits they have listed.

### Materials and Resources

- **Slide 9.13: Cell Phones**

  ![Cell Phones Slide](image)

  - Use has increased
  - Risk of collision increases by up to 400%
  - Drivers are 9% slower when hitting their brakes when needed

- **Worksheet 9.2.2 and Answer Key: Potential Dangers and Benefits of Cell Phones in Vehicles**
### Potential Distractions Inside the Vehicle

<table>
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<th>Cell Phones</th>
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</table>

Cell phone use in the U.S. has grown quickly during the past decade. Today almost everyone has a cell phone. Over 236 million people subscribe to wireless communication devices (*Insurance Information Institute*). 974,000 vehicles on the road at any given daylight moment are being driven by someone using a hand-held phone (*NHTSA*).

The primary responsibility of the driver is to operate a motor vehicle safely. To do this, a driver must focus his/her full attention on the driving task. Cell phones may distract drivers from this task. The safest option for a driver would be to refrain from cell phone use while driving.

- Risk of collision increases by up to 400% when talking on a cell phone while driving (*Insurance Institute for Highway Safety*)
- A study done with driving simulators, found that when talking on a cell phone (*Virginia Tech Transportation Institute*):
  - Young drivers’ response times to brake lights ahead were as slow as those by elderly drivers.
  - Drivers of all ages were 9% slower in hitting their brakes when needed.

Young drivers are especially vulnerable to becoming distracted while using a cell phone. Additionally, modern cell phones are capable of more than spoken communication/ many can perform navigational functions, access the Internet, share photos and send and receive text messages. Today’s cell phones hold even more potential for increased risk while driving.
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<thead>
<tr>
<th>Name</th>
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</table>

**Potential Dangers and Benefits of Cell Phones in Vehicles**

List any potential dangers of having an active cell phone in a moving vehicle.

1. ______________________________________
2. ______________________________________
3. ______________________________________
4. ______________________________________
5. ______________________________________
6. ______________________________________
7. ______________________________________

List any potential benefits of having an active cell phone in a moving vehicle.

1. ______________________________________
2. ______________________________________
3. ______________________________________
4. ______________________________________
5. ______________________________________
6. ______________________________________
7. ______________________________________
Potential Distractions Inside the Vehicle

Worksheet 9.2.2
ANSWER KEY

To see the Answer Key you must purchase the 3.0 Curriculum.
## Potential Distractions Inside the Vehicle

### Potential Dangers and Benefits of Cell Phones in Vehicles

- **Slide 9.14**
  Discuss dangers of using a cell phone while driving.

- **Slide 9.15**
  Discuss safety benefits of having a cell phone in a car.

### Materials and Resources

- **Slide 9.14: Potential Dangers of Using a Cell Phone While Driving**
  ![Potential Dangers of Using a Cell Phone While Driving]
  - Diverting attention away from the driving task
  - Looking away from the road and using one hand to drive
  - Ability to make quick decisions
  - Ability to execute emergency maneuvers

- **Slide 9.15: Potential Benefits of Cell Phones in Vehicles**
  ![Potential Benefits of Cell Phones in Vehicles]
  - Diverting attention away from the driving task
  - Looking away from the road and using one hand to drive
  - Ability to make quick decisions
  - Ability to execute emergency maneuvers
## Potential Distractions Inside the Vehicle

### Cell Phones

<table>
<thead>
<tr>
<th>Potential dangers of using a cell phone while driving</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Diverting attention away from the driving task</td>
</tr>
<tr>
<td>- Looking away from the road and using one hand to drive in order to dial</td>
</tr>
<tr>
<td>- Effect on maintaining proper lane position</td>
</tr>
<tr>
<td>- Impact on ability to perceive potential problems</td>
</tr>
<tr>
<td>- Ability to make quick decisions</td>
</tr>
<tr>
<td>- Reduced situational awareness</td>
</tr>
<tr>
<td>- Ability to execute emergency maneuvers</td>
</tr>
</tbody>
</table>

The issue of distracted driving has been researched. Some studies indicate that using cell phones while driving may negatively affect drivers’ performance because the device may cause cognitive distractions that are significant enough to degrade a driver’s performance.

Note that hands-free devices are no less likely than hand-held cell phones to cause a driver to become distracted. Attention is diverted from the driving task while using either device.

### Potential benefits of cell phones in vehicles

<table>
<thead>
<tr>
<th>Potential benefits of cell phones in vehicles</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Ability to summon roadside assistance quickly in the event of a mechanical problem</td>
</tr>
<tr>
<td>- Ability to contact law enforcement rapidly in the event of a personal or national security concern</td>
</tr>
<tr>
<td>- Ability to contact emergency services quickly in response to a crash or emergency or medical situations</td>
</tr>
</tbody>
</table>

Note that in all of the above situations, the driver would be the person initiating a phone call. None of the above situations would require that a cell phone be turned on until the situation warranted action. Thus, a driver could take full advantage of all safety benefits related to having a cell phone, without having the cell phone turned on while driving. Drivers should make efforts to move to a safe place, off the road, to make such calls. Depending on the urgency of the situation, drivers must use their best judgment.
<table>
<thead>
<tr>
<th>Potential Distractions Inside the Vehicle</th>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Text Messaging</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>➢ Slides 9.16 and 9.17 – Video 9.2.2</td>
<td></td>
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</tr>
<tr>
<td>Discuss the topics covered in Video</td>
<td></td>
<td>Slides 9.16 and 9.17:</td>
</tr>
<tr>
<td>9.2.2.</td>
<td></td>
<td>Video 9.2.2 Ashley’s</td>
</tr>
<tr>
<td>Play Video 9.2.2.</td>
<td></td>
<td>Story</td>
</tr>
<tr>
<td><em>Ashley’s Story</em></td>
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<td>(Time: 2 minutes 59 seconds)</td>
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</tr>
<tr>
<td>After viewing, complete Learning</td>
<td></td>
<td>Ashley’s Story</td>
</tr>
<tr>
<td>Activity 9.2.1 to discuss the student’s</td>
<td></td>
<td></td>
</tr>
<tr>
<td>reactions to the video.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potential Distractions Inside the Vehicle</td>
<td>Video Overview 9.2.2</td>
<td></td>
</tr>
<tr>
<td>----------------------------------------</td>
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<td></td>
</tr>
<tr>
<td><strong>Video Overview 9.2.2: Ashley’s Story</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Title</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ashley’s Story</td>
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<tr>
<td><strong>Time</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 minutes 59 seconds</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Topics Covered</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. The dangers of texting while driving.</td>
<td></td>
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</tr>
<tr>
<td><strong>Learning Activity</strong></td>
<td></td>
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</tr>
<tr>
<td>2. After viewing the video, discuss the students’ reactions to the video using the discussion questions provided.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Instructor Notes</strong></td>
<td></td>
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</tr>
</tbody>
</table>
# Text Messaging

**Learning Activity 9.2.1**

Conduct this activity to demonstrate the dangers of driving while texting, using a real life story involving a teen driver who was killed in a motor vehicle crash while texting.

**Learning Activity 9.2.1: Touch of Reality**
Learning Activity 9.2.1

<table>
<thead>
<tr>
<th>Topic</th>
<th>The Dangers of Texting While Driving</th>
</tr>
</thead>
</table>

**Information**

Drivers under age 20 are most likely to be involved in distracted driving crashes almost 50% more likely than the next most at risk group (age 30-49). Texting is the most alarming distraction because it involves physical and mental distraction simultaneously. Sending or reading a text takes your eyes off the road for 4.6 seconds. At 55 mph, that’s like the length of an entire football field, blindfolded. It’s extraordinarily dangerous. (NHTSA)

**Materials Needed**

1. Video 9.2.2 Ashley’s Story
2. Discussion questions

**Learning Activity**

1. After viewing Video 9.2.2 Ashley’s Story discuss the students’ reactions to the video and have a class discussion on the dangers of texting while driving, using the questions below.

**Discussion Questions**

1. How does this video make you feel?
2. Do you know anyone this has happened to?
3. Do you know anyone who has done this and gotten away with it?
4. Could this happen to you or someone you know?
5. Are you at risk?
### Text Messaging

#### Class Discussion

Ask students:
Who here has used your phone to send or receive text messages?
How is texting different from talking on a cell phone?
Discuss how texting is different from talking on a cell phone.

#### Slide 9.18

Discuss how texting can impact driving and how you can look at the three tasks of driving to understand the effects of texting on driving.
### Text Messaging

**Text messaging** – the common term for sending short text messages from cell phones.

#### How is texting different from talking on a cell phone?
- Texting requires you to spend more time looking at the small screen on the cell phone than talking on the phone.
- Text messages are typically shorter than conversations.
- Texting may involve having two hands on the cell phone.

#### How texting can impact driving

Evidence suggests that text messaging is even riskier than talking on a cell phone because it often requires the driver to look at the phone and manipulate the keypad with one’s hands. Texting is the most alarming distraction because it involves manual, visual and cognitive distraction simultaneously.

Sending or receiving text takes a driver’s eyes from the road for an average of 4.6 seconds, the equivalent at 55 mph of driving the length of an entire football field, blind.

#### Effects of texting on driving

To understand the effects of texting on driving, you can look at the three tasks of driving:

1. **Search** – the driver must search for what’s going on in the driving environment
2. **Evaluate** – the driver must use the information gained through perception to evaluate what to do about a particular situation
3. **Execute** – the driver must execute or perform his/her decision
# Potential Distractions Inside the Vehicle

## Lesson Content

**Text Messaging**

- **Ask students**, how could texting while driving affect a driver searching for what is going on around them?

- **Slide 9.19**

  Discuss how texting can affect the first step, searching.

- **Ask students**, how could texting while driving affect evaluating what to do in an unexpected situation?

- **Slide 9.20**

  Discuss how texting can affect the second step, evaluating.

- **Ask students**, how could texting while driving affect executing your decision?

- **Slide 9.21**

  Discuss how texting can affect the third step, executing.

## Materials and Resources

- **Slide 9.19: How Texting Affects Searching**

- **Slide 9.20: How Texting Affects Evaluating**

- **Slide 9.21: How Texting Affects Executing**
Text Messaging

Effects of texting on driving

1. Search
   - If your attention is focused on texting, you could easily miss seeing an important change in your driving environment
     - A car pulling out in front of you
     - A signal light changing from yellow to red
     - A stop sign

2. Evaluate
   - When your attention is divided, all decision making slows down
   - As you add more tasks, your performance on each one becomes slower
   - The more tasks you try to do at once, the less effective you are at any single task
   - Your ability to make decisions is reduced because of the multiple tasks attempted

3. Execute
   - You could fail to execute the driving maneuver you selected in the evaluate step
     - Fail to turn the steering wheel far enough or fast enough
   - When texting, at least one hand is off the steering wheel and on the phone instead
     - Steering control is greatly reduced when you steer with just one hand
     - You need to have both hands on the steering wheel to effectively steer, especially in emergency situations
   - You could fail to brake or accelerate at the right time or with the proper amount of pressure on the pedal

Perhaps the largest concern is texting’s ability to impair the first step, searching:

- If your attention is devoted to texting and you fail to perceive the car stopping or turning in front of you, you will never even get to the second step (evaluate).
- Even if you typically make great decisions and have excellent vehicle control skills, if you don’t perceive the need to activate these skills because you failed in searching, you are far more likely to experience a collision.

Texting may be even more dangerous than talking on a cell phone since the driver must often take his/her eyes off the roadway to look at the small screen on the phone.
# Unit 9 The Effects of Distractions on Driving

## Potential Distractions Inside the Vehicle

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Effects of Distractions on Driving</strong></td>
<td></td>
</tr>
<tr>
<td>➢ <strong>Learning Activity 9.2.2</strong></td>
<td>➢ <strong>Learning Activity 9.2.2: Card Sorting and Distraction</strong></td>
</tr>
</tbody>
</table>

Conduct this activity to demonstrate how the addition of multiple tasks can affect a driver’s ability to maintain adequate attention to the primary task: driving.

There are three types of ways to conduct this activity. You may choose any of the following ways:

1. Student sorts a deck of playing cards into 4 piles by suit as instructor asks addition problems.
2. Student checks off numbers in ascending order as instructor asks addition problems.
3. Student checks off letters in ascending order as instructor asks addition problems.

Emphasize that the driver is completely and solely responsible for operating his or her vehicle in a safe manner. This includes the responsibility for controlling everything that occurs inside the vehicle as well. If a distracted driver experiences a crash, the responsibility falls on the driver, not the distraction.
### Information

New drivers often think they can handle multiple tasks while driving. This activity demonstrates how the addition of multiple tasks can affect a driver’s ability to maintain adequate attention to the primary task: driving and the need to place our primary focus on driving when we are behind the wheel.

### Materials Needed

1. Deck of playing cards, or number or letter matrix (depending on which type you choose)
2. Stopwatch

### Learning Activity

1. Select one student to perform the exercise.
2. Time how long it takes the student to sort a deck of cards into 4 piles by suit (hearts, diamonds, clubs and spades), or check off each number or letter in ascending order, appearing in the matrixes on the next pages. Begin with 01, end with 36 or begin with A and end with Y.
3. Share the elapsed time with the class.
4. Repeat step 2, but while reading addition problems (see below) aloud to the student. Ask the student to answer as many problems correctly as possible (whether the answers are correct or not is not relevant. The addition task is to provide a distractor).
5. Share the second elapsed time with the class, explaining that the more tasks the brain is required to perform at one time, the longer it takes to perform any single one.
6. Use the following formula to calculate the percentage increase in time to sort the cards by suit the second time:

   \[
   \text{% Change} = \frac{\text{2nd time} - \text{1st time}}{\text{1st time}}
   \]

### Addition Problems

<table>
<thead>
<tr>
<th>14+7</th>
<th>16+6</th>
<th>19+8</th>
<th>9+2</th>
<th>11+6</th>
<th>6+17</th>
<th>17+7</th>
<th>15+8</th>
<th>5+18</th>
<th>13+7</th>
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<tbody>
<tr>
<td>8+17</td>
<td>12+9</td>
<td>6+11</td>
<td>4+11</td>
<td>4+13</td>
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<td>15+8</td>
<td>8+11</td>
<td>9+13</td>
<td>11+14</td>
<td>7+9</td>
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</table>
### Learning Activity 9.2.2  Effects of Distractions Using Addition – Number Matrix

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</table>
### Learning Activity 9.2.2  Effects of Distractions Using Addition – Letter Matrix

<table>
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<tr>
<th>R</th>
<th>D</th>
<th>N</th>
<th>H</th>
<th>B</th>
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<td>Y</td>
<td>O</td>
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</table>
## Audio and Navigation Systems

**Slide 9.22**

Discuss audio and navigation systems in vehicles and the benefits and dangers of audio and navigation systems.
## Audio and Navigation Systems

Almost every vehicle sold in the US today contains an audio system and many vehicles today also have navigation systems or drivers who have smart phones with GPS systems. Components of such systems could include:

- AM/FM receivers
- Satellite receivers
- CD players
- Supplementary speakers

### Benefits of audio or navigation systems

There can be several benefits to having an audio system or navigation system in a vehicle. Some of these could include:

- Having access to music and other programming to help pass the miles
- Gaining the latest information on local, national and international events
- Obtaining road travel reports on weather, construction, road closures and crashes
- Used wisely, audio systems can help keep drivers’ minds engaged
- Help with finding an unfamiliar route or location

### Potential distractions regarding audio and navigation systems

- Adjusting the vehicle’s audio controls or navigation tools
  - Research shows that young drivers are especially susceptible to becoming distracted while attempting to adjust their vehicle’s audio controls.
  - Adjusting any vehicle’s audio controls almost always involves the driver reaching for a knob or button. Often, this action requires that the driver’s eyes be diverted from the driving scene for some period of time.
  - Moving one’s eyes and having to refocus on the shorter distance between the eyes and the dash or steering wheel, even for a short time, can result in a complete discontinuation of visual feedback from the driving scene.
- Setting the audio system volume too loud
- A driver could miss out on important information that is obtained through the ears, including: emergency vehicle’s sirens, horns or screeching tires.
<table>
<thead>
<tr>
<th>Lesson Content</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vehicle Passengers</strong></td>
</tr>
<tr>
<td>➢ Slide 9.23</td>
</tr>
<tr>
<td>Discuss driving with passengers in the vehicle and how they can be a distraction to driving.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Slide 9.23: Vehicle Passengers</td>
</tr>
</tbody>
</table>
### Potential Distractions Inside the Vehicle

<table>
<thead>
<tr>
<th>Vehicle Passengers</th>
</tr>
</thead>
</table>

Having other occupants in the vehicle could become distraction as well. Occupants could distract the driver by:

- Talking to or yelling at the driver
- Throwing objects inside or outside the vehicle
- Partially hanging out of the vehicle
- Yelling at persons outside the vehicle
- Unexpectedly adjusting audio system controls
- Unexpectedly adjusting vehicle controls
- Much more…

Research indicates that, for young drivers, the greater number of similarly-aged occupants aboard, the more likely a crash is to occur. This is a major reason why many states’ graduated driver licensing systems restrict the number of similarly-aged passengers that can be in a vehicle with a novice driver.
### Lesson Objective:
Student will be able to describe potential distractions that could occur outside the vehicle and their effects on the driving task.

<table>
<thead>
<tr>
<th>Potential Distractions Outside the Vehicle</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Worksheet 9.3</td>
<td>➢ Worksheet 9.3: Potential Distractions Outside the Vehicle</td>
</tr>
<tr>
<td>- Duplicate and distribute Worksheet 9.3. Before discussing the potential distractions outside the vehicle, give students a few minutes to list some distractions outside of the vehicle they can think of. Ask students to tell the class distractions outside the vehicle they have listed.</td>
<td></td>
</tr>
<tr>
<td>➢ Fact Sheet 9.3</td>
<td>➢ Fact Sheet 9.3: Potential Distractions Outside the Vehicle</td>
</tr>
<tr>
<td>- Duplicate and distribute Fact Sheet 9.3 for students to use as a resource and study guide.</td>
<td></td>
</tr>
<tr>
<td>- Discuss potential distractions outside of the vehicle.</td>
<td></td>
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</tbody>
</table>
### Potential Distractions Outside the Vehicle

<table>
<thead>
<tr>
<th>Potential Distractions Outside the Vehicle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not all potentially distracting events occur within the vehicle. Many possible events and situations could occur outside a vehicle that could capture a driver’s attention.</td>
</tr>
<tr>
<td>- Outside traffic – vehicle swerved, turned in front of, changed lanes, slowed or stopped, encroached on lane</td>
</tr>
<tr>
<td>- Crash scenes / rubbernecking</td>
</tr>
<tr>
<td>- Animal in or near roadway – deer, dog, other animal</td>
</tr>
<tr>
<td>- Road construction</td>
</tr>
<tr>
<td>- People / objects in roadway – child in road, people walking, basketball game, crowd, broken glass, garbage can, etc.</td>
</tr>
<tr>
<td>- Other vehicles</td>
</tr>
<tr>
<td>- Police – someone pulled over, someone being chased by police, officer directing traffic, someone thought they saw police</td>
</tr>
<tr>
<td>- Reading billboards or other road advertisements</td>
</tr>
<tr>
<td>- Sunlight / sunset</td>
</tr>
<tr>
<td>- Other – waved ahead by driver, another person or driver, parachutes in sky, bicycle, toll booth, bush obstructing vision, tire blowout, etc.</td>
</tr>
</tbody>
</table>

**Crash scenes (Rubbernecking)**

Certainly a crash scene would have the ability to grab a driver’s attention. However, it has been found that crash scenes also tend to hold a driver’s attention, keeping him or her from focusing on the driving task. Thus, some drivers tend to maintain eye contact with a crash scene, even beyond the point that they pass the scene. This phenomenon, sometimes referred to as “rubbernecking,” can be quite dangerous, increasing the chance of experiencing a collision.

Attention-grabbing events occurring outside the vehicle will likely be surprising and/or rare, such as a crash or sighting a hot air balloon. While these may be interesting events, drivers must remember that safe driving remains the priority.
## Potential Distractions Outside the Vehicle

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
</table>

List any potential distractions that could occur outside a vehicle while driving.

1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________
5. ____________________________________
6. ____________________________________
7. ____________________________________
8. ____________________________________
9. ____________________________________
10. ____________________________________
To see the Answer Key you must purchase the 3.0 Curriculum.
### Lesson Objective:
Student will develop a plan to prevent distractions before getting behind the wheel.

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Preventing Distractions Before Driving</strong></td>
<td></td>
</tr>
<tr>
<td>➢ <strong>Ask students</strong>, now that we have seen how distractions can cause substantial risk while driving, what can you as a driver do to prevent being distracted while driving?</td>
<td>➢ <strong>Fact Sheet 9.4: Preventing Distractions Before Driving</strong></td>
</tr>
<tr>
<td>➢ <strong>Fact Sheet 9.4</strong></td>
<td></td>
</tr>
<tr>
<td>Duplicate and distribute Fact Sheet 9.4 for students to use as a resource and study guide.</td>
<td></td>
</tr>
<tr>
<td>➢ <strong>Slide 9.25</strong></td>
<td>➢ <strong>Slide 9.25: Preventing Distractions Before Driving</strong></td>
</tr>
<tr>
<td>Discuss how to prevent distractions before driving.</td>
<td></td>
</tr>
<tr>
<td>➢ <strong>Slide 9.26</strong></td>
<td>➢ <strong>Slide 9.26: Develop a Plan</strong></td>
</tr>
<tr>
<td>Discuss how to develop a plan to help the driver not become distracted while driving.</td>
<td></td>
</tr>
</tbody>
</table>
Preventing Distractions Before Driving

A driver’s goal should be to eliminate all in-vehicle distractions before driving begins. Accomplishing this goal can be done by:

- Assessing all potential in-vehicle distractions before driving
- Developing a preventative plan to reduce/eliminate possible distractions
- Expecting distractions to occur
- Discussing possible scenarios before getting behind the wheel

Develop a preventive plan to reduce/eliminate possible distractions. Based on the assessment of potential distractions, drivers can formulate a plan to prevent these sources from resulting in distraction.

This could include:

- Turning off all communication devices
- Securing commitment from other occupants to behave responsibly and to support the driver in reducing distractions
- Securing all loose items in the vehicle-pets, handbags, containers, safety kits, umbrellas, flashlights, other personal items
- Familiarizing yourself with your vehicle’s features and equipment, before you get behind the wheel
- Adjusting all vehicle controls to the driver’s preferences
- Determining exact travel routes or programming the GPS before you drive
- Adjusting to any personal conditions that could become distracting
- Eating before driving or leave early to allow yourself time to stop to eat
- Doing your personal grooming at home, before you drive
- Properly buckling children and giving them books, toys or games to occupy them
- Securing pets in a pet carrier or portable kennel before moving your vehicle

Just a little preparation in advance by drivers could go a long way toward preventing distractions from occurring. Efforts to prevent distractions before driving pay off. It is much better to not deal with distractions at all than to have to address distractions in a moving vehicle.
## Addressing Distractions While Driving

### Lesson Objective:
Student will develop a plan to address distractions while driving.

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Addressing Distractions While Driving</strong></td>
<td><strong>Fact Sheet 9.5: Addressing Distractions While Driving</strong></td>
</tr>
<tr>
<td>➢ Fact Sheet 9.5</td>
<td>➢ Slide 9.27: Addressing Distractions While Driving</td>
</tr>
<tr>
<td>Duplicate and distribute Fact Sheet 9.5 for students to use as a resource and study guide.</td>
<td></td>
</tr>
<tr>
<td>➢ Slide 9.27</td>
<td></td>
</tr>
<tr>
<td>Discuss how to address distractions while driving.</td>
<td></td>
</tr>
<tr>
<td>➢ Worksheet 9.5</td>
<td>➢ Worksheet 9.5: Handling Distractions While Driving</td>
</tr>
<tr>
<td>Duplicate and distribute Worksheet 9.5. Have students complete the worksheet.</td>
<td></td>
</tr>
<tr>
<td>Review the answers.</td>
<td></td>
</tr>
</tbody>
</table>

[Image of Slide 9.27: Addressing Distractions While Driving]

- Set vehicle radio to a low音量 level.
- Minimize noise in the vehicle.
- Keep your cell phone in a bag or a holder.
- Avoid arguments and stressful conversations.
- Avoid using the vehicle's navigation system while driving.
- Keep distractions to a minimum.
By giving advanced thought toward addressing in-vehicle distractions, new drivers can be better prepared to actually deal with these distractions.

**Cell phones**

The best practice would be to refrain from talking on a cell phone while driving. Utilize voice mail or other passengers for help with taking cell phone calls or text messages. Pick up your messages later, once you have completed driving. In emergency situations, it is the responsibility of the driver to use his/her best discretion. If you have to call or text, pull off the road safely or and stop or stop in a safe parking area (depending on the urgency of the situation, drivers must use their best judgment).

Do not use a hands-free device. It is not any safer than holding a cell phone in your hand; research indicates no differences in risk between the two modes. Both are capable of diverting a driver’s attention.

**Audio and navigation systems**

- Adjust vehicle controls before you begin your trip, take advantage of normal stops to adjust controls.
- Minimize any adjustment to the audio or navigation system while driving.
- Ask passengers to adjust controls or input navigation information.
- The audio system’s volume should be put at a level that always permits the driver to be fully aware of any warning sounds in the traffic environment.

**Vehicle occupants**

In the unlikely event of an extreme situation, the driver, who is responsible for and in control of his or her vehicle, must decide whether an occupant or occupants should be removed from the vehicle.

Avoid arguments and stressful or emotional conversations with passengers that may distract your attention from the road.

Pull safely off the road and out of traffic to deal with children.
Handling Distractions While Driving

What steps would you take to address the following distractions, should one or more occur while driving?

1. A distracting occupant, who is approximately your own age

2. A distracting infant?

3. Vehicle controls requiring adjustment? (mirrors, seat position, steering wheel position, etc.)

4. Getting lost or having to make a route change caused by road construction

5. A loose object, rolling around on the rear floorboard

6. A ringing cell phone?
To see the Answer Key you must purchase the 3.0 Curriculum.
## Addressing Distractions While Driving

### Lesson Content

<table>
<thead>
<tr>
<th>Addressing Driving Distractions</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ <strong>Learning Activity 9.5</strong></td>
</tr>
<tr>
<td>Conduct this activity to demonstrate how to best handle distractions while driving.</td>
</tr>
</tbody>
</table>

### Materials and Resources

| ➢ **Learning Activity 9.5: Role Playing:** Addressing Driving Distractions |
Learning Activity 9.5  Role Playing: Addressing Driving Distractions

<table>
<thead>
<tr>
<th>Topic</th>
<th>Addressing Driving Distractions</th>
</tr>
</thead>
</table>

**Information**
Driver distractions may occur anytime and anywhere. Distracted driving can cause collisions, resulting in injury, death or property damage. New drivers need to learn how to address distractions while driving. This activity will help new drivers understand how to best handle distractions while driving.

**Materials Needed**
1. List of scenarios below

**Learning Activity**
1. Read one of the following scenarios.
2. Select a student to respond.
3. Discuss the correct answer.

You are driving along at a safe speed and:
- You wish to change CDs. There is a passenger in the front seat next to you.
- Your cell phone rings. You are the only person in the vehicle.
- Your cell phone rings. There is a passenger in the front seat next to you.
- You approach a crash scene at which EMS has arrived, so that your assistance is not required. One car is overturned.
- Your large beverage spills onto the center console. There is a passenger in the front seat next to you.
- You wish to change the tilt level of the steering wheel.
- You turn into the sun, which is low on the horizon. This makes it much more difficult to look far ahead.
- Your dog, riding in the back seat, tries to force itself into the front seat area.
- You notice four large, colorful hot air balloons in the sky off to your right.
- You become hungry and must eat a sandwich that you brought along for the trip.
- You enter an unfamiliar area where you are trying to locate an address. Your map is on the passenger-side floorboard, out of easy reach.
- You need to input new destination information into your on-board navigation system.
- You notice several deer along the roadside ahead. They appear to be about to cross the roadway.
- You enter a busy construction zone that includes flag personnel. Your radio volume is at a high level.
## Addressing Driving Distractions

- **Slide 9.28**

  Discuss a drivers’ responsibility while driving.

  Emphasize that a driver is completely and solely responsible for operating his or her vehicle in a safe manner.

## Slide 9.28: Drivers’ Responsibility While Driving

- Be aware of potential distractions and minimize chance of occurrence.
- Safety is responsible for operating vehicle in a safe manner.
- Responsibility falls upon the driver, not the distraction.
## Addressing Distractions While Driving

### In Summary:
- Distractions can occur while driving.
- Young drivers are especially susceptible to distraction while driving.
- Distracted driving can cause collisions, resulting in injuries, deaths and property damage. Costs associated with such crashes, including those resulting from criminal and civil proceedings can be extremely high.
- With some forethought and pre-drive planning, drivers can prevent many potential distractions from taking place while driving.
- By developing a plan to deal with distractions that might occur while driving, drivers can become much better prepared and equipped to deal with those that do occur.
- The potential for drivers to become distracted is expected only to increase over time.

### Drivers’ responsibility while driving
- Many drivers currently engage in many distraction-causing activities, without giving any consideration to how their driving might be negatively affected. The responsible driver will be aware of potential distractions and minimize both the chance of these occurring and the negative impact should they occur.
- Of most importance, a driver must maintain his or her attention to the driving task. While a distracting event could be considered a negative event, the results of a crash caused by the event could be far worse.
- The driver is completely and solely responsible for operating his or her vehicle in a safe manner. This includes the responsibility for controlling everything that occurs within the vehicle as well. If a distracted driver experiences a crash, the responsibility falls upon the driver, not the distraction.
## Lesson Objective:
Student will commit to being a safe, distraction-free driver and be able to identify ways to disseminate information regarding the dangers and consequences of distracted driving to other teens, their parents, and the community.

### Lesson Content

**Take the Pledge**

- **Video Review 9.6**
  
  Duplicate and distribute Video Review 9.6. Students should complete the worksheet as they watch the video.

- **Slides 9.29 and 9.30 – Video 9.6**
  
  
  *Take the Pledge*
  
  (Time: 1 minute 49 seconds)

  After viewing, review Video Review 9.6 to gauge student understanding of the video.

### Materials and Resources

- **Video Review 9.6: Take the Pledge**

- **Slides 9.29 and 9.30: Video 9.6 Take the Pledge**
### Video Overview 9.6: Take the Pledge

<table>
<thead>
<tr>
<th><strong>Title</strong></th>
<th>Take the Pledge</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td>1 minute 49 seconds</td>
</tr>
</tbody>
</table>

**Topics Covered**

1. How a high school in New Jersey led a campaign to get students to take the pledge to not drive distracted.

**Video Review**

1. Have students complete a video review worksheet as they watch the video.
2. After viewing the video, review the worksheet to gauge students’ understanding of the video.

**Instructor Notes**
Spreading the Word on the Dangers of Distracted Driving

Video Review 9.6: Take the Pledge

1. What is the purpose of taking the pledge? ___________________________________

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

2. Do you think this is something that would encourage you to not text and drive and why?

_____________________________________________________________________
_____________________________________________________________________

3. How can you become involved in letting other teens know the dangers of distracted driving?

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
<table>
<thead>
<tr>
<th>Spreading the Word on the Dangers of Distracted Driving</th>
<th>Video Overview 9.6 ANSWER KEY</th>
</tr>
</thead>
</table>

To see the Answer Key you must purchase the 3.0 Curriculum.
Unit 9 The Effects of Distractions on Driving

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Take the Pledge</strong></td>
<td></td>
</tr>
<tr>
<td>➢ Learning Activity 9.6</td>
<td>➢ Learning Activity 9.6: Take the Pledge</td>
</tr>
</tbody>
</table>

Conduct this activity to help spread the word on the dangers of distracted driving by having students take the pledge to not drive and text.
## Unit 9 The Effects of Distractions on Driving

### Learning Activity 9.6 Take the Pledge

<table>
<thead>
<tr>
<th>Topic</th>
<th>Spreading the Word on the Dangers of Distracted Driving</th>
</tr>
</thead>
</table>

### Information

New drivers are more likely to become distracted while driving and be involved in distracted driving crashes. Educators play a crucial role in helping students develop safe driving habits that can last a lifetime. This activity will help students get the message on distracted driving and commit to not driving while distracted.

### Materials Needed

1. Pledge forms (included)
2. Bulletin board covered with paper or poster (optional)
3. Ink pad (optional)
4. Thumb rings (a ring for your thumb, as shown in the video) with “Texting Kills” written on them for each student (optional)
5. Flyer with distracted driving facts (optional - included)

### Learning Activity

1. Set up a table in the classroom (for classroom students) or outside classrooms, in your cafeteria, or at a sports event (for students in the high school).
2. Make copies of the pledge form and have students sign and commit to not driving distracted.

Optional

1. Using the “Take the Pledge” video as a resource, have a bulletin board with paper or poster attached and available for students to “take the pledge.”
2. Using an ink pad, have students apply ink to their thumb and place it on the bulletin board, making a commitment not to text and drive.
3. Hand out thumb rings to each student.
4. Pass out brochure or flyer with distracted driving facts and statistics.
Learning Activity 9.6

---

**TAKE THE PLEDGE**

The fight to end distracted driving starts with you. Make the commitment to drive phone-free today.

Distracted driving kills and injures thousands of people each year. I pledge to:

- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to drive phone-free.

SIGNATURE: __________________________

DATE: __________________________

---

American Driver and Traffic Safety Education Association
Learning Activity 9.6  Distracted Driving Flyer

1. Is distracted driving really a problem?

Distracted driving kills. The friends, family, and neighbors of the thousands of people killed each year in distracted driving crashes will tell you it is a very serious safety problem. The nearly half a million people injured each year will agree.

2. What is distracted driving?

Distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off your primary task: driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.

3. I'm a pretty good driver. Can't some people text or talk on the phone and drive safely?

No, they can't. Research indicates that the burden of talking on a cell phone - even if it's hands-free - saps the brain of 39% of the energy it would ordinarily devote to safe driving. Using a cell phone while driving delays your reaction time as much as having a blood alcohol concentration of .08, the legal limit for drunk driving. Drivers who use a hand-held device are 4 times more likely to get into a crash serious enough to cause injury. Texting drivers are 23 times more likely to get involved in a crash.

4. Who are the most serious offenders?

Our youngest and most inexperienced drivers are most at risk, with 16% of all distracted driving crashes involving drivers under 20. But they are not alone. At any given moment during daylight hours, over 800,000 vehicles are being driven by someone using a hand-held cell phone.

5. What can I do to prevent me from becoming a distracted driver?

Turn off all communication devices, secure commitment from other occupants to behave responsibly and to support the driver in reducing distractions, secure all loose items, familiarize yourself with your vehicle’s features and equipment, determine exact travel routes or program the GPS before you drive, eat before driving or leave early to allow yourself time to stop to eat, do your personal grooming at home, properly buckle children and give them books, toys or games to occupy them, secure pets in a pet carrier or portable kennel before moving your vehicle.

Take the pledge to drive phone-free and turn your cell phone off when you turn your ignition on. And if you're a passenger, make sure your driver does the same.
## Lesson Content

<table>
<thead>
<tr>
<th><strong>Get Teens Involved</strong></th>
<th><strong>Materials and Resources</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fact Sheet 9.6 Part I</td>
<td>Fact Sheet 9.6 Part I: Teen Involvement</td>
</tr>
<tr>
<td>Duplicate and distribute Fact Sheet 9.6 Part I for student’s to use as a resource.</td>
<td></td>
</tr>
<tr>
<td>Slide 9.31</td>
<td>Slide 9.31: Get Involved</td>
</tr>
<tr>
<td>Discuss how teens can get involved to end distracted driving.</td>
<td></td>
</tr>
</tbody>
</table>
Spreading the Word on the Dangers of Distracted Driving

<table>
<thead>
<tr>
<th>Fact Sheet 9.6 Part I</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content Information</td>
</tr>
</tbody>
</table>

## Get Involved

1. **Take the pledge** – commit to being a safe, distraction-free driver. Keep the pledge form in your car or locker as a reminder to stay off the phone when you’re driving.

2. **Speak up** – don’t stop at being a great driver, be a great passenger. Make sure to call out your friends, and even your parents, if you see them using a cell phone or being distracted behind the wheel.

3. **Spread the word** – get involved in promoting safe driving in your community. Hang up posters, host an event on distracted driving or start a NSSP (National Student Safety Program) chapter at your school.
## Spreading the Word on the Dangers of Distracted Driving

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Have Parents Get Involved</strong></td>
<td><strong>Fact Sheet 9.6 Part II: Parent Involvement</strong></td>
</tr>
<tr>
<td>➢ Fact Sheet 9.6 Part II</td>
<td></td>
</tr>
</tbody>
</table>

Reinforce your safe driving message by sending a letter and parent-teen driving contract home to parents that urges them to talk about the dangers of distracted driving with their teens.

Develop, duplicate and distribute the letter and contract using the sample included as a guide.
[DATE]

Dear Parent/Guardian,

Did you know that motor vehicle crashes are the leading cause of death for teens in the United States?

We all talk to our teens about the dangers of drunk driving and the importance of wearing seat belts. But there is another traffic safety issue we must make our teens aware of so they can stay safe behind the wheel: distracted driving.

In 2009 alone, nearly 5,500 people were killed and a half million more were injured in distracted driving crashes. Sadly, our youngest and most inexperienced drivers are often the most at risk. In fact, the under-20 age group has the highest proportion of distracted drivers involved in fatal crashes.

Today I’m writing to ask you to sit down and discuss this important issue with your teens and have them sign the attached Parent-Teen Driving Contract. It’s a conversation that could save their life!

Distracted driving comes in many forms. It can include electronic distractions, like navigation systems and cell phones, or more conventional distractions, like interacting with passengers and eating.

Unfortunately, texting is the most dangerous of all distractions because it involves manual, visual, and cognitive distraction simultaneously. Sending or reading a text takes your eyes off the road for 4.6 seconds. At 55 mph, that’s like driving the length of an entire football field, blindfolded.

Student safety is our number one priority at [SCHOOL], and we are committed to including appropriate driver education in our curriculum. However, we need the support of parents and family members to supplement this effort.

So, I’m asking you to join with me and encourage your teen to pay attention to the road at all times. Remind them that “One Text or Call Could Wreck It All.”

If you need any additional information or have any questions please feel free to contact me.

Sincerely,

NAME
TITLE (Driver Education Instructor)
HIGH SCHOOL
# Unit 9 The Effects of Distractions on Driving

## Spreading the Word on the Dangers of Distracted Driving

### Fact Sheet 9.6 Part II

### Content Information

<table>
<thead>
<tr>
<th>Sample Parent-Teen Driving Contract</th>
</tr>
</thead>
</table>

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. DISTRACTED DRIVING:</strong> Drivers under the age of 20 years old make up the greatest proportion of distracted drivers. <strong>RULE:</strong> PUT YOUR PHONE DOWN, BECAUSE ONE TEXT OR CALL COULD WRECK IT ALL!</td>
<td></td>
</tr>
<tr>
<td>AGREEMENT: ___________________________________________________________________</td>
<td></td>
</tr>
<tr>
<td>CONSEQUENCES: ___________________________________________________________________</td>
<td></td>
</tr>
<tr>
<td><strong>2. ALCOHOL:</strong> It is illegal in all states for drivers under the age of 21 to operate a vehicle with any detectable amount of alcohol in their system. <strong>RULE:</strong> ABSOLUTELY NO ALCOHOL!</td>
<td></td>
</tr>
<tr>
<td>AGREEMENT: ___________________________________________________________________</td>
<td></td>
</tr>
<tr>
<td>CONSEQUENCES: ___________________________________________________________________</td>
<td></td>
</tr>
<tr>
<td><strong>3. SEATBELTS:</strong> High fatality rates and low seat-belt-use rates among teens continue to reach distressing levels year after year. <strong>RULE:</strong> BUCKLE UP. EVERY TRIP. EVERY TIME.</td>
<td></td>
</tr>
<tr>
<td>AGREEMENT: ___________________________________________________________________</td>
<td></td>
</tr>
<tr>
<td>CONSEQUENCES: ___________________________________________________________________</td>
<td></td>
</tr>
<tr>
<td><strong>4. NIGHTTIME DRIVING:</strong> Most young drivers’ nighttime fatal crashes occur between 9 p.m. and midnight. <strong>RULE:</strong> HAVE THE CAR IN THE DRIVEWAY BY [FILL IN TIME ________].</td>
<td></td>
</tr>
<tr>
<td>AGREEMENT: ___________________________________________________________________</td>
<td></td>
</tr>
<tr>
<td>CONSEQUENCES: ___________________________________________________________________</td>
<td></td>
</tr>
</tbody>
</table>
Spreading the Word on the Dangers of Distracted Driving

### Sample Parent-Teen Driving Contract

5. **PASSENGERS:** Research shows that the risk of a fatal crash increases in proportion to the number of teenage passengers. (2007 Research Report by the Children’s Hospital of Philadelphia and State Farm Insurance Company) **RULE: NO MORE THAN ONE PASSENGER IN THE CAR AT ALL TIMES** (OR ZERO PASSENGERS IF THE STATE’S GDL LAW DOESN’T PERMIT ANY).

   AGREEMENT: ___________________________________________________________

   CONSEQUENCES: _______________________________________________________

6. **GRADUATED DRIVERS LICENSE:** Graduated driver licensing (GDL) has been shown by numerous studies to be a highly effective method of reducing novice driver crash rates. (NHTSA July 2008 Teen Driver Crash Report to Congress) **RULE: FOLLOW YOUR STATE’S GDL LAWS.**

   AGREEMENT: ___________________________________________________________

   CONSEQUENCES: _______________________________________________________

   TEEN: ____________________________  

   PARENT/GUARDIAN: ____________________________________________________

   DATE: ____________________________
# Unit Review and Test

## Lesson Objective:

Student will evaluate their knowledge of the content presented in Unit 9 through review questions, key word matchup worksheet and unit test.

<table>
<thead>
<tr>
<th>Lesson Content</th>
<th>Materials and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Review Questions</strong></td>
<td><strong>Unit 9 Review Questions</strong></td>
</tr>
<tr>
<td>➢ Review Questions</td>
<td>➢ Unit 9 Review Questions</td>
</tr>
<tr>
<td>Ask review questions to summarize discussion on Unit 9.</td>
<td></td>
</tr>
</tbody>
</table>
Unit 9 Review Questions

1. What are three effects of distracted driving?

2. Why are drivers under the age of 20 most likely to be in a crash caused by distractions?

3. Which specific distractions have been identified to be particularly hazardous to drivers under age 20?

4. Name the two types of distractions.

5. Name five in-vehicle distractions.

6. Name three potential dangers of using cell phones while driving?

7. Name two potential benefits of using cell phones in vehicles?

8. How can texting impact driving?

9. What can you do to prevent distractions either before or while driving?

To see the Answer Key you must purchase the 3.0 Curriculum.
# Words to Know Review

- **Fact Sheet 9.7**
  
  Duplicate and distribute Fact Sheet 9.6. Use the definitions page as a resource for teaching and for the students as a resource and study guide.

- **Worksheet 9.7**
  
  Duplicate and distribute. Have students complete the worksheet.
  
  Review the answers.

- **Fact Sheet 9.7: Unit 9 Words to Know Definitions Page**

- **Worksheet 9.7 and Answer Key: Unit 9 Words to Know Matchup**
### Distraction

Results when a situation, event, object or person draws a driver’s focus away from driving.

### Inattention

Occurs when a driver’s attention drifts away from driving without having been influenced by a situation, event or person.

### Inside distraction

One that occurs inside the vehicle, i.e., other passengers, using a cell phone, adjusting controls, eating or drinking, etc.

### Mental distraction

A type of distraction that takes the driver’s mind away from the road, such as engaging in conversation with a passenger or thinking about something that happened during the day.

### Outside distraction

One that occurs outside the vehicle, i.e., crash scenes, objects in roadway, police vehicle, billboards, etc.

### Physical distraction

A type of distraction that causes a driver to take his or her hands off the wheel or eyes off the road, such as reaching for an object.

### Rubbernecking

When drivers maintain eye contact with a crash scene, even beyond the point that they pass the scene, which can be quite dangerous, increasing the chance of experiencing a collision.

### Text messaging

Common term for sending short text messages from cell phones.
<table>
<thead>
<tr>
<th>Directions: Match the clues on the left with the words in the list on the right. Place the matching letter in the blank to the left of the number.</th>
</tr>
</thead>
<tbody>
<tr>
<td>______ 1. One that occurs inside the vehicle, i.e., other passengers, using a cell phone, adjusting controls, eating or drinking, etc.</td>
</tr>
<tr>
<td>______ 2. Common term for sending short text messages from cell phones.</td>
</tr>
<tr>
<td>______ 3. One that occurs outside the vehicle, i.e., crash scenes, objects in roadway, police vehicle, billboards, etc.</td>
</tr>
<tr>
<td>______ 4. Results when a situation, event, object or person draws a driver’s focus away from driving.</td>
</tr>
<tr>
<td>______ 5. When drivers maintain eye contact with a crash scene, even beyond the point that they pass the scene.</td>
</tr>
<tr>
<td>______ 6. A type of distraction that takes the driver’s mind away from the road, such as engaging in conversation with a passenger or thinking about something that happened during the day.</td>
</tr>
<tr>
<td>______ 7. Occurs when a driver’s attention drifts away from driving without having been influenced by a situation, event or person.</td>
</tr>
<tr>
<td>______ 8. A type of distraction that causes a driver to take his or her hands off the wheel or eyes off the road, such as reaching for an object.</td>
</tr>
</tbody>
</table>
To see the Answer Key you must purchase the 3.0 Curriculum.
### Unit Review and Test

#### Slide 9.32

Discuss what the students have learned by the end of this unit.

#### Reading Assignment

Assign students the reading material for the next unit. Students might begin reading after they have completed the Unit 9 Test.

#### Unit 9 Test

Duplicate and distribute the Unit 9 Test.

Collect and grade the test.

After returning tests to the students, review the answers and clarify any confusion.

### Materials and Resources

#### Slide 9.32: Unit Review

In this unit, you learned:
- Definition, effects and nature of distracted driving
- Distractions inside the vehicle
- Distractions outside the vehicle
- Preventing distractions
- Addressing distractions while driving
- Spreading the word on the dangers of distracted driving

#### Textbooks

- **Preferred Textbook:** HOW to DRIVE Chapter 14

- Other Textbooks:
  - Drive Right: Chapters 6, 12 and 13
  - Responsible Driving: Chapters 4, 5, 13, 14 and 16
  - Other Textbook: _______________

- Unit 9 Test, page 9-86
Unit 9 Review

In this unit, you learned:

- The definition and effects of distracted driving and the nature of the distracted driving crash problem.
- Potential distractions that could occur inside the vehicle and their effects on the driving task.
- Potential distractions that could occur outside the vehicle and their effects on the driving task.
- How to prevent distractions before getting behind the wheel.
- How to address distractions while driving.
- Key words associated with the unit objectives.
To see the Unit Test you must purchase the 3.0 Curriculum.
<table>
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<tr>
<th>The Effects of Distractions on Driving</th>
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To see the Unit Test you must purchase the 3.0 Curriculum.
To see the Answer Key you must purchase the 3.0 Curriculum.